



May 14-16, 2010 — Palmer Rapids, Ontario, Canada

Registration Form – National Sea Kayak Symposium

Please complete the following, and mail, fax or call in the information with full payment to the Rapid Media office. Please type or print.

NOTE: One form per registrant, children six and under are FREE.



Contact Information

Last Name: _____		First Name: _____	
Organization: _____			
Position: _____			
Address: _____		PO Box: _____	
City: _____	Prov/State: _____	Postal/Zip Code: _____	
Telephone: _____	Ext: _____	Fax: _____	
Email: _____			

Food, Daycare, Camping

Menu Preference (Saturday night dinner): Meat or Veggie

Day Care Required: Saturday 10-Noon Saturday 2-4pm Sunday 10-Noon Sunday 2-4pm

Name of child: _____ Age ____ Allergies/Other _____

Name of child: _____ Age ____ Allergies/Other _____

Name of child: _____ Age ____ Allergies/Other _____

(Note: Children must be at least one-year old. Children must be picked up immediately after clinics. Please leave snacks, sippies, water bottles, sunscreen, diapers, hats, sweaters etc).

Camping: Paddler Co-op Boathouse (No pets) Jessup's Campground (Quieter. Pets allowed. Jessup's not included in festival fees.)

Clinics and Demos

I'm attending NaSKS for the first time: Yes No, I'm back.

Registration

Enclose your full payment of festival fees by credit card or cheque. Please make cheques payable to "Rapid Media"

Registration includes:

- Two nights camping at the Paddler Co-op Boathouse (if you choose this option)
- All National Sea Kayak Symposium clinics
- Saturday night catered dinner
- Sunday morning continental breakfast
- Saturday night screening of the Reel Paddling Film Festival World Tour
- All sea kayak and gear on-water demos
- Daycare service during on-water paddling clinics
- Saturday night live music, TBA
- Free Trailhead shuttle service between campsites on the Saturday night (so you don't have to drive to and from Jessup's to the Paddler Co-op Boathouse the night of the paddlers' social)

NOTE: Complete and fax this NaSKS Clinic Registration Form (this page and attached below) with this page of the registration form.

Schedule of Fees

- | | |
|------------------|--|
| After March 19** | <input type="checkbox"/> Adult \$129 (two nights camping at Paddler Co-op Boathouse) |
| | <input type="checkbox"/> Youth 7 to 15† - \$65 (two nights camping at Paddler Co-op Boathouse) |
| After March 19** | <input type="checkbox"/> Adult \$119 (no camping included) |
| | <input type="checkbox"/> Youth 7 to 15† - \$55 (no camping included) |

**REGISTRATION CLOSURES FRIDAY APRIL 30, 2010. Space is limited and we expect NaSKS to sell out weeks in advance, so REGISTER TODAY.

† Kids under the age of 14 must be accompanied by an adult in the adult clinics. Children six and under are FREE.

Important Information

- Paddling equipment is not included in the registration fees. Contact your local paddling shop or one of our participating retail vendors in advance for rentals.
- Camping Thursday and Sunday nights is available. No advance registration is necessary just register onsite.
- NO PETS ALLOWED at the Paddler Co-op Boathouse during Palmer Fest.

Subscribe

"I'd like to renew/subscribe to *Adventure Kayak*, *Canoeroots and Family Camping*, *Rapid* and/or *Kayak Angler* magazines with my NaSKS registration and save \$2.95 off the regular four-issue subscription rate."

- | | | | |
|--|---|--|--|
| <input type="checkbox"/> <i>Rapid</i> | <input type="checkbox"/> <i>Canoeroots and Family Camping</i> | <input type="checkbox"/> <i>Adventure Kayak</i> | <input type="checkbox"/> <i>Kayak Angler</i> |
| <input type="checkbox"/> 3-year subscription \$39.00 | <input type="checkbox"/> 2-year subscription \$27.00 | <input type="checkbox"/> 1-year subscription \$15.00 | |
| <input type="checkbox"/> "No thanks, I've already subscribed." | | | |

T-Shirt

"I'd like to buy a *limited edition* Palmer Fest ultra heavy cotton t-shirt for only \$20.

- Small Medium Large X-Large XX-Large No thanks, I'll go topless.



