

KAYAK & CANOE TRIPS AND CLINICS

SPRING 08



www.baylor.edu/campusrec/OA

(Detailed Event Descriptions on back)

March 27 - Kayak Roll Clinic and Practice Session - 6:30 to 9:00pm - SLC Pool

\$15 for 1st time roll clinic instruction. \$5 equipment fee for those who have completed a roll clinic and want to practice on their own.

March 29-30 - Flat water Kayak and Camping Trip-Colorado Bend/Lake Buchanan- \$40

April 3 - Kayak Roll Clinic and Practice Session - 6:30 to 9:00pm - SLC Pool

\$15 for 1st time roll clinic instruction. \$5 equipment fee for those who have completed a roll clinic and want to practice on their own.

April 5 - Kayaking Trip - All Day - San Marcos or Guadalupe River - \$35

April 10 - Kayak Roll Clinic and Practice Session - 6:30 to 9:00pm - SLC Pool

\$15 for 1st time roll clinic instruction. \$5 equipment fee for those who have completed a roll clinic and want to practice on their own.

April 16 - Kayak Roll Clinic and Practice Session - 6:30 to 9:00pm - SLC Pool

\$15 for 1st time roll clinic instruction. \$5 equipment fee for those who have completed a roll clinic and want to practice on their own.

April 19 - Kayaking Trip - All Day - San Marcos or Guadalupe River - \$35

Look for other events throughout the semester such as the Baylor Outdoor Adventure Race, Mountain Bike Workshops and Swimming Clinics.

Registration: www.baylor.edu/campusrec/OA

Trips - You must be registered 10 days prior to trip date.

Clinics - You must be registered 5 days prior to events.

For more information contact:

Call Kelli_McMahan@Baylor.edu - Outdoor Adventure Coordinator at 710-7615

or

Email: Cody_Schrank@Baylor.edu

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Roll Clinic and Practice Session: Want to build a little confidence in your kayak roll? Join the Baylor University Outdoor Adventure Program for this 2.5 hour class. The SLC is the perfect controlled spot to work on the fundamentals of a wet exit and Eskimo Roll. It is indoor and heated. We will provide the kayak, spray skirt, paddle, PFD, and a handout. You are also welcome to bring your personal boating gear, but please let us know because it will help with planning. Please bring with you: (1) swimsuit (2) towel (3) dive mask or goggles and nose plug are recommended but not required. Swimming skills are a prerequisite. \$15 for 1st time roll clinic instruction. \$5 equipment fee for those who have completed a roll clinic and want to practice on their own.

(Note that we do not guarantee that you will be able to roll after the clinic. Kayaking is a very involved sport that takes practice. The clinic teaches the fundamentals of the wet exit and kayak roll. After completing the clinic, it is not recommended to go kayaking on any river or creek with out an experienced guide or additional instruction).

Kayak Skills Clinic: Join us for this intro class where we will practice skills you can use on the river or lake. We will cover topics such as equipment knowledge, basic paddling strokes, self and partner rescues, boating safety equipment, river reading, and river decision making. We will provide the kayak, spray skirt, paddle, PFD, and a handout. You are also welcome to bring your personal boating gear, but please let us know because it will help with planning. Please bring with you: (1) swimsuit (2) towel. Swimming skills are a prerequisite.

San Marcos/Guadalupe Kayak Day Trip: Come and enjoy a kayaking day trip on either the beautiful San Marcos or Guadalupe River with Baylor University's Outdoor Adventure Program. Depending on the water flow we will paddle the spring-fed San Marcos River or scenic Upper Guadalupe River, both of which are perfect rivers for fun and learning in Texas. We will have some time for practicing, for running rapids, and for paddling 4-8 miles of river. We will provide the kayak, spray skirt, paddle, PFD, and a handout. You are also welcome to bring your personal boating gear, but please let us know because it will help with planning.

(In order to participate in this trip you will be required to demonstrate swimming skills, attend one of Baylor's Kayak Roll Clinics or demonstrate a successful kayak roll for a Baylor OA staff member, and attend a pre-trip briefing. You will be given an itinerary and gear list prior to the trip. You will be contacted with details once your registration has been received.)

Flat Water Kayaking and Camping Trip - Colorado Bend to Lake Buchanan: Glide across the lake in one of Baylor's Touring Kayaks. We will paddle approximately 12 miles seeking out beautiful scenery, water falls, and cliffs. We will camp out on Garrett Island in Lake Buchanan. We will provide all of the camping and paddling gear. Space is limited: contact Cody_Schrank@Baylor.edu for details.

(In order to participate in this trip you will be required to demonstrate swimming skills and attend a pre-trip briefing. You will be given an itinerary and gear list prior to the trip. You will be contacted with details once your registration has been received.)

Look for other events throughout the semester such as the Baylor Outdoor Adventure Race, Mountain Bike Workshops, Kayak Skills Clinics and Swimming Clinics.