

TRAQS Schedule March 2018

Extended TRAQS

Thursday, March 21

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

TRAQS

Friday, March 22

- **8:00-8:45 Breakfast (Extended participants only)**
- **9:00-5:00 Paddle making class**
- 9:15-11:30 One-on-one rolling sessions with Cheri, Alison and Mia (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
- 2:30-4:00 Mentoring the Mentors (Cheri)
 - : Cheri Perry will need assistance when working with the beginner rollers on Saturday morning. She will share some fundamental mentoring ideas with four folks willing to help mentor the beginners. The great thing about assisting others is that you will develop a greater understanding of the Standard Greenland Roll which will naturally lead to improved layback rolls of all varieties. To qualify for this class, folks need to have a standard greenland roll, and be available for the Friday evening land session (Kayak Rolling Simplified) as well as the Saturday Am beginner rolling segment.
- 3:30-4:00 Introduction to Traditional Qajaqing (Ed)
- 4:00-4:45 Rolling demo
- **6:00-6:45 Dinner**
- 7:00-7:15 Introductions (Lakeside conference room)
- 7:15-8:00 Qajaq Rolling Simplified (Cheri)
 - : Cheri Perry will break down the ideal way to fit yourself into a greenland kayak, and why it is important. This is an interactive segment. Folks are encouraged to bring their kayaks into

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the circle and try others as well. After the fitting discussion, Cheri will break down all of the key components of the Standard Greenland Roll, and folks will have time to practice the land exercises for this drill. These exercises are great for folks without a solid roll, or for those looking to expand their layback rolling skills, or for people working on their mentoring skills. Also if time allows and there is interest, she will cover the foundation moves for forward finishing, as well as the storm roll.

- 8:00-10:00? Team Qajaq building
 - : Each team will build a working qajaq from wood strips, duct tape and plastic wrap. Each team will select someone to paddle and roll their qajaq. There will be a judging and prizes for the winning team.

Saturday, March 23

- 7:00-7:45 Yoga with Cheri (Lakeside conference room)
- **8:00-8:45 Breakfast**
- 9:00-11:30 Morning on-water session (All sessions are subject to change based on participants needs)
 - : 9:00-11:30
 - Beginning rolling (Cheri/Fern/New Mentors)
 - 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.
 - Forward Strokes II- continuation of Strokes I on the water.(Greg)
 - Basic forward finishing rolls/Chest Scull/Reverse Sweep (Alison)
 - Sculling basics/side scull (Mia)
- **12:00-12:45 Lunch**
- 1:00-4:30 Afternoon on-water session
 - : 1:00-4:30
 - Storm roll (Alison)
 - Support strokes and paddling maneuvers (Greg)
 - Balance brace/Butterfly roll (Ben/Fern)

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- Intermediate aft rolls/Shotgun/Norsaq/Hand (Cheri)
- Sculling rolls/Backdeck/Foredeck(Mia)
- Rescues (Don White)
- : 3:30-4:30
- Qajaq building teams paddling, rolling and judging
- **5:00-5:45 Dinner**
- 6:30-7:00 Presentation by Mia (Lakeside conference room)
- 7:00-8:00 Auction
- 8:00-9:30 Bonfire Social by the Lake
- 9:30-?? Socializing

Sunday, March 24

- 7:00-7:45 Yoga with Cheri (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 (Fern)
- : Advanced forward rolls/Storm/Forward Norsaq/Forward Hand (Cheri)
- : Advanced aft rolls/Elbow/Spine (Alison)
- : All aft finishing rolls (All available mentors)
- : All forward finishing rolls (All available mentors)
- : Hunting Strokes and Harpooning (Ed)
- : Rescues (Don White)
- **12:00 Lunch**
- **2:00 Clean/ Pack Out**

