

Know how to flow

PRESENTED BY THE  
**MWA**  
Missouri Whitewater Association

2011

# WHITEWATER CLINIC for kayaks, open & decked canoes

— NOVICE, INTERMEDIATE AND ADVANCED PADDLERS —

The Missouri Whitewater Association announces its annual clinic for kayaks, open and decked canoes!

This clinic is designed to provide instruction in basic whitewater skills and techniques on class II-III whitewater. It is aimed at, but not restricted to, paddlers possessing previous river paddling experience. The fee includes a hot catered dinner on Saturday evening!

See reverse side for pricing, requirements, and other information.

**when**  
APRIL 30-MAY 1, 2011

**where**  
ST. FRANCIS RIVER, NEAR  
FREDERICKTOWN, MO

**cost\***  
\$75 EACH FOR MWA MEMBERS  
\$90 EACH FOR NON-MEMBERS\*\*

Sanctioned by the  
American Canoe  
Association



**Overview:** Designed for people already possessing basic river paddling skills, the clinic will introduce basic whitewater techniques on Class II-III whitewater. Clinic begins at 8:30AM Saturday (check-in at 8:00AM), continues through the evening with a catered dinner, and concludes on Sunday afternoon at around 5PM. NOTE: For more experienced paddlers, there will be a limited number of spots for advanced and playboating clinics.

Primarily, basic whitewater paddling strokes will be taught, including ferries, eddy turns, peel-outs, water reading, as well as safety and equipment outfitting. Boat control and safe, fun negotiation of whitewater will be stressed. Students are grouped according to ability and what they seek to learn. Two ACA-certified instructors and at least one safety person are assigned to each paddling group.

Most paddlers will spend Saturday morning in a "static" situation on flat & moving water learning strokes and maneuvers. Saturday afternoon will be on a short section of whitewater. Groups will put in at assigned places and on-water instruction begins, consisting of paddle stroke instruction and practice. Video may be used to provide students with visual feedback of their skills. On Sunday, groups will paddle all or a portion of the 5-mile stretch of whitewater on the St. Francis River from Hwy. 72 to Hwy. D.

Because the water will be very cold, the Eskimo Roll will only be practiced if the student is properly dressed and specifically requests this.

**Clinic Requirements:** Whitewater sports are inherently risky, so every precaution is taken to insure the participants' and the instructors' safety. For this reason, the MWA has outlined the following requirements:

- Participants must have prior knowledge of basic river paddling to be in the clinic. A lot of material is covered and the pace can be quick.
- Each person must provide (own or borrow) his/her own gear and boat. Helmets and approved PFDs are to be worn at all times while on the river. The water will be cold so pile or polypro is highly recommended along with a wetsuit or drysuit. Remember, whitewater boating means that you WILL get wet. NO cotton clothing or heavy boots.
- Canoes should be fiberglass, ABS plastic or polyethylene. Aluminum,

wood, canvas or square sterned boats will not be allowed to participate. All canoes must have bow and stern lines. Float bags are required.

- All decked kayaks and canoes must be made of plastic, fiberglass or kevlar. No wood or canvas boats are allowed. Float bags are required as are bow and stern grab loops.
- Minimum age for participation is 10 years old and is at the discretion of the clinic coordinator.

**Food and Lodging:** The MWA encourages people to camp at the Silver Mines Recreation Area. Call (573) 783-3769 or go to [reserveamerica.com](http://reserveamerica.com) to reserve your site. Please note that camping fees are not included in your clinic registration. Reasons to camp out with us: group cohesion, to meet people, and besides, we have a good time.

If you prefer not to camp, nearby motels include the *Corral* and *Longhorn* motels in Cherokee Pass (just south of Fredericktown), the *Madison Inn* in Fredericktown, the *Arcadia Academy* in Arcadia, the *Mimosa* and *Ft. Davidson* motels in Pilot Knob, and the *Knights Inn* and *Best Western* in Farmington.