Payment Information

I am a member/customer of a partner organization, my "redeem/coupon code" is _____

I have enclosed a cheque payable to "Rapid Media". Total: _____

Charge my card: \$ _____ VISA Master Card American Express

I have read, understood and agree to the **Registration and Cancellation Policy** printed below.

Card Number: _____ Expiry Date: ____ / ____

Cardholder Name: _____ Cardholder Signature: _____

Confirmations and Festival Weekend Check-in

One week prior to the event a reminder email with any National Sea Kayak Symposium updates and information will be sent to all registrants. All participants must check in at the Paddler Co-op Boathouse to complete and sign the RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT (a copy of this legal document can be downloaded, but not signed, in advance at www.adventurekayakmag.com/about), check in for clinics and receive your wristbands. The wristbands act as your ticket for the weekend. A wristband will be required for the all clinics, test paddling, dinner, breakfast, films, band, and shuttle between campsites.

Registration and Cancellation Policy

Registration forms will be processed only if accompanied by full payment of registration fees. Only registered participants may claim wristbands at the Registration Desk (located at the Paddler Co-op Boathouse on Friday, May 14th, noon until 9 pm and Saturday 8am until 10am) and will not be permitted to collect materials for other participants. Cancellations received in writing by April 30, 2010 will be refunded in full, less a \$25 cancellation fee. No refunds will be issued for cancellations received after April 30, 2010. Only cancellations received in writing will be processed. You may not send someone to Palmer Fest in your place. The organizers reserve the right to cancel this festival due to insufficient registration and any circumstances beyond their control, in which case organizers will refund festival fees only.

Mail to:
Palmer Fest
Box 70
5920 Palmer Road
Palmer Rapids, ON K0J 2E0

Fax to:
Fax: 613.758.2853

Tel: 613.758.2042
palmerfest@rapidmedia.com

adventure
KAYAK
MAGAZINE


rapidmedia
PADDLING MAGAZINES and EVENTS

National Sea Kayak Symposium is presented by ADVENTURE KAYAK magazine and produced by Rapid Media.



NaSKS Clinic Registration Form

Please complete the following, and mail or fax along with your completed National Sea Kayak Symposium Registration Form with full payment to the Rapid Media office. Please type or print. NOTE: One form per registrant, children six and under are FREE.

Clinic General Information

- READ ALL CLINIC LEVEL GUIDELINES before you make your clinic selections.
- Clinics are two hours long.
- There are two clinic time slots per day: one in the morning (10am until 12pm) and one in the afternoon (2pm until 4pm).
- You should get ready 30 minutes before your clinics begin and be at the meeting point ready to go on time.
- You may participate in two clinics per day.
- Clinics are included with NaSKS registration, and are only available to those registrants.
- Organizers reserve the right to alter or cancel clinics, pending demand. Please check final schedule when you arrive to receive your wristband at the festival.
- REGISTER ONLY FOR CLINICS YOU ARE SURE TO ATTEND.

How to Choose the Right Level of Clinics? (YOU MUST READ THIS)

All clinics are organized into four very different skill levels—Level 1, 2, 3 and All. Choosing the correct level insures the best experience for you and the other paddlers in your clinics.

- **Level 1** is for people who have very little or no sea kayaking experience.
- **Level 2** is for those who have a basic understanding and have had some formal instruction—these are designed to build upon and refine your basic skills.
- **Level 3** are clinics that teach advanced skills or concepts and are designed for strong intermediate paddlers.

We would love to tell you which clinics are best for you but we don't know your skills or experience. Please don't sign up for clinics that are beyond your skill level. If you find yourself enrolled in a clinic beyond your ability you may be asked by your instructor that you audit the clinic.

If in doubt we suggest being modest, it is easier for our instructors to teach to a higher level for you than it is for them to bring an advanced clinic down to a basic level for one person in the group. In the past we've had people who couldn't get their spray skirt on sign up for advanced surfing courses. Again, in cases like this, for the benefit of the group, our instructors may ask you to just audit the clinic.

Please read each level description and **decide carefully being honest about your experience and ability**, when selecting your clinics. If you do this you'll have a rewarding and extremely fun weekend.

