



# **Ozark Mountain Paddlers 2008 Whitewater Paddling Clinic**

Turner's Bend Campground (turnerbend.com), Mulberry River, Arkansas

March 29-30, 2008

OMP's whitewater clinic includes a classroom/pool session prior to the clinic, two days of river instruction by ACA (American Canoe Association) certified instructors, camping Friday and Saturday night at Turner's Bend campground, and a riverside gourmet dinner on Saturday night. We will also have souvenir clinic t-shirts for clinic participants. You must provide your own equipment, preferably a whitewater kayak or canoe and accessories.

## **Classes available:**

### **Beginner Kayak or Canoe:**

No whitewater experience necessary. Some paddling experience is recommended along with being comfortable in water. We start with the basics of river paddling, work on stroke technique and learn river maneuvers such as eddy turns, ferries and peelouts.

### **Intermediate Kayak or Canoe:**

This class is for those who have more river experience or have taken our clinic or a comparable clinic. You will refine stroke technique and learn more advanced strokes. You will practice river maneuvers and learn to do them with grace and ease.

### **Intro to Playboating Kayak:**

This class is for a boater who is comfortable on class II-III whitewater and has at least a semi-reliable roll. You will learn the strokes, boat control techniques and attitude necessary for playboating. You will be more successful in this class with a planning hull whitewater kayak.

### **Playboating Kayak:**

This class is for the advanced boater with a reliable roll who is ready to learn basic playboating moves. You will work on learning surfing, 360's, stern and bow stalls and flatwater cartwheels. A planning hull whitewater kayak will be necessary for maximum learning potential.

### **River Running Kayak or Canoe (NEW!):**

For boaters who are comfortable paddling class II-III water but are looking for better river reading skills. In addition to river reading the class will emphasize safety, rescue, and group dynamics.

For more information see our website at [www.ozarkmtnpaddlers.org](http://www.ozarkmtnpaddlers.org), email Ed McClung at [eddyguy912@hotmail.com](mailto:eddyguy912@hotmail.com) or call a club officer.

Application is on the next page.

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The Ozark Mountain Paddlers Canoe & Kayak Whitewater Clinic will be held on March 29 and 30, 2008. The clinic is open to anyone who is in good physical condition, is 14 years or older, has at least basic swimming skills, and had no excessive fear of being in or around water. This clinic is for the paddler with limited experience canoeing or kayaking and is interested in acquiring skills.

American Canoe Association certified instructors and volunteer assistant/safety persons will teach the clinic. They will be donating their time, vehicles and efforts for the weekend.

The size of the clinic is limited and will be filled on a first come, first served basis unless there is not enough students of a specific skill level or type of boat to fill a class.

Upon acceptance into the clinic, you will be sent a packet of additional information. If you have any questions, please contact Ed McClung, preferably by email, eddyguy912@hotmail.com or leave a message at 417-753-3137.

## Student Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Sex (M-F) \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Age: \_\_\_\_\_

Check one:  Kayak  Solo Canoe  Tandem Canoe

Please list any health problems or special requirements which the instructors need to be aware of in order for you to safely participate in the clinic. Example: asthma, diabetes, hypoglycemia, physical disability, previous shoulder injuries, etc. \_\_\_\_\_  
\_\_\_\_\_

What make & model of canoe or kayak will you be paddling?

Example: Dagger Dimension, Wavesport EZ  
\_\_\_\_\_

If you are enrolling in the tandem canoe clinic and have your own partner, please list their name: \_\_\_\_\_

Check here if you are enrolling in the tandem canoe clinic and would like for us to try and pair you with a partner \_\_\_\_\_

List the rivers you have paddled in the last year: \_\_\_\_\_  
\_\_\_\_\_

List any previous paddling schools you have attended or any other training you feel is relevant (indicate year, class, boat):  
\_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Mail your registration to: Ed McClung  
429 Delzell Woods Rd.  
Rogersville, MO 65742

### Experience:

The information that you provide below is to be based on the type of boat you will be paddling. Please be as honest as you can when rating yourself. This will help the instructors place you in the proper class.

### Skill Level (Check one):

\_\_\_\_ **Novice** - Little or no experience

\_\_\_\_ **Beginner** - Knows some basic strokes and has been on a river, but has not learned river maneuvers.

\_\_\_\_ **Advanced Beginner** - Know all the basic strokes and braces and has spent time on whitewater but does not feel comfortable paddling beyond class II water.

\_\_\_\_ **Intermediate** - Has attended at least one clinic, is comfortable on class II-III water (Nantahala, St. Francis), paddles frequently but would like to learn additional skill and improve techniques.

*Please see previous page for description of the classes.*

### Class that you are interested in attending (Check one):

\_\_\_\_ Beginner Tandem Canoe

\_\_\_\_ Beginner Solo Canoe

\_\_\_\_ Beginner Kayak

\_\_\_\_ Intermediate Tandem Canoe

\_\_\_\_ Intermediate Solo Canoe

\_\_\_\_ Intermediate Kayak

\_\_\_\_ Intro to Playboating Kayak

\_\_\_\_ Playboating Kayak

\_\_\_\_ River Running (Canoe and Kayak)

*Instructors may assign you to a class different than requested based on your experience.*

### Clinic fee is \$85

OMP Members may deduct \$15

ACA Members may deduct \$10

ACA number \_\_\_\_\_

(If you are a member of both you may deduct \$25)

Add \$15 if you are registering after March 19, 2008

**\* Please make checks payable to Ozark Mountain Paddlers**