

Become A Better Sea Kayaker!

Sebago Sea Kayak Committee B.C.U. Instruction 2008

B.C.U. INSTRUCTION AT LAKE SEBAGO IN HARRIMAN STATE PARK

PRE-REGISTRATION IS REQUIRED

This year, Star 1 will be a one day class, but Star 2 and Star 3 will be two day classes over a weekend

Star 1. Saturday, June 21st for the Star 1 class at Lake Sebago in Harriman State Park, and June 22nd Phil Geller will a Star 1 level paddle in Jamaica Bay for all Star 1 paddlers!! Star 1 is the introductory class and an introduction to Sea Kayaking and club fellowship. Basic forward and backward strokes; stopping; turning strokes; draws (sideways strokes;) ruddering and bracing support strokes; wet exits, as well as group and self-rescues. Absolutely the best kayaking investment you can make in yourself. Don't go on the water without Star 1 training! Star 1 assessment will be provided with the class

Star 2 Weekend. Star 2 will be offered over two days, Saturday, July 12th and Sunday July 13th at Lake Sebago in Harriman State Park. Having taken a Star 1 class is highly recommended! Star 2 begins the intermediate level, and we will improve the forward and backward strokes, and turning strokes; introduce sculling and sculling support; edging to turn and increase boat control and the Eskimo rescue. We will work on more advanced bracing skills, including the high brace, and continue with rescue training. Star 2 skills are required to become a Jamaica Bay trip leader!

Star 3 Weekend. Star 3 will be offered over two days, Saturday, July 26th and Sunday July 27th at Lake Sebago in Harriman State Park. The Star 3 class requires a pre-requisite of Star 2 skills. In Star 3, we will review a wide range of intermediate strokes, including: sculling for support; high and low bracing; and draw strokes. Most strokes will be done on both sides and on the move. Rolling will be introduced. This is the breakthrough level, where those who want to go on to more adventurous paddling will learn the necessary skills. Many paddlers are content essentially to paddle in sheltered bays and rivers only. But if you have a hankering for the open water, for surf, for crossing to offshore islands, then this is where you begin. *Star 3 is also the crucial pre-requisite to become a Regional Trip Leader, and the advanced coaching courses.*

We will not be offering any assessment after the Star 1, 2 and Star 3 classes.

Any questions, contact Jerry Dunne at jerry.dunne@dunnelaw.net or at 718-478-6096 (leave name, phone number and address!!)

To register, return the attached forms and check!

Sebago Sea Kayak Committee 2008 BCU Instruction Registration & Fees

The one-day Star 1 class is \$100 for Sebago members, and the two-day Star 2 and Star 3 weekends are for Sebago members each \$150.00. Non-members are \$125 for the one-day Star 1 course and \$225.00 for each of the two-day Star 2 and Star 3 weekends. Non Sebago members are welcomed on a space-available basis. Boats and all equipment available without charge for Star 1 & 2; but please let us know if you need equipment. For Star 3 you are probably better off with your own boat, but we can supply equipment without any additional fees. Overnight accommodations at our lakeside Sebago Cabin available without additional charge. Food will be provided on a communal basis, and the costs shared during the weekend.

Star 1	June 21st
Star 2	July 12 th , July 13
Star 3	July 26 th , July 27

GENERAL

Welcome to the Sebago instructional program. You will find Lake Sebago a beautiful place, ideal for learning basic kayaking skills.

Please fill out the attached information form and send it with your check to::
Jerry Dunne, 156 Fifth Avenue, Suite 1223, New York, NY 10010-7002. **YOU MUST PRE-REGISTER!!!**

Questions? E-mail Jerry at: jerry.dunne@dunnelaw.net or call (718) 478-6096.

ARRIVAL

Arrive at Lake Sebago between 8:30 and 9:00 AM. The gate to the camp is kept locked, and may not be open earlier. Classes will start at approximately 9:30 AM.

