



The SPRAY

Newsletter for Colorado Whitewater

**SPECIAL EDITION
INSTRUCTION ISSUE**

INSIDE THIS ISSUE

- 3 Happy New Year
- 5 CW Instruction Program
River Instruction
- 6 Training Camp
- 8 Class Schedule
- 9 Class Descriptions
- 15 Fall Dinner Recap

UPCOMING EVENTS

**If it's not river season then
it's permit season!**

Watch for more details about
CW's annual permit party and
movie night.

Visit the Events page on the
CW website for more information.



Happy New Year from Colorado Whitewater!

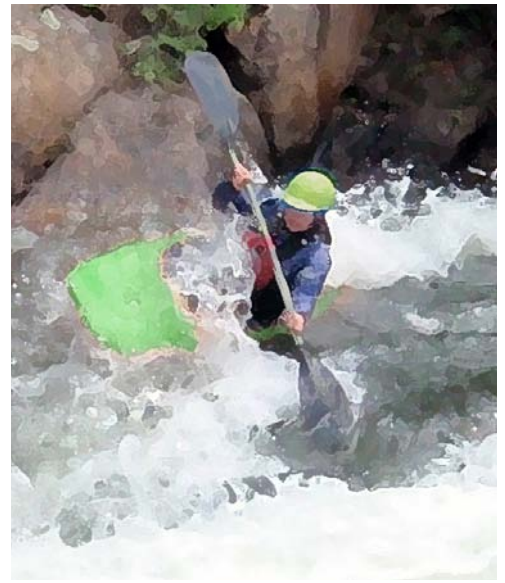
By: Patrick Brown

A new year is upon us and we are graced with the opportunity to choose how we spend our time in the coming months. As you read this, a dedicated group of Colorado paddlers are braving the cold to kick off their new year by paddling the Shoshone rapids on the Colorado River near Glenwood Springs. It may seem silly to drive three hours to paddle one mile in freezing temperatures, but for this group of kayakers, the annual New Year's Shoshone paddle is a symbolic act of how much paddling means to them and how they intend to spend the coming year.

(continued page 3)

Mission Statement

Colorado Whitewater promotes the sport of whitewater paddling in Colorado and the Rocky Mountain region. The club introduces new paddlers to whitewater, provides training in technique and safety, supports racing, informs the public about whitewater issues, including river access and conservation, and works to resolve related problems. CW is a 501(c)(3) nonprofit organization run entirely by volunteers.



CW BOARD OF DIRECTORS

President	Laurie Maciag	lmaciag@yahoo.com
Past President	Scott Winkleman	sewinkleman@msn.com
Vice President	Elizabeth Austen	eausten@live.com
Treasurer	Kristin Parsons	
Access/Conservation	Nathan Fey	nathan@americanwhitewater.org
Competition	Bart Pinkham	coloradoburn@hotmail.com
Cruises	Leslie Tyson	lesanntyson@msn.com
Events	Rachel Garza	extravagarza@gmail.com
Instruction	Mark Robbins	mrobbins@frii.com
Legal	Patrick Tooley	patrickt@coloradowhitewater.org
Membership	Patty Pinkham	plabarge@hotmail.com
Merchandise	Karen Moldenhauer	kmoldy19@yahoo.com
Playboating	Bart Pinkham	coloradoburn@hotmail.com
Publicity/Advertising	Jodi Lee	jodilee23@gmail.com
Roster	Scott Lowry	slowry@indra.com
Safety	Matt Rensel	matt@rensel.us
Secretary	Adria Roberts	miss_a_rob@yahoo.com
Spray	Debra Cronin	cwspray@outlook.com
Training Camp	Elizabeth Austen	eausten@live.com
Webmaster	Scott Winkleman	sewinkleman@msn.com

MEMBERSHIP QUESTIONS?

To Join CW, visit our website at www.coloradowhitewater.org and join online. To change your e-mail or other contact information: Contact Patty Pinkham at plabarge@hotmail.com.

