



The Newfoundland Kayak Company

47 Parkhill St., St. John's, NL, A1E 6B2, 709.726.0516, info@nfkayak.com, www.nfkayak.com

Roll Training

Dates: On demand throughout the season, call to set up a time.

Location: St. John's, NL (other locations and dates on demand)

Cost: \$85,

Aim: To provide a solid foundation to perfect the roll.

Prerequisites: Age requirement: 14 years of age; Paddle Canada level 1 or equivalent experience or certification.

INTRODUCTION

The roll has been called one of the most difficult maneuvers to learn and to teach. We would agree. The movements required to perform are roll are complex, interrelated and counter-intuitive. We have taught many, many paddlers to roll and are proud of our success rate and format. We believe strongly that starting off learning to roll with good instruction is key to both initial success and eventual mastery. "Practice does not make perfect – practice makes permanent."

This course is designed to give you a strong physical and cognitive basis to perfect the roll. This course will provide you with a solid beginning of the hip flick, paddle movement, head movement and finish position to optimize your future success with the roll. As with most complex physical maneuvers, practice is the key to mastery and we encourage our participants to practice between classes.

The course requires one on one coaching and feedback.

WHAT TO BRING

- Boat with a good snug fit (a boat that is too big for you will greatly inhibit your success)
- Swim ware or a wet suite for additional comfort
- Swim goggles
- Nose plugs
- Shoes you don't mind getting wet
- Towel
- 25 cents for the lockers at the Aquarena