

# SKSA Advanced Rolling

## Thoughts

We can roll. Maybe our roll is not "bomb proof", maybe it is. Perhaps we want to do develop some advanced rolls, maybe even a hand roll. Let's make it happen!



**Prerequisites:** *SKSA Basic Rolling.*

Students in this class should have a basic roll.

## Next Step:

Repeat this class, *SKSA Native Rolling.*

## Topics Covered

We will critique and strengthen our roll, then focus on the "on-side: & "off-side" rolls; different rolling methods: C-to-C, sweep roll, extended vs. standard paddle rolls and hand-rolling as time permits.

## Details and Requirements

This is an SKSA Custom 3-hour clinic. Students coming to this clinic should have mastered the basic roll. The course is planned for group participation in a suitable flat-water environment such as a lake, cove, pool or similar protected water.

**Basic Equipment** includes a properly outfitted kayak with paddle and related safety equipment including PFD and spray skirt. This equipment will be provided as needed, although it is best to use your own equipment if available. Please advise us on any equipment you plan to bring, before the class.

**Personal Equipment** recommendations include clothing suitable for immersion (synthetics, no cotton) and water shoes (no open-sided sandals). The student should come prepared for prolonged periods of immersion while practicing skills. Some students prefer to use nose-clips, earplugs, and/or swim goggles during immersion – all are acceptable. Other items of personal responsibility include sunglasses, sunscreen, hat with visor, bug repellent and spare (dry) clothing. In cooler weather or on windy days a wind breaker may also offer comfort.

**NOTE:** We are not responsible for lost or damaged personal items. Plan to leave electronic keys, cell phones, etc. on shore or in a floating, waterproof container. Consider retention aids for prescription glasses, hats and other items dear to you.

## Special Requirements

Please bring your commitment to serious fun and a spirit of adventure. In order to best serve you please advise us of any personal issues when registering so that we can prepare in advance for special paddling equipment. Let us know in confidence of any medical issues prior to the start of class. We can accommodate most concerns.

## Costs and Fees

Class Fee	Boat and Gear Rental	ACA Participation Card
\$100.00	Available, Inquire	Not Applicable