Saturday night's dinner is catered and is included in the cost of the clinic. You are responsible for providing all other meals. Lunches will most likely be eaten on the river both days so bring a waterproof bag to keep it dry and secured in your boat. Breakfast may be eaten at the campsite or at nearby restaurants, but don't be late. Remember, the clinic starts each day at 8:30AM.

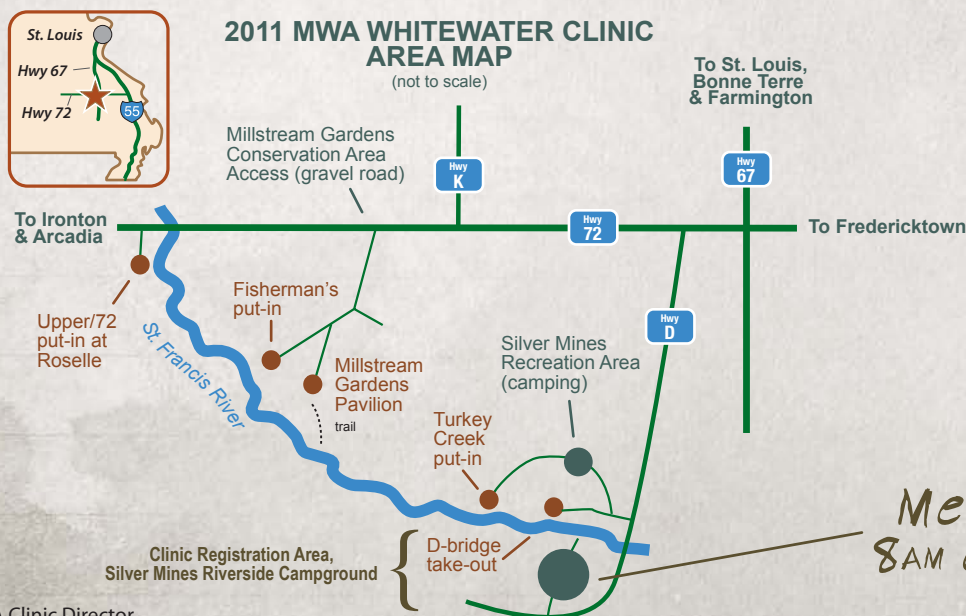
**Registration:** Pre-registration by mail is required. You can download an application and waiver from [www.missouriwhitewater.org](http://www.missouriwhitewater.org) or you can pick one up at the following locations:

- The Alpine Shop, St. Louis, MO
- REI, Brentwood, MO

Send an [application](#) and the entry fee to the Clinic Director ([clinicdirector@missouriwhitewater.org](mailto:clinicdirector@missouriwhitewater.org)) by April 22, 2011. The clinic is on a first-come/first-served basis.

**Important:**

In order for the clinic application to be valid, a phone number must be provided which will allow the Clinic Coordinator to call and leave a message in the event of postponement or cancellation of the clinic. If the water level is too high or too low, the Missouri Whitewater Association reserves the right to postpone or cancel the clinic in full or in part. If this occurs, you will be notified by telephone Wednesday evening, April 27th or Thursday evening, April 28th, between 6-10 PM. Please provide a phone number where you can be reached on these days. If postponed, the clinic may be rescheduled for a backup weekend. Fees will be refunded if the clinic is canceled after the backup dates.



Meet here at  
8AM on April 30

MWA Clinic Director  
PO Box 300099  
Saint Louis, MO 63130

email:  
[clinicdirector@missouriwhitewater.org](mailto:clinicdirector@missouriwhitewater.org)  
phone: 314-974-6938

\*As a not-for-profit organization, the MWA is able to assist persons who are unable to afford the rates for the MWA clinic. Please send a completed application with a cover letter explaining your circumstances (eg., student, unemployed) to the Clinic Director and state the fee you can afford. Please check [www.missouriwhitewater.org](http://www.missouriwhitewater.org) for more information.

\*\*\$15 of the fee for non-members goes to MWA membership dues, thereby establishing participants as active members of the MWA for one year.