WHAT TO BRING

Be prepared to spend time in the water (you must be able to swim) and bring clothing appropriate for getting wet. Everyone gets wet! A bathing suit with a poly-pro shirt or paddling jacket over it, teva style sandals, and a dunkable hat is typical gear, depending on air temperature. Also desirable are a towel, water bottle, sunglasses with

croakie-style clip, and sunscreen. If you wear contact lenses or dentures, understand that they will be impossible to find if lost while kayaking or practicing moves.

If you are coming for multiple days, you can stay overnight at Sebago's rustic lakeside cabin. You'll probably want a pillow and sleeping bag or linens. There are showers at the camp. Lodging is communal bunk-bed style. In case the evening is cool, include a sweater or sweatshirt. You should bring a flashlight, and anything else that would make you feel comfortable in a group camp setting.

If you intend to spend Friday, Saturday or Sunday night at the cabin, please indicate on the registration form. Also indicate if you'd like to opt out of sharing meals (and preparation and clean up!!) And indicate any food allergies or special needs.

WHAT IS PROVIDED

Club boats, spray skirts, paddles, and PFD's. If you wish to bring your own boat, please let Jerry know in advance. Personal boats must be at least 14' long, have bulkheads, and less than 30" wide, and include a spray skirt.

MEALS

Meals including lunch will be provided, but please feel free to bring any snacks or treats of your choosing. We will have communal lunches and dinners for those staying over multiple days at the cabin. The menu will be hearty but basic: Pasta with salad, bread and desserts for dinner; hot and cold cereals in the morning; sandwiches (cold cuts and peanut butter & jelly) for lunch. If you have special menu requests or needs please speak with Jerry in advance

WHAT IS EXPECTED

Classes, like the Sebago Canoe Club itself, embrace the volunteer ethic. You will be asked to help move and clean boats as directed by the instructors, prepare meals, and clean up afterward. Indicate any limitations on the attached information sheet.

Travel Directions to the ACA Camp at Lake Sebago in Harriman State Park.

VIA THE GEORGE WASHINGTON BRIDGE (Travel time from the bridge is about one hour.)

1. After crossing the bridge stay right and take Route 4 to Route 17 North.
2. Stay on Route 17 N until you reach Sloatsburg, New York. Get off at the Sloatsburg exit. Cautions: While on Route 17N, as you leave New Jersey, slightly north of the Sharp Plant at Mahwah, route 17N and the NY Thruway merge briefly. Keep in the right hand lane to stay on Route 17N.
3. Go through Sloatsburg. On the right hand side of the road pass the Fire and Police building, an overhead blinking amber caution light, and a church. Get into right lane. At the first traffic light after the blinking yellow light, turn right onto Seven Lakes Drive. Caution: traffic laws in this entire area strictly enforced.
4. Proceed on Seven Lakes Drive 3.3 miles to the ACA Camp entrance, on left-hand side of road. NOTE: If you pass over bridge and see the lake, you have gone too far.
5. The park sign adjacent to the cable reads: "ACA NAWAKNA SB2 SB3 Group Camp Service Road Authorized vehicles only." Consider yourself authorized. Follow paved road until you reach a fork: stay right, and proceed to the end. Park in the parking lot toward the right-hand side, near the Sebago cabin.

VIA NY STATE THRUWAY, GARDEN STATE PARKWAY, OR NJ TURNPIKE:

Exit onto Route 17N, and proceed as above.

Information & Registration Sheet

- Paid Registrations Only will Secure Reservation -

Instruction Fees: \$100 Star 1; \$150 for Star 2 and Star 3
Non-Sebago members, \$125 Star 1; \$225 each for Star 2
and Star 3
\$10 off each day on non - member price if an ACA
member)

Communal Food: \$15 Dinners (approximately)
\$ 5 Breakfasts & Lunches (approximately)

To be paid during the weekend depending upon actual cost!!

Which Days are you coming?

Which meals would you like to share?

Which nights would you like to stay at the Club cabin?

Make checks out to **Sebago Canoe Club** and return to:

Gerard F. Dunne
156 Fifth Avenue, Suite 1223
New York, NY 10010-7002

Name:

Address:

Phone:

E-mail:

ACA # (Non Sebago Members):

For Equipment Selection:

Height: Weight: Age:

Will you be bringing your own boat or other equipment? If so, what?

Anything else we should know?