



# Ozark Mountain Paddlers 2014 Whitewater Paddling Clinic

Turner's Bend Campground ([turnerbend.com](http://turnerbend.com)), Mulberry River, Arkansas

**March 29<sup>th</sup> & 30<sup>th</sup> 2014**

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 planing 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 planing hull whitewater kayak will be necessary for maximum learning potential.

### **River Running Kayak or Canoe:**

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.

## **Roll Sessions:**

The kayak/canoe roll sessions sponsored by Ozark Mountain Paddlers will again this year be held at the Good Samaritan Boys Ranch, 5549 N. Hwy 13, Brighton, MO. Please call or email Brian Grindstaff during the week you plan to attend to reserve pool time. We need to know how many people plan on attending each week so that we can ensure that we have enough instructors on hand. The roll session schedule is posted on our website. All sessions except one (at end of March) are open to the public. The last session in March is reserved for those enrolled in the Whitewater Clinic.

**For more information see our website at [www.ozarkmtnpaddlers.org](http://www.ozarkmtnpaddlers.org),  
email Brian Grindstaff at [safety@ozarkmtnpaddlers.org](mailto:safety@ozarkmtnpaddlers.org) or call 417. 300.5272.**

# 2014 Whitewater Paddling Clinic

## Student Application

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

**March 29th & 30th 2014**

The Ozark Mountain Paddlers Canoe & Kayak Whitewater Clinic will be held on March 29<sup>th</sup> and 30<sup>th</sup> 2014. The clinic is open to anyone who is in good physical condition, is 14 years or older, has at least basic swimming skills, and has 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 Brian Grindstaff, [safety@ozarkmtnpaddlers.org](mailto:safety@ozarkmtnpaddlers.org) or call and or leave a message at 417.300.5272.

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

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

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

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

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

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

Sex (M/F) \_\_\_\_\_ Age: \_\_\_\_\_

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

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):

### 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** - Knows 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 skills and improve techniques.

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

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

- 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 & Kayak)

### Clinic fee is \$105

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 16

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

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

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

Mail your payment & registration to: Brian Grindstaff  
2339 E. Bancroft  
Springfield, MO 65804