The SPRAY is the official newsletter of Colorado Whitewater and is published semi-monthly. Subscription is free to CW members. Material published in The Spray may be reprinted only with the author's permission. Views and opinions expressed are those of the authors, and do not necessarily represent CW opinions and policies. Publication of paid advertisements herein does not constitute an endorsement of the products or services advertised or of the advertiser. Publication address: 455 Sherman Street, Suite 300 Denver, CO 80203

ISSN: N/A

THE SPRAY

Editor

Debra Cronin

Contributors

Patrick Brown
Kathy Holcombe
Elizabeth Austen
Mark Robbins
Stephen Wright

Online Production

Scott Winkleman

Advertising Sales

Jodi Lee

Interested in Advertising?

Contact Jodi Lee for rates and specs at jodilee23@gmail.com

Want to Contribute?

We welcome and encourage your contributions on topics related to whitewater paddling.

Email submissions to cwspray@outlook.com

Deadline for Jan-Feb Issue

December 16

Golden



River Sports

806 Washington Ave.

Golden, CO 80401

303-215-9386

GoldenRiverSports.net

- **Demo and Clearance Kayaks on Sale NOW** before 2014 inventory arrives! Wave Sport and Pyranha - check out our closeouts!
- **Pool and Rental Packages Available!** New demos on the way for the Wave Sport Mobius and the all new re-designed Pyranha Burn 3.0!
- **SUP including Hala Gear and NRS inflatables - all on sale!**
- **Get your gear now for 2014 - Happy New Year!**

**CW Members
Always Receive
a 15% Discount!**
Some restrictions apply
See store for details.

Dry Pants - Dry Tops - Rash Guards - Helmets - PFD's - Paddles - Shirts - Booties - Kayaks

The Colorado Whitewater instruction program provides a unique approach to learning to paddle. The central aspect of CW is community, and when you learn to paddle with CW, you are doing so among friends who you will be able to share river time in the years to come. All of CW's instructors are certified by the nationally sanctioned American Canoe Association (ACA) to ensure top-quality, up-to-date, and consistent teaching methods. Additionally as your peers, CW's instructors have a vested interest in helping you reach your potential. The CW course catalog provides an impressive, wide array of classes that help you improve your skills from beginner all the way through advanced paddling and in various kayaking disciplines. Finally, CW's instruction program is designed to dovetail with the club's river events (Training Camp, Poudre Weekend, Cruises, etc.) so that your skills continue to improve even after the formal instruction is finished.

River Instruction

Although the pool provides a warm, safe, and comforting environment to learn and practice many paddling skills, other skills require actual time on the river to learn and improve. After the winter and spring pool sessions conclude, CW's instruction program moves outside with various classes and programs throughout the paddling season that will allow you to work on your kayaking under the watchful eyes of CW's instructors.

CW's on-river instruction programs include:

- Flat Water/Moving Water Weekend (FWMWW) is the culmination of the Beginner Class in early May and includes a day on a lake to transfer pool skills to the out of doors and then finally a day on a mellow river to confidently apply those skills on moving water.
- Training Camp provides a mix of formalized and casual instruction on the lower Arkansas River at CW's biggest annual event in mid-May.
- Boating Betties and Precision Boating classes both take to the river in late May through early June as the main focus of their classes.
- Weeknights at Golden occurs weekly after the peak runoff and provides the ideal regularly scheduled drop-in on-river kayaking instruction. This new instruction program is aimed at providing continuity in instruction for students who completely training in the pool and want to continue to practice and learn on the river with CW instructors. The regular meeting time in the evenings in Golden provides accessibility that will allow members to progress at their own pace well into the summer.

And in addition to these instruction programs, CW offers Cruises and River Weekends (Poudre, Arkansas, Colorado) that encourage continued growth and learning on the water. No matter which on-river programs you participate in this year, there is simply no substitute for time in your kayak on the river, so get out and enjoy our rivers as much as you possibly can!



