

# DAY 1 May 11, 2012

5:30 – 9:00	<b>Symposium Registration</b>	
6:00 – 7:30	Paddling photography- Don Urquhart	<b>Location: Riverside Lodge Lower rooms</b>
8:00	<b><i>Zac Crouse</i></b> <b><i><u>Paddle to the Ocean</u></i></b> <b><i>Presentation on the trip from Ottawa to Nova Scotia promoting alternative transportation</i></b>	<b>Location: Riverside Lodge</b>
	<b>Social Time – Zac will be staying to play us a few tunes</b> <a href="http://www.zaccrouse.com/">http://www.zaccrouse.com/</a>	<b>Location: Riverside Lodge</b>

# DAY 2 May 12, 2012

## All session descriptions below

7:30- 8:45	Breakfast	Riverside dining room	
9:00- 9:20	Morning Briefing		
9:30-4:00	<b>SESSION TOPIC</b>	<b>Lead Coach</b>	<b>Location</b>
	<b>Tandem and Solo Canoe Skills- Flat water</b>	<b><i>Andrew Westwood</i></b>	<b><i>Liscomb Water Front</i></b>
	<b>Paddle Power</b>	<b>Sean Morley</b>	<b><i>Liscomb Water Front</i></b>
	<b>Just for the Ladies - Spring Turn Up</b>	<b>Trudy Killam</b>	<b><i>Liscomb Water Front</i></b>
	<b>Just for the Men - Spring Turn Up</b>	<b>Kevin Gallagher</b>	<b><i>Liscomb Water Front</i></b>
	<b>Wind management and boat control</b>	<b>Graham Ketcheson</b>	<b><i>Liscomb Water Front</i></b>
	<b>Incident Management</b>	<b>Matt Nelson</b>	<b>Marie Joseph</b>
	<b><i>Rock Hopping Safety and rescue (*)</i></b>	<b>Chris Lockyer</b>	<b>Marie Joseph</b>
			<b>Travel Required</b>
5:00-6:00	<b>Post paddle stretch and yoga session</b> (open to all bring your yoga mat)	Monica	<b>Riverside Lodge lower rooms</b>
6:00-7:30	Supper		
7:30	<b>Banquet &amp; Keynote: – Andrew Westwood</b>		
	<b>SEAKAYAK</b>	<b>CANOE</b>	<b>WHITE WATER KAYAK</b>

(\*) must have reliable self rescue skills

# DAY 3 May 12, 2012

## All session descriptions below

7:00 – 7:45	YOGA	Monica	Riverside Lodge Lower rooms
7:30- 8:45	Breakfast Paddle Canada Update: Graham	Riverside dining room	
9:00-9:20	Morning Briefing	Parking Lot In front of Main Building	
9:30-4:00	SESSION TOPIC	Lead Coach	Location
	Solo and Tandem Canoe Skills – White Water	Andrew Westwood	East River
	River Kayaking technique and skills	Rob Lemmon	East River
	Learn to SUP	Mark Sriver	Liscomb Water Front
	Masters Sea Kayak Surfing (*)	Sean Morley	Wine Harbour
	Surf improvement	Chris Lockyer	Wine Harbour
	Rock Hopping Skills	James Roberts	Marie Joseph
	Masters Rock Hopping skills (*)	Matt Nelson	Marie Joseph
	Blending Strokes and alternative strokes	Blair Doyle	Liscomb Water Front
4:30- 5:45			Travel Required
6:15-7:30	Supper	Riverside Dining Room	
7:30	Banquet & Keynote: – Sean Morley	Riverview	
	SEAKAYAK	CANOE	SUP
			WW Kayak

