

TRAQS Schedule March 2018

Extended TRAQS

Thursday, March 15

- 4:00-6:30 Registration
- 7:00-9:00 Off-Campus Group Dinner

TRAQS

Friday, March 16

- **8:00-8:45 Breakfast (Extended participants only)**
- **9:00-5:00 Paddle making class**
- 9:15-11:30 One-on-one rolling sessions (Extended participants only)
- **12:00-12:45 Lunch (Extended participants only)**
- 1:00-4:00 Registration
- 1:00-4:00 Optional paddle on the Lake
- 1:15-2:00 One-on-one rolling sessions (Extended participants only)
- 2:30-4:00 Open mentoring & sharing on the water
- 3:30-4:00 Introduction to Traditional Qajaqing (Ed)
- 4:00-4:45 Rolling demo
- **5:00-5:45 Dinner**
- 6:15-6:45 Introductions/Videos (Lakeside conference room)
- 6:45-7:15 Rolling fundamentals/Load and Drive (Ed/James)
- 7:15-8:00 Presentation
- 8:00-9:00 Group Activity
- 9-? Socializing

Saturday, March 17

- 7:00-7:45 Yoga with Kathy (Lakeside conference room)
- **8:00-8:45 Breakfast**

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- **9:00-11:30 Morning on-water session** (All sessions are subject to change based on participants needs)

: **9-10:15**

- Forward Stroke 1 (Greg): land based training and detailed discussion starting with proper paddle size, grip, leg drive, torso rotation stroke, crunch stroke, canted blade, how to extend the paddle safely for bracing.
- Standard Greenland roll (Ed/Ben)
- Basic forward finishing rolls/Chest Scull/Reverse Sweep (James)
- Intermediate aft rolls/Shotgun/Norsaq/Hand (Alison)

: **10:15-11:30**

- Forward Strokes II- continuation of Strokes I on the water.(Greg)
- Standard Greenland roll (Ben)
- Balance brace/Butterfly roll (Ed)
- Storm roll(Alison)
- Intermediate aft rolls/Shotgun/Norsaq/Hand (James)

- **12:00-12:45 Lunch**

- **1:00-4:30 Afternoon on-water session**

: **1-2:15**

- Sculling basics(Greg)
- Balance brace/Butterfly roll (Ben)
- Basic forward finishing rolls/Chest Scull/Reverse Sweep (Ed)
- Advanced aft rolls/Elbow/Spine((James)
- Advanced forward rolls/Storm/Forward Norsaq/Forward Hand (Alison)

: **2:15-3:30**

- Support Strokes(Greg)-low and high bracing
- Balance brace/Butterfly roll (Ben)

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- Intermediate aft rolls/Norsaq/Hand (Ed)
- Tuning up your roll (James)
- Sculling rolls/Foredeck/Under the deck (Alison)
- Rescues (Don White)

: **3:30-4:30**

- Best on-water practices for Mentoring (Alison)
- Open Practice (All mentors)

- **5:00-5:45 Dinner**

- 6:30-7:00 Videos (Lakeside conference room)
- 7:00-8:00 Auction
- 8:00-9:30 Bonfire Social by the Lake
- 9:30-?? Socializing

Sunday, March 18

- 7:00-7:45 Yoga with Kathy (Lakeside conference room)
- **8:00-8:45 Breakfast**
- 9:00-10:45 Morning on-water session
 - : Strokes on the move -A relaxing paddle around the lake with focus on stroke refinement (Ben)
 - : All aft finishing rolls (All available mentors)
 - : All forward finishing rolls (All available mentors)
 - : Hunting Strokes and Harpooning (Ed)
 - : Rescues (Don White)
- **11:00-12:00 Lunch /Clean/ Pack Out**