Clinic Level Guidelines

Level 1 Clinics= Level 1 clinics are designed for first time paddlers who haven't had any or very little previous experience or sea kayak instruction. These clinics are designed so that new paddlers can start from scratch and take all four, building upon the concepts and skills throughout the weekend. Even if you're an experienced lakewater canoeist or whitewater paddler you should begin here if you are taking clinics in other disciplines. Even though these are entry-level clinics entrants should be comfortable with the idea of exiting an overturned boat and be able to swim independently to safety. Entrants should be prepared with appropriate safety gear and cold water paddling clothes for your safety and enjoyment.

Level 2 Clinics= Level 2 clinics are designed for paddlers who have some experience or formal instruction, perhaps a weekend course, and have been paddling on a short-term regular basis. You grasp the basic concepts and skills of sea kayaking. Expect to learn things that help you teach yourself to become a confident paddler ready to learn the entire scope of the sport. Most of this instruction will fine-tune core strokes and skills.

Level 3 Clinics=Level 3 clinics include advanced techniques, skills or concepts designed for experienced intermediate sea kayakers. Advanced clinics are for skilled paddlers looking to improve certain aspects like strokes, or they are clinics teaching

advanced concepts or moves, like surfing, tides, rescues, rolling, Greenland-style paddling. You need not be an advanced paddler but you should be an experienced and competent weekend paddler ready to learn advanced moves. You should understand much of the terminology related to instruction and paddling at an intermediate to advanced level. In fairness to the group, if you belong in Level One or Level Two clinics you may be asked to just audit the clinics.

ALL-Level Clinics—These clinics are for all levels of paddlers. These clinics included concepts, skills and techniques that apply to all skill levels of paddlers, such as navigation, trip planning and trip safety. Instructors will assess the needs of the group and teach accordingly.

Continuing Clinics

We offer a number of clinics that build upon one another so that new or improving paddlers can progress through two or four clinics acquiring real skills and knowledge—almost like the first day of a paddling course. We offer these clinics for introduction to sea kayaking. We also have a series of clinics for intermediate paddlers looking to improve their skills. You may even have the same instructor in each clinic.

How will I know what I'll learn in each clinic?

Use the clinic description and skill level as a guide. Our instructors will assess the level and desires of paddlers in the group and try to tailor the clinic accordingly. Anyone new to paddling should consider the Level 1 beginner clinics. Level 2 and Level 3 clinics are for paddlers with previous sea kayaking experience, such as a season of paddling or at least a prior sea kayaking course.

Can I take the same clinic all weekend?

Sure, why not? If this is your weekend to master your roll or perfect a certain stroke or skill, you can register for two, three or four of the rolling or strokes clinics. Some of the clinic topics are very general, so that you could work on completely different things each clinic, or just spend four clinics just getting comfortable with one concept

What about the kids clinics and kids in adult clinics?

NaSKS is a family friendly event and we're proud to offer kayaking clinics for kids ages 7 and up. These clinics may be split into two skill groups to allow more advanced young paddlers to progress. Older kids may participate in adult clinics but kids under the age of 14 must be accompanied by a parent or guardian (with the parent in another kayak or tandem). Please have kids set up with boats and gear—including safety gear and cold water paddling gear. If we want them to be lifelong paddlers, it is important that they have a safe and enjoyable time on the water.

Fax to:

Fax: 613.758.2853

Other contact info:

Phone: 613.758.2042

Email:

palmerfest@rapidmedia.com

Mail to:

Rapid Media

Palmer Fest

5920 Palmer Rd

Box 70

Palmer Rapids, ON K0J 2G0



NaSKS is presented by ADVENTURE KAYAK magazine and produced by Rapid Media.

Last Name: _____ First Name: _____

Please INITIAL to confirm that you have read the above guidelines about how to best choose your clinics. X _____

SATURDAY CLINICS

Saturday Morning (10am to 12pm)