(\*) must have reliable roll and self rescue skills

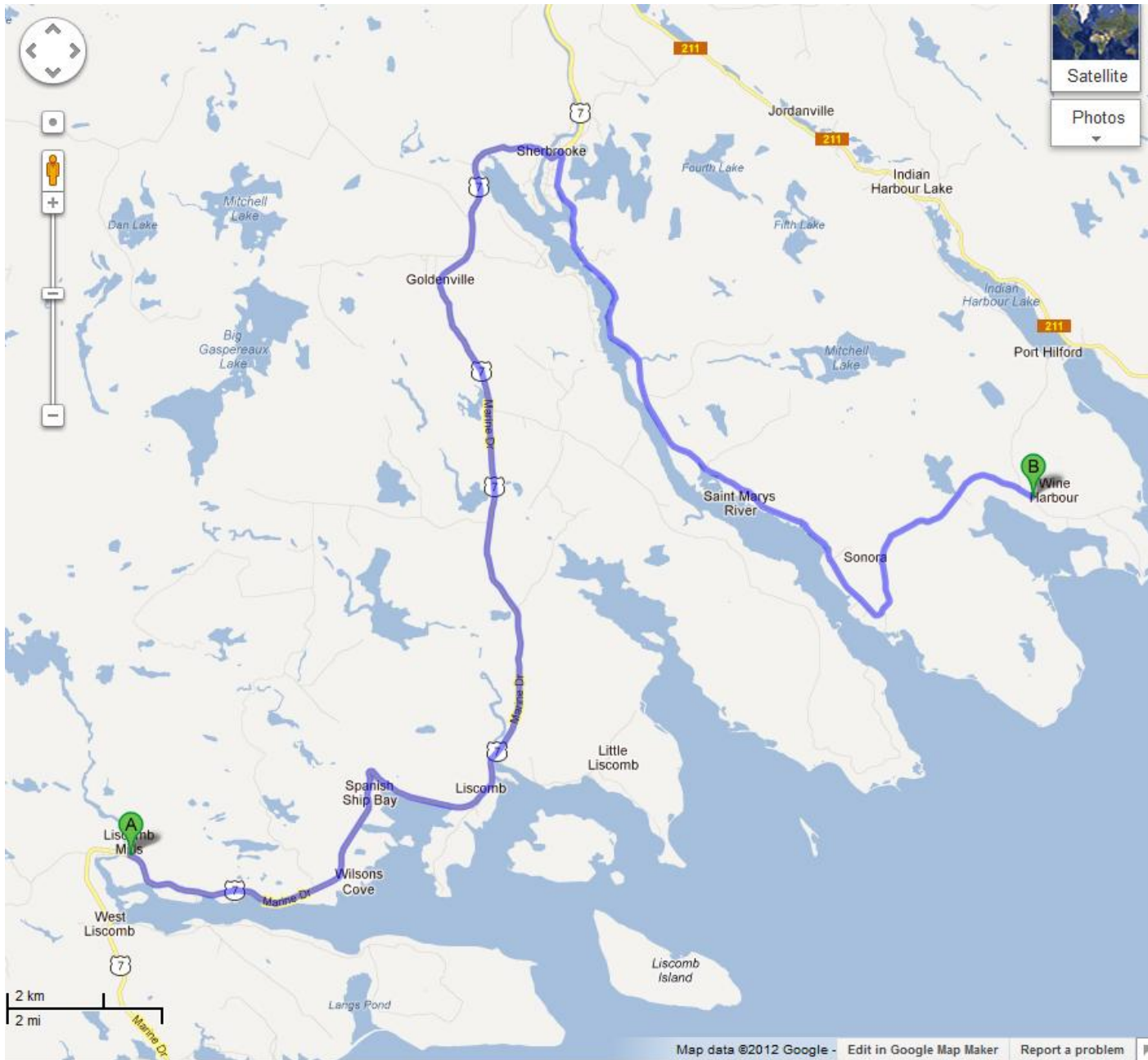
# DAY 4 May 12, 2012

## Day of Discovery- Try something new

All session description below

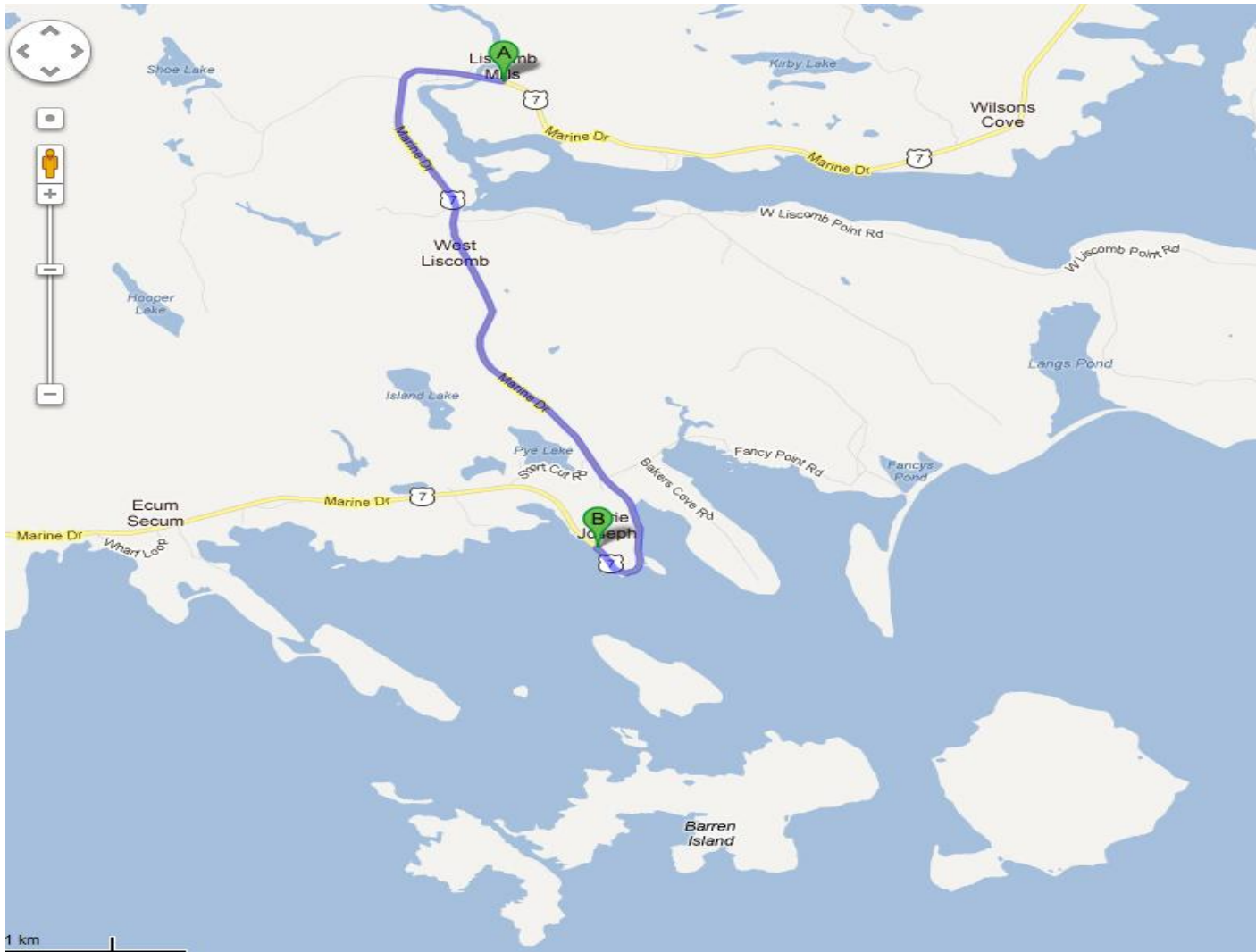
7:30- 8:45	<b>Breakfast</b>		<b>Riverside dining room</b>	
9:00- 9:20	<b>Morning Briefing</b>		<b>Parking Lot In front of Main Building</b>	
9:30-2:00	<b>SESSION TOPIC</b>		<b>Lead Coach</b>	<b>Location</b>
	<b>Canoe Style</b>		<b>David Wooldridge</b>	<b><i>Liscomb Water Front</i></b>
	<b>River Run Canoe and kayak</b>		<b>Blair Doyle</b>	<b>TBD</b>
	<b>Introduction to solo canoe – white water</b> <i>(6 demo boats available)</i>		<b>Andrew Westwood</b>	<b>Liscomb River</b>
	<b>Introduction to white water kayaking</b> <i>(6 demo boats available)</i>		<b>Rob Lemmon</b>	<b>East River</b>
	<b>Learn to SUP</b>		<b>Mark Scriver</b>	<b><i>Liscomb Water Front</i></b>
	<b>New to the Surf</b>		<b>Matt Nelson</b>	<b>Wine Harbour</b>
	<b>Paddle Power</b>		<b>Kevin Gallagher</b>	<b><i>Liscomb Water Front</i></b>
	<b>Rock Hopping Skills</b>		<b>Sean Morley</b>	<b>Marie Joseph</b>
	<b>Navigation/ Sea Kayak day trip</b>		<b>Scott Cunningham</b>	<b>TBD</b>
	<b>Learn to Greenland paddle and rope gymnastics fun</b>		<b>James Roberts</b>	<b><i>Liscomb Water Front</i></b>
				<b>Travel Required</b>
	<b>SEAKAYAK</b>	<b>CANOE</b>	<b>SUP</b>	<b>WHITE WATER KAYAK</b>

# Direction to Locations



## Wines Harbour Surf Location driving distance 44 km one way

Turn Right (East) out of Liscomb Lodge  
Travel on Highway #7 To Sherbrook Village 29 km  
Turn left to stay on Marine Dr/NS-7 Trunk E (signs for Nova Scotia 7 Trunk E/Stillwater/Antigonish/Marine Drive) 230 m  
Take the 1st right onto Sonora Rd17.8 km  
Continue onto Wine Harbour Rd



# Marie Joseph Rock hopping Incident Management

**Total driving  
distance 7 km  
one way**

**Turn left West and travel 7  
Km to the Community.**

**Park on ocean side of road  
just past the public wharf.  
There is a large field with  
plenty of parking**