Training Camp 2014

Training Camp is CW's greatest annual event, in terms of both size and scope. Approximately 150 people attend this weekend long training camp / fund raiser / community builder / season kickoff / paddle-palooza!

They come for many different reasons and they take home a wide variety of experiences.

For most people the main event is, of course, the actual on-water training. For 2014 the instruction team has committed to refining our overall instruction program to better meet the needs of our membership, and this includes improving the training camp experience by providing more specific curriculum for our instructors and volunteers. Additionally, CW just certified 7 new instructors last season and they bring excellent skills, enthusiasm and manpower to our crew.

A number of people come back to Training Camp year after year in part because they are passionate about supporting the event as the club's largest annual fundraiser. CW raises funds to support our efforts in preserving and enhancing access to rivers, both physically and legally. This includes the legal right to float rivers flowing through private lands, boaters' rights to run a river during high water periods, appropriation of water for whitewater parks, government regulations to control use levels, and the more traditional problem of finding legal launches. CW has participated in court challenges to water decrees for whitewater parks and has opposed legislation designed to hinder or limit appropriators of water for whitewater parks. CW has also been involved in new, revised, or contemplated river management plans on the Grand Canyon, the Arkansas, the Poudre, the Middle Fork of the Salmon River, the Blue River, and several other popular Rocky Mountain rivers, representing the interests of private boaters. Betcha didn't know that!

Probably the most common reason people come to Training Camp is because of who we are, individually and collectively, as a community. New to the sport or practiced, singles, couples, kids, families, young, old, we have the common threads of respecting our environment, an affinity for water and currents, and the desire for serious fun in the water. It's always exciting to see old friends, meet new ones, to camp together, share stories, meals (and adult beverages), and most of all, experiences on the river.

Kick off the 2014 paddling season at Training Camp, May16-17-18. Build your skills and confidence, meet more awesome paddling people, and have some serious fun with Colorado Whitewater!





Have you ever tried Cat Skiing/Boarding?

We have 4 Snow Cat adventures for you. You deserve deep powder and fresh tracks, sign up today to get yours!

BOC, your source for outdoor Fun!

Winter Fun: Snowmobile Tours, Avalanche Classes, Backcountry Guided Ski/boardng, Hut Trips, Ice Climbing Inst, + Snowkiting Lessons.
Adventures Year-round: Glider Rides/Soaring, Zip Line Tours, UTV + ATV Tours.

Summer Fun: ACA Classes, Kayaking, Canoeing, Rafting, Hot Air Balloon Rides, Multisport Adventures, Stand Up Paddling, + Horseback Trail Rides.
Rentals: SUPs, Kayaks, Canoes + Rafts

BOC

BOULDER OUTDOOR CENTER

www.BOC123.com

Call

303

444-8420

Class Schedule

January

Jan 26	<ul style="list-style-type: none"> ● Kids Team ● Beginner Group A / Parents Team* 	3pm – 5pm 3pm – 5pm
--------	---	------------------------

February

Feb 2	<ul style="list-style-type: none"> ● Playboating Clinic with Dustin Urban ● Beginner Group A / Parents Team* 	1pm – 3pm 3pm – 5pm
Feb 9	<ul style="list-style-type: none"> ● Playboating Clinic with Dustin Urban ● Kids Team ● Beginner Group A / Parents Team* 	1pm – 3pm 3pm – 5pm 3pm – 5pm
Feb 16	POOL CLOSED	
Feb 23	● Playboating Clinic with Dustin Urban	1pm – 3pm

March

Mar 2	● Kids Team & Parents Team Combined	3pm – 5pm
Mar 9	<ul style="list-style-type: none"> ● Intermediate Group A ● Kids Team 	1pm – 3pm 3pm – 5pm
Mar 16	POOL CLOSED	
Mar 23	<ul style="list-style-type: none"> ● Intermediate Group A ● Boating Betties 	1pm – 3pm 3pm – 5pm
Mar 30	● Intermediate Group A	1pm – 3pm