NaSKS - National Sea Kayak Symposium Clinics

<input type="checkbox"/>	Guided Paddle—Go off on a two-hour tour of the lovely Madawaska River with professional instructors and guides. Pick their brains about strokes, techniques and tripping planning (or anything really) along the way, or simply enjoy the trip. We may go upstream to see the famous Palmer Rapids or downstream on a quiet paddle past the surfing the tide clinics—or both if you're up for it. (code #NaSKSSATAMA) ALL
<input type="checkbox"/>	Introduction to Sea Kayaking, Part I—The first clinic in a four-part weekend progression. This series of clinics is ideal for new or beginner sea kayakers, introducing you to paddling a kayak in calm sheltered water. This progression of clinics is modeled after national and provincial paddling associations' eight-hour introduction to kayaking courses and includes paddling skills, safety and rescue skills and building an understanding of boat design, equipment and personal gear. Sign up for parts 2, 3 and 4 throughout the weekend. (code #NaSKSSATAMB) Level 1
<input type="checkbox"/>	Sea Kayaking, The Next Step, Part 1—The first clinic in a four-part intermediate weekend progression. This series of clinics is perfect for sea kayakers who have previously taken an introductory weekend course or have been paddling for little while on their own and want to refine or advance their skills with professional instruction. We expect this clinic to be divided by experience level with elements from national and provincial Level 1 and Level 2 paddling skills courses. This series of clinics may take you beyond just strokes and boat control with discussions on safety, judgment and trip preparation. (code #NaSKSSATAMC) Level 1+/2
<input type="checkbox"/>	Kayak Rolling 101—Whether you are starting from scratch or have been working on your roll for a while this two-hour clinic is for you. The roll is one of sea kayaking's most prestigious and sought after skills, not to mention the ultimate self-rescue, and it's really not that hard—once you know how to do it. Develop the three simple concepts, put them together, and leave this clinic with a solid understanding of rolling fundamentals—or maybe even a solid roll. (code #NaSKSSATAMD) Level 1/2
<input type="checkbox"/>	Video Analysis: Power Strokes—Ahh, the perfect forward stroke—powerful, efficient and effortless... like you could do it all day. This clinic begins with a forward stroke tune-up and then uses a video camera to record your technique for some professional, peer and self-analysis. This clinic is open to all intermediate and advanced sea kayakers looking for and ready to share feedback on the forward and reverse strokes. (code #NaSKSSATAME) Level 2/3
<input type="checkbox"/>	Rescues 1—In this clinic you will discuss basic safety equipment, theories and standard practices and then get on the water to watch and practice various assisted and unassisted re-entry rescues as well as towing. This is an ideal first rescue course for all sea kayakers and especially those looking to head out on their first trip. (code #NaSKSSATAMF) ALL
<input type="checkbox"/>	Navigation & Communication—Often sea kayak navigation and communication is taught in a classroom, but not here. We begin with a shore discussion then take to the boats. Using maps, charts, compasses, GPS units and the river currents we work on compass navigation, using ranges, dead reckoning and other simple navigation, followed by an introduction to using GPS technology. We also look at ways we communicate between members of our group and with the outside world while on trip. Practice a variety of one-way signaling devices such as paddles, whistles, horns, and mirrors and new technologies like the SPOT and sat phones. Demonstrating the proper use of a variety of two-way communication devices such as VHF radios, FRS radios and cellular phones. (code #NaSKSSATAMG) ALL
<input type="checkbox"/>	Kayak Surfing 101—Spring on the Madawaska produces deep and glassy one- to two-foot river-wide rolling waves perfect for learning to surf a sea kayak. Surf your first wave or pick the brains of our expert instructors to improve your existing kayak surfing skills. Note: Playing on the waves is super fun but requires a fair amount of edge control. It's recommended that you have a roll or be proficient at self-rescues. Helmets required. (code #NaSKSSATAMH) Level 2+/3
<input type="checkbox"/>	Tidal Currents—In Ontario? Sure, we'll use the Madawaska River's class I rapids to simulate ocean currents and tides. Just downriver of the festival site are 30-foot eddy lines and slow moving currents perfect for playing in a sea kayak. We'll practice peeling in and out of big eddies as well as work on ferrying across currents. Whether you're planning a West Coast trip or just looking to have some fun, this clinic is for you. Helmets required. (code #NaSKSSATAMI) Level 2+/3
<input type="checkbox"/>	Kayaking for Kids, Part 1—Fun, games and some skills along the way. These kids' clinics will be progressive throughout the weekend building on one another. Great for introducing and engaging kids ages 7 and up. It is early spring so kids must be dressed in safety and cold water paddling gear. Sign up for part 2, 3 and 4 throughout the weekend. (code #NaSKSSATAMJ) ALL

