

**ACA**  
**L-2 Essentials of River (3 Days)**  
**Please do Not Schedule an appointment/activity directly after class as ending times are dependent on course work, weather and other factors**

**Day 1**

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8:15/8:30 Meet and Greet – site orientation, medical check, clothing check, get boats and gear ready

9:00 Introductions

Morning

Loading, unloading, carrying –

- Launching from shore -
- Warm-up
- Run Through of L1 strokes and maneuvers
- Physics and boating: **Blade/paddle mechanics** - Newton's Law of Inertia, Types of strokes- turning, power, bracing (intention determines position of blade- regards to boat, angle of shaft and blade). **Body Mechanics** - Paddler's Box, posture, core muscle groups, breathing, ROTATION, etc
- **Boat mechanics**- bow pinning wave, boat stability and trim, pivot point (TRIM), on-side/off-side, bow and stern communication/responsibility
- Games for learning with purpose

12:30 Lunch – Planning, purpose, assessments, skills vs. demonstration quality, resources for teaching and planning, homework topic, stroke, and maneuver picks.

2:00-3:15 Focused Session work

1. **Stroke Instruction/Teaching Strokes and maneuvers:** Management, IDEAS, KISS, SMART
2. **Developing Critical eye and Feedback:** Breaking down skills and giving actionable feedback

3:20 **Refining strokes and Maneuvers** – on water - whatever was missed in morning session:

4:30/4:45 Head to boat landing, replace gear and WRAP UP

- Process day - Instructor feedback, expectations met?
- HOMEWORK Review: plan how, what you need, and who will help you BEFORE you teach!
- Check target audience, method of instruction, questions? Time limit. Engaging, Appropriate for beginners, Effective -

YOU WILL GET WET TOMORROW! – Bring your outline AND the L-1 Assessment! Bring all your materials and talk to me if you need something! Ready to put on the water/teach at 8:30. Facilitators tomorrow: Everyone