April

Apr 6	<ul style="list-style-type: none"> ● Intermediate Group A ● Beginner Group B ● Kids Team ● Precision Boating 	1pm – 3pm 1pm – 3pm 3pm – 5pm 3pm – 5pm
Apr 13	POOL CLOSED	
Apr 20	POOL CLOSED	
Apr 27	<ul style="list-style-type: none"> ● Beginner Group B ● Roll Tune Up Clinic ● Kids Team ● Beginner Rolling Group A 	1pm – 3pm 1pm – 3pm 3pm – 5pm 3pm – 5pm

May

May 4	<ul style="list-style-type: none"> ● Beginner Group B ● River Readiness Clinic ● Kids Team ● Beginner Rolling Group A 	1pm – 3pm 1pm – 3pm 3pm – 5pm 3pm – 5pm
May 11	● Flat Water / Moving Water	TBD
May 12	● Flat Water / Moving Water	TBD



Class Descriptions

Beginner Kayaking Class ●

This introductory class provides a safe, gentle introduction into the world of whitewater kayaking. The class progresses through topics over the course of three sessions in the warm pool and concludes in early May by applying the same skills outside on a lake and an easy river (Flat Water/Moving Water Weekend). This progression over the course of 5 days allows you to comfortably build on your skills and gain confidence by the time you kayak a river for the first time.

The beginner curriculum is based on well-established ACA standards that assume no previous experience in a kayak. You will learn about boats, essential gear, basic paddle strokes, river safety, and we'll introduce you to the kayak roll.

Prerequisites: None

Cost: \$180 course fee plus pool admission for each pool session. Includes three 2-hour pool sessions, the flat-water/moving water weekend and rental equipment (boat, spray skirt, and paddle) for the three pool sessions.

Times:

	Dates	Times	Location	Instructors
Group A	1/26, 2/2, 2/9	3-5pm	Meyer's Pool, Arvada	Pat Brown, Mark Robbins
Group B	3/23, 3/30, 4/6	1-3pm	Meyer's Pool, Arvada	Nic White, Leslie Tyson
Flat Water/Moving Water Weekend	5/10, 5/11	9am-5pm	TBD	Many!



- Introductory Courses
- Prior Experience Required
- Competency Required

Classes held at George J. Meyers Pool 7900 Carr Dr, Arvada, CO 80005 (303) 467-7111

Open Pool on Sundays (see schedule for closures) 1pm - 5pm

Boating Betties: Pool Session + 3 weekday evenings @ Golden

Weeknights at Golden: June 18, 25; July 2, 9 (four wednesdays following Golden Rodeo)

Precision Boating: Pool Session + 2 evenings in Golden + 2 river days

*Parents half price with registered child

Class Descriptions

Kids Paddling Team ●

This class is intended for youth, ages 8-18, and will provide a progression of skills designed to develop safe, strong and confident white water paddlers. This class is suitable for the brand new, intermediate and advanced youth kayakers. Kids will learn about boats, essential gear, paddle strokes, river safety, rolling and bracing, play boating and more. The focus will be on safe, FUN boating. Participants will need parental approval. Equipment will be available.

Prerequisites: None

Cost: \$100 course fee plus pool admission for each session. Equipment will be available.

Note: We are offering a beginning adult class that corresponds with the timing of the Kids Paddling Team so that adults can learn to kayak at the same time as the kids. Family members of a Kids Paddling Team member that register for the Adult beginner class will receive a 50% discount off of their adult registration.

