

know flow

HOW TO

2016

WHITEWATER CLINIC for kayaks & canoes

— NOVICE, INTERMEDIATE & ADVANCED PADDLERS —



The Missouri Whitewater Association announces its annual clinic for kayaks, open and decked canoes!

This clinic is designed to provide instruction in basic whitewater skills and techniques in class I–II–III rapids. It is aimed at (but not restricted to) paddlers possessing previous river paddling experience. The fee includes a hot catered dinner on Saturday evening!

See reverse side for pricing, requirements, and other information.

when

APRIL 16-17, 2016

where

ST. FRANCIS RIVER
NEAR FREDERICKTOWN, MO

cost*

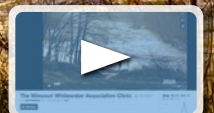
\$75 EACH FOR MWA MEMBERS

\$90 EACH FOR NON-MEMBERS**

Sanctioned by the
American Canoe
Association



WATCH A PREVIEW:



OVERVIEW

Designed for people already possessing basic river paddling skills, the clinic will introduce basic whitewater techniques on Class II-III whitewater. Clinic check-in begins at 8:00AM Saturday. The Clinic begins at 8:30AM, continues through the evening with a catered dinner, and concludes on Sunday afternoon at around 5PM. The clinic is on a first-come/first-served basis with a limited number of available spots, so sign up early!

Primarily, basic whitewater paddling strokes will be taught, including ferries, eddy turns, peel-outs, water reading, as well as safety and equipment outfitting. Boat control and safe, fun negotiation of whitewater will be stressed. Students are grouped according to ability and what they seek to learn. Two ACA-certified instructors and at least one safety person are assigned to each paddling group. NOTE: *For more experienced paddlers, there will be a limited number of spots for advanced and playboating clinics.*

Most paddlers will spend Saturday morning in a "static" situation on flat & moving water learning strokes and maneuvers. Saturday afternoon will be on a short section of whitewater. Groups will put in at assigned places and on-water instruction begins, consisting of paddle stroke instruction and practice. Video may be used to provide students with visual feedback of their skills. On Sunday, groups will paddle all or a portion of the 5-mile stretch of whitewater on the St. Francis River from Hwy. 72 to Hwy. D.

Because the water may be very cold, the Eskimo Roll will only be practiced if the student is properly dressed and specifically requests this.

CLINIC REQUIREMENTS

Whitewater sports are inherently risky, so every precaution is taken to ensure the safety of the participants and the instructors. For this reason, the MWA has outlined the following requirements:

- Participants must have prior knowledge of basic river paddling to be in the clinic. A lot of material is covered and the pace can be quick.
- Each person must provide (own or borrow) his/her own gear and boat. Helmets and approved PFDs are to be worn at all times while on the river. The water will be cold so pile or polypro is highly recommended along with a wetsuit or drysuit. Remember, whitewater boating means that you WILL get wet. NO cotton clothing or heavy boots.

- Canoes should be fiberglass, ABS plastic or polyethylene. Aluminum, wood, canvas or square sterned boats will not be allowed to participate. All canoes must have bow and stern lines. Float bags are required.
- All decked kayaks and canoes must be made of plastic, fiberglass or kevlar. No wood or canvas boats are allowed. Float bags are required as are bow and stern grab loops.
- Minimum age for participation is 10 years old and is at the discretion of the clinic coordinator.

FOOD & LODGING

Saturday night's dinner is catered and is included in the cost of the clinic. You are responsible for providing all other meals. Lunches will most likely be eaten on the river both days so bring a waterproof bag to keep it dry and secured in your boat. Breakfast may be eaten at the campsite or at nearby restaurants, but don't be late. Remember, the clinic starts each day at 8:30AM.

The MWA encourages people to camp at the Silver Mines Recreation Area. Call (573) 783-3769 or go to reserveamerica.com to reserve your site. Please note that camping fees are not included in your clinic registration. Reasons to camp out with us: group cohesion, meeting new people, and having a good time!

If you prefer not to camp, nearby motels include the *Longhorn* motels in Cherokee Pass (just south of Fredericktown), the *Madison Inn* in Fredericktown, the *DragonFly-In B&B*, *Arcadia Valley Academy*, *Plain & Fancy B&B* near Ironton, the *Shepard Mountain Inn* and *Ft. Davidson* motels in Pilot Knob, and the several hotels in Farmington.

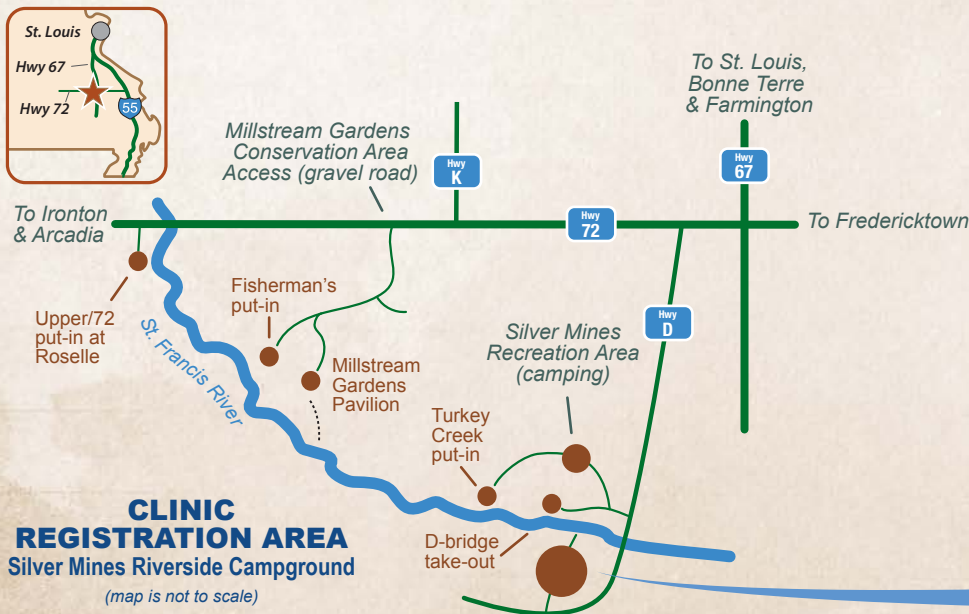
REGISTRATION

Pre-registration by mail or email is required. You can download an application and waiver from www.missouriwhitewater.org.

Send an [application](#) and the entry fee to the Clinic Director by April 11, 2016, to:

MWA Clinic Director
PO Box 300099
Saint Louis, MO 63130

You can also register by emailing the clinic registration pdf and paying online at www.missouriwhitewater.org.



Important:

In order for the clinic application to be valid, a phone number must be provided which will allow the Clinic Coordinator to call and leave a message in the event of postponement or cancellation of the clinic. If the water level is too high or too low, the Missouri Whitewater Association reserves the right to postpone or cancel the clinic in full or in part. If this occurs, you will be notified by telephone or email on the Wednesday or Thursday immediately before the Clinic between 6-10 PM. Please provide contact information where you can be reached on these days. If postponed, the clinic may be rescheduled for a backup weekend. Fees will be refunded if the clinic is canceled.

Meet here at 8AM on April 16

*As a not-for-profit organization, the MWA is able to assist persons who are unable to afford the rates for the MWA clinic. Please send a completed application with a cover letter explaining your circumstances (eg., student, unemployed) to the Clinic Director and state the fee you can afford. Please check www.missouriwhitewater.org for more information.

**\$15 of the fee for non-members goes to MWA membership dues, thereby establishing participants as active members of the MWA until the next membership cycle (Jan 1, 2017).