

PADDLER FOCUS CLINIC

DATE: May 9th and 16th

LOCATION: Wabamun Lake

TIME: 10:00am - 3pm

COST: \$105/Person

INCLUDES: boat rentals, coaching and video review.

WHO CAN COME: Paddling experience is required. This clinic is for paddlers who want to improve their technique or performance.

WHAT TO EXPECT: Lots of paddling so come prepared. We will be focused on stroke technique, individual stroke awareness and touch on mindset techniques for change.

HOW TO PLAN: Plan for down time in between paddles and to force a recovery with food, fluids and rest.

SUGGESTIONS: It is wise to use Vaseline or glide on the rear to avoid blisters and wear 2 pair of shorts for extra coverage. Expect to be sore and tired the next day and to paddle anyway. It is good to plan for an Epsom salt bath that evening and plenty of advil and fluids. It is also a good idea to eat a lunch that you know agrees with you and that is high in fast release carbs such as pasta, sandwiches, potatoes with low protein and fats.



Cheryl Rose

Cheryl has completed Dragon Boat Canada's competitive dragon boat coaching and is certified to coach teams from recreation to those who aspire to the Club Crew World Competition Level. Cheryl has also completed her National Coaching Certification Program in level 1 Canoe and Kayak.

As a paddler Cheryl has won numerous medals within the last 16 years at both Provincial, National and International levels in the sport of dragon boat racing. Cheryl's most recent accomplishment was racing in the 2015 IDBF World Dragon Boat Championships as a Senior B Canadian Athlete winning GOLD in each distance raced. Cheryl will be racing with the Canadian Outrigger women's senior A and B national team in Hilo, Hawaii in August 2020.

GENERAL COURSE STRUCTURE DAY 1 (subject to change at coach's discretion, weather etc.):

- 90' morning practice (on water)
- 60' individual coaching in boat
- 2 hour Lunch break with Video review w/ individual feedback
- 90' afternoon practice (on water)

WEATHER: Rain or shine - come prepared

WHAT TO BRING:

- Lunch
- Water
- Chocolate milk or yogurt
- Energy drinks or bars
- Powerade or Gatorade for hot weather
- Snacks high in sugar and carbs (fruit, veggies, gummies)
- Cold weather gear
- Hot weather gear
- Change of clothes (2 changes of clothes is recommended)
- Towel
- Sunscreen
- Bug spray
- Vaseline or Zinc ointment
- Hand sanitizer
- Butt pad
- Yoga matt or large towel/blanket

CLINIC SCHEDULE

9:00-10:30	10:30-11:30	11:30-1:30	1:30-2:45	2:45-3:00
Drills & paddling	Individual coaching on boat Video	Lunch Video review	Drills & paddling	Stretch, recap