Times:

	Dates	Times	Location	Instructors
Kids Team	1/26, 2/2, 2/9, 3/2, 3/9, 4/6, 4/27, 5/4	3-5pm	Meyer's Pool, Arvada	Peter Holcombe, Kathy Holcombe, Cynthia Hazel, Scott Jensen, Sean Stevenson, Jenny McCurdy

Intermediate Fundamentals Class ●

As a new class for 2014, this class will reinforce and polish a wide variety of skills over four weeks at the intermediate level in a fast-paced boot camp format. Students will spend 30 minutes focusing on a few fundamental skills of recovery, boat control, or fitness before rotating to the next learning zone. The final 30 minutes is spent one on one with instructors working on skills of the student's choosing. The short, focused learning periods will help avoid frustration associated with overlearning while the four week duration will allow for noticeable progress in skills and fitness. You will come away from the class exhausted and having made great progress!

This class is suitable for someone who has already learned the basics of kayaking and is ready to commit the fundamentals to muscle memory. The class structure will improve your bracing, roll, strokes, and overall ability in your kayak.

Prerequisites: Level A skills/coursework. Participants should have their own equipment (boat, paddle, spray skirt, helmet, PFD, etc.).

Cost: \$120 course fee plus pool admission for each pool session

Times:

	Dates	Times	Location	Instructors
Group A	3/9, 3/23, 3/30, 4/6	1-3pm	Meyer's Pool, Arvada	Pat Brown, Elizabeth Austin, Amy White, Steve Dougherty, Debby Hathaway

Class Descriptions

Boating Betties ●

The Boating Betties class is a series of four sessions for Intermediate and Advanced level women that is taught by women. Many women communicate and learn differently than men, and it can be intimidating to some to be in a co-ed class where there is an invisible undercurrent of competition, of rivalry more than mentoring. Last season the Colorado Whitewater Boating Betties became a force to be reckoned with and this year's class will build upon that success and energy!

This series is designed for women who have mastered beginner level skills and are interested in taking their boating to the next level. The first session will take place at Meyers Pool and will focus on basic paddling skills and roll practice. The three following sessions will be taught at the Golden Whitewater Park on Tuesday evenings and will focus on building confidence, rolling in a current, river skills and surfing.

Prerequisites: Participants should have their own equipment (boat, paddle, spray skirt, helmet, PFD, etc.).

Cost: \$80 course fee plus pool admission for each pool session.

Times:

	Dates	Times	Location	Instructors
Pool Session	3/23	3-5pm	Meyer's Pool, Arvada	Elizabeth Austin, Laurie Maciag, Amy White
River Sessions	6/3, 6/10, 6/17 depending on flows	9am-5pm	Golden Whitewater Park	Elizabeth Austin, Laurie Maciag, Amy White



Class Descriptions

Beginner Rolling Class ●

Never tried to roll a kayak before? Tried but just didn't quite get it? Come learn the basic steps in mastering this essential white water kayaking skill during two pool sessions. Learning to roll your boat upright will open the door to enjoying the rivers as opposed to being intimidated by them. Plus, learning in a safe and warm environment makes it all the more fun.

Prerequisites: No rolling experience is necessary, but beginner kayaking skills and experience (Level A) are needed.

Cost: \$40 course fee plus pool admission for each pool session. Rental equipment (boat, spray skirt, and paddle) available by request.

Times:

	Dates	Times	Location	Instructors
Group A	4/27, 5/4	3-5pm	Meyer's Pool, Arvada	Mark Robbins, Dick Alweis

Roll Tune-Up Clinic ●

If you are looking to brush up on your roll or are looking for feedback on why you are "lifting your head", this 2 hour clinic will provide you with direct feedback that should help you on your path to improving your roll.

Prerequisites: Previous rolling experience is assumed since the class will not be introducing the roll from scratch.

Cost: \$25 course fee plus pool admission for each pool session. Rental equipment (boat, spray skirt, and paddle) available by request.

Times:

	Dates	Times	Location	Instructors
Group A	4/27, 5/4	1-3pm	Meyer's Pool, Arvada	Mark Robbins, Dick Alweis

River Readiness Clinic ●

Have you been meaning to dust off your kayak and get back into the water? Maybe you want to attend Training Camp but can't remember the Five Essentials or how to safely wet exit anymore. If you have previous whitewater kayaking experience and are looking for a safe refresher in the warm pool before hitting the river, this 2-hour clinic is for you!