Women's NaSKS Clinics

<input type="checkbox"/>	Introduction to Sea Kayaking for Women, Part I— The first clinic in a four-part weekend progression. This series of clinics is ideal for new or beginner sea kayakers. Sign up for parts 2, 3 and 4 throughout the weekend. (code #NaSKSWOCSATAMA) Level 1
<input type="checkbox"/>	How to Kick <i>His</i> Ass—We're taking a playful jab at the men of this symposium, but keeping up on expeditions and even evening paddles can be a seriously difficult and frustrating issue for women. Men often have stronger and longer upper bodies <i>and</i> they tend to paddle longer, faster boats, not to mention their mock waiting tendencies—waiting just long enough for us to catch up then taking off again. This clinic teaches efficient forward and correction strokes and shares other ass-kicking strategies of female paddlers, instructors and guides. (code #NaSKSWOCSATAMB) Level 1+

Last Name: _____ First Name: _____

Please INITIAL to confirm that you have read the above guidelines about how to best choose your clinics. _____

Saturday afternoon (2pm to 4pm)

NaSKS - National Sea Kayak Symposium Clinics

<input type="checkbox"/>	Guided Paddle—Go off on a two-hour tour of the lovely Madawaska River with professional instructors and guides. Pick their brains about strokes, techniques and tripping planning (or anything really) along the way, or simply enjoy the trip. We may go upstream to see the famous Palmer Rapids or downstream on a quiet paddle past the surfing the tide clinics—or both if you're up for it. (code #NaSKSSATPMA) ALL
<input type="checkbox"/>	Introduction to Sea Kayaking, Part 2—The second clinic in a four-part weekend progression. This series of clinics is ideal for new or beginner sea kayakers, introducing you to paddling a kayak in calm sheltered water. This progression of clinics is modeled after national and provincial paddling associations' eight-hour introduction to kayaking courses and includes paddling skills, safety and rescue skills and building an understanding of boat design, equipment and personal gear. Sign up for parts 2, 3 and 4 throughout the weekend. (code #NaSKSSATPMB) Level 1
<input type="checkbox"/>	Sea Kayaking, The Next Step, Part 2—The second clinic in a four-part intermediate weekend progression. This series of clinics is perfect for sea kayakers who have previously taken an introductory weekend course or have been paddling for little while on their own and want to refine or advance their skills with professional instruction. We expect this clinic to be divided by experience level with elements from national and provincial Level 1 and Level 2 paddling skills courses. This series of clinics may take you beyond just strokes and boat control with discussions on safety, judgment and trip preparation. (code #NaSKSSATPMC) Level 1+/2
<input type="checkbox"/>	Video Analysis: Correction and Turning Strokes—This stroke tune-up works on correction strokes and turning strokes and then uses a video camera to record your technique for some professional, peer and self-analysis. This clinic is open to all intermediate and advanced sea kayakers looking for and ready to share feedback. (code #NaSKSSATPMD) Level 2/3
<input type="checkbox"/>	Rescues 2—This clinic goes beyond basic rescues you'd find in introductory paddling clinics. Practice assisted and unassisted rescues, all-in rescues, towing and lots of variations. We may even practice scenarios that engage leadership skills like critical decision making and maintaining the safety of the group. We expect there to be a sharing of ideas and practices between instructors and among the group. (code #NaSKSSATPME) Level 2/3
<input type="checkbox"/>	Greenland Paddling— Everyone's heard about Greenland-style paddling; here's your chance to see what all the hype is about. In this clinic, history and paddling instruction rub noses while you learn how northern hunters and paddlers developed and practiced their (some say superior) style of kayaking. If you have a Greenland paddle, please bring it. We'll do our best to round up demos for everyone to use. Already a Greenland-style kayaker? Jump in here with your quiver of Greenland paddling skills and learn more advanced Greenland-style techniques. Although the plentiful Madawaska River seals are not in season, we may still practice some traditional hunting methods from our kayaks! (code #NaSKSSATPMF) 2/3
<input type="checkbox"/>	Kayak Surfing 101—Spring on the Madawaska produces deep and glassy one- to two-foot river-wide rolling waves perfect for learning to surf a sea kayak. Surf your first wave or pick the brains of our expert instructors to improve your existing kayak surfing skills. Note: Playing on the waves is super fun but requires a fair amount of edge control. It's recommended that you have a roll or be proficient at self-rescues. Helmets required. (code #NaSKSSATPMG) Level 2+/3
<input type="checkbox"/>	Tidal Currents—In Ontario? Sure, we'll use the Madawaska River's class I rapids to simulate ocean currents and tides. Just downriver of the festival site are 30-foot eddy lines and slow moving currents perfect for playing in a sea kayak. We'll practice peeling in and out of big eddies as well as work on ferrying across currents. Whether you're planning a West Coast trip or just looking to have some fun, this clinic is for you. Helmets required. (code #NaSKSSATPMH) Level 2+/3
<input type="checkbox"/>	Kayaking for Kids, Part 2—Fun, games and some skills along the way. These kids' clinics will be progressive throughout the weekend building on one another. Great for introducing and engaging kids ages 7 and up. It is early spring so kids must be dressed in safety and cold water paddling gear. Sign up for part 1, 3 and 4 throughout the weekend. (code #NaSKSSATPMI) ALL

