

Women on Water Surfski Clinic

Session Schedule

Friday Night Wine and Cheese 7pm-9pm Coast Outdoors 352 Lynn ave., North Vancouver

Saturday Morning 9:30am-12:00pm

Power Paddling

Learn how to connect your power to the ski! This first session will start on land reviewing the fundamentals of getting properly set in the ski and your coach's methodology to an efficient, powerful forward stroke. Land-based forward stroke exercises will be introduced and then take these skills out on to the water. On-water exercises and games will help you improve and refine your skills!

Organize your own lunch

Saturday Afternoon 1:30pm-4:00pm

When the going gets rough, get tough!

This session will focus on a wide variety of skills necessary to better deal with sea state and weather conditions. Start on-land, with a discussion about weather, sea-state and decision-making. Your coach will take you through their decision-making process on how they evaluate and manage safety and risk on their surfski adventures. Move out on to the water and practice re-mounts, assisted re-mounts, bracing and balance. Your coach will guide you through a scenario that could happen while paddling and the group will work together to manage it. Group de-brief and discussion after.

Saturday Night dinner at the Raven Pub 5pm

Sunday Morning

Power Paddling Part Two 9:30am-12:00pm

Build upon the skills learned in the first session and continue to improve and refine your technique. This session will start with on-land warm-up and exercises and then move out on to the water. Paddle out of Deep Cove and receive individualized feedback on your forward stroke and where to focus to become an even more powerful paddler!

Sunday Afternoon 1:30pm-4:00pm

Race Technique, Wash-riding and Fun in Waves!

This session will bring together all the skills you have worked on so far this weekend. Your coach will share their race preparation tips and racing strategy. You will get out on the water and practice wash-riding, how to conserve energy and when to expend it. Learn about downwind technique. Our safety boat will even make an appearance and create some fun conditions for you to practice harnessing the power of small waves!