

Pool Kayak Rolling Work

Start time: 11:00am (State Gym by the pool)

Get changed: shorts, paddling shirt/rash guard – 10min (11:10am)

Check paddles, kayaks (snug hips and thighs fit), spray skirts – 5min (11:15am)

Paddles: offset (control hand, knuckles with edge of active blade, grips at 90, duct tape hand widths inside grips – 5min), show power face and non-power face (relationship to elbows and knuckles, sculling, leading edge, trailing edge – 5min), power box and joint safety (torso rotation, flex in joints – 5min) (11:30am)

On water time: 11:30am to 2:00pm (State Gym in the pool)

Wet exit comfort? (0-5min)

Hand of God: rescuer technique (keep paddle at waist on boat side, push down, reach over), receiver body positions (importance of head down and upper body relaxation, everything close to the rotational axis), everyone rescuer two times, everyone receiver two times (once relaxed, once body out from boat, video) – 10min (11:45am)

Underwater comfort: underwater boat swimming by pool side (nose clips) – 5min (11:50pm)

- 1) Calm Hip snapping: it's all about the boat (upper body relaxed), pool side (hands rest on pool edge at
- 2) Knees hip, rotate body, head stays on hands – duct tape), boat noses (upper body to boat angle
- 3) Body importance, head dip, head finished down – duct tape, knee activities, video each side) –
- 4) Head 15min (12:05pm)

Bracing: normal paddling grip, shaft horizontal (no fish spearing), blade faces and elbows (elbows always on power face side, forearms perpendicular to blades)

- 1) Posture low brace: power face up, elbows above power face (video each person) – 5min
- 2) Knuckles (12:10pm)
- 3) Elbows high brace: power face down, elbows below power face (video each person) – 5min
- 4) Horizontal shaft (12:15pm)

hand sculling: cupped palm down so similar to high brace sculling with elbow bent, leading hand edge always on slight rising angle (video each person) – 5min (12:20pm)

sculling low brace: power face up, elbows above power face, leading paddle edge always on slight rising angle – balance on boat edge with some of support from sculling brace (body weight predominantly over boat on one butt cheek, be aware of head and knee and weight and balance relationships – experiment), (video each side) – 5min (12:25pm)

sculling high brace: power face down, elbows below power face (maintain joint flex), leading paddle edge always on a slight rising angle (buttering bread) – balance on boat edge with some of support from sculling brace (body weight predominantly over boat on one butt cheek, be aware of head and knee and weight and balance relationships – experiment), (video each side) – 10min (12:35pm)

- 1) Calm Rolling paddle positions: it's all about the boat (upper body relaxed), paddle at surface, joint
- 2) Knees flex (shoulder safety, back hand doesn't cross sternum, back hand stays close to hip and
- 3) Body boat – no fish spearing, no slash rolling), paddle shaft stays close to body (like carrying
- 4) Head boxes close to body versus away from body), weight stays close to rolling axis (don't extend body away from boat)

C-to-C: paddle moves through 90 degrees (neutral or slightly rising leading paddle edge, back arm wraps around boat), hip snap when paddle 90 degrees to boat, boat rolls under paddle, body pulled out of the water by the boat and finishes low on the boat bent forward, back hand merely a pivot point for the paddle,

incorporate sculling (both sides, some moving and holding the paddle, video each person) – 25min (1:00pm)

sweep: head and body start rotation away from boat with paddle blade (neutral or slightly rising leading paddle edge, back arm tucked against body instead of around boat), hip snap occurs as upper body rotation occurs with paddle blade moving in an arc out and away from front of boat on one side to back of boat on other side, body pulled out of the water by the boat and finishes low on the boat laying on the back deck (both sides, some moving and holding the paddle, video each person) – 25 min (1:25pm)

sculling up: sculling high brace with paddle to move paddle blade upward or to maintain paddle blade at a fixed depth while rolling the boat, joint flex (power box with elbow “below” power face and shaft), back hand merely a pivot point (stays close to hip and to boat), paddle shaft stays close to body, weight stays close to rolling axis (don’t extend body away from boat), scull blade up from vertical to surface (both sides, video each person), scull while rolling boat up with paddle at progressively deeper depths (both sides, video each person) – 20min (1:45pm)

rolling: it’s all about the boat (upper body relaxed), hips, head, paddle – 5min (1:50pm)

Rinse boats, skirts, paddlers, and clear the pool area – 10min (2:00pm)

Video critiquing: 2:30pm onward (912 Clark Ave)

Joint safety, head positions, body positions, boat versus paddle motion, paddle shaft positions, elbows, back hand position

Main emphasis: roll enhancing techniques

It’s all about the boat. Stick the paddle, move the boat. Keep it safe, in balance, and on target.