Women's NaSKS Clinics

<input type="checkbox"/>	Introduction to Sea Kayaking for Women, Part 2— The second clinic in a four-part weekend progression. This series of clinics is ideal for new or beginner sea kayakers. Sign up for parts 1, 3 and 4 throughout the weekend. (code #NaSKSWOCSATPMA) Level 1
<input type="checkbox"/>	Edging and Bracing—Feeling comfortable in your boat is critical to having the confidence to paddle and travel comfortably for long periods of time and in rough conditions, not to mention enjoying yourself on the water. First we look at how you're sitting in your kayak and suggest ways to improve comfort and performance. On the water, we work on edging and bracing skills—the two fundamental skills to maximizing your kayaking performance. Putting your kayak on edge makes it easier to turn and correct your course while paddling, reducing the number of turning strokes and letting you paddle forward with speed and precision. (code #NaSKSWOCSATPMB) Level 1+/2

Last Name: _____ First Name: _____
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SUNDAY CLINICS (Note: Please only register for Sunday clinics you are sure to attend.)

Sunday Morning (10am to 12pm)

NaSKS - National Sea Kayak Symposium Clinics

<input type="checkbox"/>	Guided Paddle—Go off on a two-hour tour of the lovely Madawaska River with professional instructors and guides. Pick their brains about strokes, techniques and tripping planning (or anything really) along the way, or simply enjoy the trip. We may go upstream to see the famous Palmer Rapids or downstream on a quiet paddle past the surfing the tide clinics—or both if you're up for it. (code #NaSKSSUNAMA) ALL
<input type="checkbox"/>	Introduction to Sea Kayaking, Part 3—The third clinic in a four-part weekend progression. This series of clinics is ideal for new or beginner sea kayakers, introducing you to paddling a kayak in calm sheltered water. This progression of clinics is modeled after national and provincial paddling associations' eight-hour introduction to kayaking courses and includes paddling skills, safety and rescue skills and building an understanding of boat design, equipment and personal gear. Sign up for parts 1, 2 and 4 throughout the weekend. (code #NaSKSSUNAMB) Level 1
<input type="checkbox"/>	Sea Kayaking, The Next Step, Part 3—The third clinic in a four-part intermediate weekend progression. This series of clinics is perfect for sea kayakers who have previously taken an introductory weekend course or have been paddling for little while on their own and want to refine or advance their skills with professional instruction. We expect this clinic to be divided by experience level with elements from national and provincial Level 1 and Level 2 paddling skills courses. This series of clinics may take you beyond just strokes and boat control with discussions on safety, judgment and trip preparation. Sign up for parts 1, 2 and 4 throughout the weekend. (code #NaSKSSUNAMC) Level 1+2
<input type="checkbox"/>	Kayak Rolling 101—Whether you are starting from scratch or have been working on your roll for a while this two-hour clinic is for you. The roll is one of sea kayaking's most prestigious and sought after skills, not to mention the ultimate self-rescue, and it's really not that hard—once you know how to do it. Develop the three simple concepts, put them together, and leave this clinic with a solid understanding of rolling fundamentals—or maybe even a solid roll. (code #NaSKSSUNAMD) Level 1/2
<input type="checkbox"/>	Video Analysis: Edging and Bracing—The better edge control you have, the more comfortable and effective you will be in your boat. And the better you are bracing, the more likely you are to tilt your boat and really engage your edges. This skills clinic works on your edging and bracing by using a video camera to record your technique for some professional, peer and self-analysis. Video can show you that what feels like extreme edging may in fact be little more than slight tilt. This fun and revealing clinic is open to all intermediate and advanced sea kayakers looking for and ready to share feedback. (code #NaSKSSUNAME) Level 2/3