The session will cover a wide variety of basic topics that may be tailored to the needs of the students and will have you excited to get out boating again!

Prerequisites: Previous whitewater kayaking experience at the beginner (Level A) level or greater.

Cost: \$25 course fee plus pool admission for each pool session.

Times:

	Dates	Times	Location	Instructors
Group A	5/4	1-3pm	Meyer's Pool, Arvada	Mark Robbins, Dick Alweis

Class Descriptions

Playboating Clinic with Dustin Urban ●

Colorado local and professional freestyle kayaker Dustin Urban will teach you fundamental playboating skills and share tips and tricks in these 2 hour pool sessions.

In our Freestyle Fundamentals classes, we will focus on the skills that will help kayakers of all levels learn to move their boats in every direction. These clinics are really fun and will not only work on specific freestyle skills, but will give students a pathway to improve the movements that make EVERY freestyle trick happen. This way they can build the strength and skills necessary to learn any trick much more quickly. This will also be a great work-out--you will be sore after! These are also many of the same drills that I (and many of the other best kayakers in the world) use as a part of our daily warm-up and practice routine.

Prerequisites: Ability to comfortably maneuver your kayak at an intermediate (Level B) level.

Cost: \$35 course fee plus pool admission for each pool session.

Times:

	Dates	Times	Location	Instructors
Group A	2/2	1-3pm	Meyer's Pool, Arvada	Dustin Urban
Group B	2/9	1-3pm	Meyer's Pool, Arvada	Dustin Urban
Group C	2/23	1-3pm	Meyer's Pool, Arvada	Dustin Urban



Class Descriptions

Precision Boating ●

So you have run Brown's Canyon for the 50th time, and you want to move up to the Numbers, but you are not sure that you have the skill or confidence to execute the moves in order to safely navigate class IV whitewater. Or perhaps you have been dreaming of that southern hemisphere vacation over the winter, but hesitate to jump into class IV whitewater where portages are difficult and an early exit from the river means a two day jungle tramping nightmare.

This class is designed to teach you skills required for class IV boating and give you the experience to execute them with confidence. You will learn:

- How to effectively catch eddies and use them to control your progress down a rapid and boat scout.
- How to read the river not just for "The Line" in a rapid, but to find eddies and break down a difficult rapid into a series of easier moves.
- Basic slalom kayak skills and how to apply them to running whitewater.
- Basic playboating skills and how to apply them to running whitewater.
- Advanced paddling skills to help you catch eddies, use the current to your advantage and avoid obstacles.
- Eddy-quiete; how to safely paddle difficult whitewater in a group.

Prerequisites:

- Basic river rescue class
- River roll
- At least one season of solid class III boating experience
- Participants should have their own equipment (boat, paddle, spray skirt, helmet, PFD, etc.)

Cost: \$200 course fee plus pool admission for each pool session. Limited to 6 participants.

Register with the instructor, Mark Robbins: mrobbins@frii.com

Times:

	Dates	Times	Location	Instructors
Pool Session	4/6	3-5pm	Meyer's Pool, Arvada	Mark Robbins, Tim Bliss
Golden River Sessions	TBD	6-9pm	Golden Whitewater Park	Mark Robbins, Tim Bliss
River Sessions	TBD	9am-5pm	Poudre River	Mark Robbins, Tim Bliss

Fall Dinner Recap

Fall Dinner was a night to remember! Good food, good friends, great prizes, and the kayaking insight of our guest speaker Rafa Ortiz.

Congrats goes out to Brian Sweeney for taking home the Jackson Karma. A special thanks to Rafa Ortiz, Jackson Kayaks, and all of our wonderful sponsors. And a big thank you to all who came out for this memorable and sold out evening!



455 Sherman Street, Suite 300
Denver, CO 80203
www.coloradowhitewater.org