

**Free Skill Building Classes for Wake Members**  
**June 11, 2022 --- 9:00 am-3:00 pm**

On Saturday, June 11<sup>th</sup>, WAKE will offer two skill building sessions (one in the morning, and another in the afternoon) at Lake Padden to teach some paddling and rescue skills and generally have fun. Classes will be based on folk's interest so please complete the survey questions below. This event is open to members-only. If any non-members are interested, they'll need to fill out a membership form, pay dues (\$25 single, \$40 couple), complete the 2022 Liability Form, and Skill Building Questionnaire by June 4<sup>th</sup>. Bring your own kayak and immersion gear. (required) Pack your own lunch, snacks, and beverages. A raffle drawing will take place during lunchtime. Robert Nissenbaum will be the lead instructor for the day, see qualifications below.

1. Name \_\_\_\_\_

2. I am interested in attending the Skill Building Classes on June 11.

\_\_\_\_\_ yes                      \_\_\_\_\_ no                      \_\_\_\_\_ maybe

3. I will attend \_\_\_\_\_ in the morning only    \_\_\_\_\_ in the afternoon only    \_\_\_\_\_ all-day

4. Level of paddler \_\_\_\_\_ Beginner                      \_\_\_\_\_ Intermediate                      \_\_\_\_\_ Advanced

*Beginner* – Have had some fundamental training but haven't had much time on the water. They understand some of the hazards and are adequately equipped.

*Intermediate* – In addition to practiced ability in basic skills, these paddlers have participated in several trips in various conditions.

*Advanced* – All basic skills are mastered, and paddlers have extensive experience in diverse conditions.

5. I am interested in building these skills (please rank them in priority, "1" being the highest)

- a. Basic paddling strokes \_\_\_\_\_
- b. Wet exits, self-rescue techniques \_\_\_\_\_
- c. Body awareness, balance, and understanding of how the  
boat and paddle interact with the water \_\_\_\_\_
- d. More efficient forward strokes \_\_\_\_\_
- e. Advanced strokes (bow & stern rudders) \_\_\_\_\_
- f. Edging practice and theory on inside vs outside edging \_\_\_\_\_
- g. Rescues – variation on typical rescues and scoop \_\_\_\_\_
- h. Towing – includes contact towing \_\_\_\_\_
- i. Effective launching and landing strategies \_\_\_\_\_

6. Are you interested in helping teach classes on June 11<sup>th</sup>? \_\_\_\_\_ yes    \_\_\_\_\_ no

Please see Gary's note at the end of this document.

Once we get an idea of the classes that folk's want, we'll send out a sign-up sheet on the wake-short-notice group email, and by regular email to WAKE members who are planning to attend. This event is in place of our traditional "Symposium". There was a shortage of volunteers to stage a big event like the Symposium. The Board hopes that WAKE members will appreciate and participate in these skill building classes on Lake Padden.

Robert Nissenbaum is an ACA Sea Kayak Instructor, ACA Advanced Communications Instructor, BC Coastal Sea Kayak Award Holder, Trip leader and Instructor with the Washington Kayak Club and the North Sound Sea Kayak Association.

---

#### A Note from Gary Peniston, WAKE's Co-President

Susan has a questionnaire for potential students about the symposium on June 11. I have another one for potential coaches. We could offer more classes if we have more people to teach them, and I'm asking who would be willing to teach or help teach a class. You don't have to be a great paddler to be able to help coach. If you would be interested in coaching, we could put together more classes. It would be especially useful if you have a particular skill you'd like teach.

So, you say, "But I don't know enough to teach others." The best way to improve your abilities is to teach- it's like taking a class over again. And I can help. I ran the Tacoma Mountaineers Basic Sea Kayak Class [5 days of classes] for 3 years, was a lead instructor of that class- and others- for 25 years. I ran the roll class for over 20 years, and we put together a program with a high success rate. For all those years I also did train-the-trainer classes, helping new coaches how to coach effectively. So, if you'd like to learn more by teaching, let me know. I am planning to hold an instructor training class the weekend before the symposium, June 4. You'll get wet, have a good time, and learn a few things.

Gary Peniston  
[ghpghp@earthlink.net](mailto:ghpghp@earthlink.net)