<input type="checkbox"/>	Rescues 1—In this clinic you will discuss basic safety equipment, theories and standard practices and then get on the water to watch and practice various assisted and unassisted re-entry rescues as well as towing. This is an ideal first rescue course for all sea kayakers and especially those looking to head out on their first trip. (#NaSKSSUNAMF) ALL
<input type="checkbox"/>	Navigation & Communication—Often sea kayak navigation and communication is taught in a classroom, but not here. We begin with a shore discussion then take to the boats. Using maps, charts, compasses, GPS units and the river currents we work on compass navigation, using ranges, dead reckoning and other simple navigation, followed by an introduction to using GPS technology. We also look at ways we communicate between members of our group and with the outside world while on trip. Practice a variety of one-way signaling devices such as paddles, whistles, horns, and mirrors and new technologies like the SPOT and sat phones. Demonstrating the proper use of a variety of two-way communication devices such as VHF radios, FRS radios and cellular phones. (#NaSKSSUNAMG) ALL
<input type="checkbox"/>	Greenland Paddling— Everyone's heard about Greenland-style paddling; here's your chance to see what all the hype is about. In this clinic, history and paddling instruction rub noses while you learn how northern hunters and paddlers developed and practiced their (some say superior) style of kayaking. If you have a Greenland paddle, please bring it. We'll do our best to round up demos for everyone to use. Already a Greenland-style kayaker? Jump in here with your quiver of Greenland paddling skills and learn more advanced Greenland-style techniques. Although the plentiful Madawaska River seals are not in season, we may still practice some traditional hunting methods from our kayaks! (code #NaSKSSUNAMH) ALL
<input type="checkbox"/>	Kayak Surfing 101—Spring on the Madawaska produces deep and glassy one- to two-foot river-wide rolling waves perfect for learning to surf a sea kayak. Surf your first wave or pick the brains of our expert instructors to improve your existing kayak surfing skills. Note: Playing on the waves is super fun but requires a fair amount of edge control. It's recommended that you have a roll or be proficient at self-rescues. Helmets required. (code #NaSKSSUNAMI) Level 2+/3
<input type="checkbox"/>	Tidal Currents—In Ontario? Sure, we'll use the Madawaska River's class I rapids to simulate ocean currents and tides. Just downriver of the festival site are 30-foot eddy lines and slow moving currents perfect for playing in a sea kayak. We'll practice peeling in and out of big eddies as well as work on ferrying across currents. Whether you're planning a West Coast trip or just looking to have some fun, this clinic is for you. Helmets required. (code #NaSKSSUNAMJ) Level 2+/3
<input type="checkbox"/>	Kayaking for Kids, Part 3—Fun, games and some skills along the way. These kids' clinics will be progressive throughout the weekend building on one another. Great for introducing and engaging kids ages 7 and up. It is early spring so kids must be dressed in safety and cold water paddling gear. Sign up for part 1, 2 and 4 throughout the weekend. (code #NaSKSSUNAMK) Level 1

Women's NaSKS Clinics

<input type="checkbox"/>	Introduction to Sea Kayaking for Women, Part 3— The third clinic in a four-part weekend progression. This series of clinics is ideal for new or beginner sea kayakers. Sign up for parts 1, 2 and 4 throughout the weekend. (code #NaSKSWOCSUNAMA) Level 1
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☐	Kayak Rolling for Women—Women make great kayak rollers. Why? Because we tend to use finesse rather than brute strength to right the kayak, and kayak rolling is all about finesse. Start from scratch or pick up where you've left off and make your roll 100 per cent. (code #NaSKSWOSUNAMB) Level 2/3
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Last Name: _____ First Name: _____

Please INITIAL to confirm that you have read the above guidelines about how to best choose your clinics. _____

SUNDAY CLINICS (NOTE: Please only register for Sunday clinics you are sure to attend.)

Sunday afternoon (2pm to 4pm)

NaSKS - National Sea Kayak Symposium Clinics

<input type="checkbox"/>	Guided Paddle—Go off on a two-hour tour of the lovely Madawaska River with professional instructors and guides. Pick their brains about strokes, techniques and tripping planning (or anything really) along the way, or simply enjoy the trip. We may go upstream to see the famous Palmer Rapids or downstream on a quiet paddle past the surfing the tide clinics—or both if you're up for it. (code #NaSKSSUNPMA) ALL
<input type="checkbox"/>	Introduction to Sea Kayaking, Part 4—The fourth clinic in a four-part weekend progression. This series of clinics is ideal for new or beginner sea kayakers, introducing you to paddling a kayak in calm sheltered water. This progression of clinics is modeled after national and provincial paddling associations' eight-hour introduction to kayaking courses and includes paddling skills, safety and rescue skills and building an understanding of boat design, equipment and personal gear. Sign up for parts 1, 2 and 3 throughout the weekend. (code #NaSKSSUNPMB) Level 1
<input type="checkbox"/>	Sea Kayaking, The Next Step, Part 4—The fourth clinic in a four-part intermediate weekend progression. This series of clinics is perfect for sea kayakers who have previously taken an introductory weekend course or have been paddling for little while on their own and want to refine or advance their skills with professional instruction. We expect this clinic to be divided by experience level with elements from national and provincial Level 1 and Level 2 paddling skills courses. This series of clinics may take you beyond just strokes and boat control with discussions on safety, judgment and trip preparation. Sign up for parts 1, 2 and 3 throughout the weekend. (code #NaSKSSUNPMC) Level 1+/2
<input type="checkbox"/>	Video Analysis: Dynamic Maneouvers—This strokes and skills tune-up puts power, turning and correction strokes and edging and bracing together in front of the video camera for the ultimate professional, peer and self-analysis. This clinic is open to all intermediate and advanced sea kayakers looking for and ready to share feedback. (code #NaSKSSUNPMD) Level 2/3
<input type="checkbox"/>	Rescues 2—This clinic goes beyond basic rescues you'd find in introductory padding clinics. Practice assisted and unassisted rescues, all-in rescues, towing and lots of variations. We may even practice scenarios that engage leadership skills like critical decision making and maintaining the safety of the group. We expect there to be a sharing of ideas and practices between instructors and among the group. (code #NaSKSSUNPME) Level 2/3
<input type="checkbox"/>	Kayak Surfing 101—Spring on the Madawaska produces deep and glassy one- to two-foot river-wide rolling waves perfect for learning to surf a sea kayak. Surf your first wave or pick the brains of our expert instructors to improve your existing kayak surfing skills. Note: Playing on the waves is super fun but requires a fair amount of edge control. It's recommended that you have a roll or be proficient at self-rescues. Helmets required. (code #NaSKSSUNPMF) Level 2+/3
<input type="checkbox"/>	Tidal Currents—In Ontario? Sure, we'll use the Madawaska River's class I rapids to simulate ocean currents and tides. Just downriver of the festival site are 30-foot eddy lines and slow moving currents perfect for playing in a sea kayak. We'll practice peeling in and out of big eddies as well as work on ferrying across currents. Whether you're planning a West Coast trip or just looking to have some fun, this clinic is for you. Helmets required. (code #NaSKSSUNPMG) Level 2+/3
<input type="checkbox"/>	Kayaking for Kids, Part 4—Fun, games and some skills along the way. These kids' clinics will be progressive throughout the weekend building on one another. Great for introducing and engaging kids ages 7 and up. It is early spring so kids must be dressed in safety and cold water paddling gear. Sign up for part 1, 2 and 3 throughout the weekend. (code #NaSKSSUNPMH) Level 1

Women's NaSKS Clinics

<input type="checkbox"/>	Introduction to Sea Kayaking for Women, Part 4— The fourth clinic in a four-part weekend progression. This series of clinics is ideal for new or beginner sea kayakers. Sign up for parts 1, 2 and 3 throughout the weekend. (code #NaSKSWOCSUNPMA) Level 1
<input type="checkbox"/>	Paddling Outside Your Comfort Zone—Men and women approach and deal with stressful situations differently. Whether it is wind, waves, currents, a long hot day or troubling group dynamics there are surely going to be times on outings or trips that put you outside your comfort zone. In risky or stressful situations women tend to react in a way that's been coined 'tend and befriend.' Men, however, are physically aggressive and confident when faced with risk. Discuss and share ways of better understanding your reactions, strengthen your belief in your ability to succeed and learn tools for constructive communication with your male peers. (code #NaSKSWOCSUNPMB) ALL

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