

Our **Developing Intermediate Paddler Program (DIPP)** is a great opportunity to get out on the water and experience the world of outrigger paddling.

This program is designed around the **intermediate paddler**, to excite and challenge you within the sport of outrigger paddling.

**Sessions are strenuous. Athletically inclined individuals are best suited for the program with dragon, kayak or outrigger paddling history.**



"The DIPP program ROCKED! Mountain Homies put the fun in fundamentals - I finished DIPP with a much better understanding of how great technique on the blade equals speed and strength in the water!" Liz

"DIPP introduced me to MHCC - Great group, organized, lots of paddling and learning what Mountain Home is made up of - family and a healthy and helpful paddling spirit!" Kip



[www.mountainhomecc.com](http://www.mountainhomecc.com)

# Mountain Home Canoe Club

Developing Intermediate Paddler Program



**4 Week Program -  
Thursday Evenings**

July 28 - August 18, 2011  
6:00pm – 8:00pm

**Join us on the Columbia!**

**Limited to 12 participants**

## Basics

### Mandatory USACK and Mountain Home Insurance & Waivers

Upon signing up for the DPP, you will be required to sign and pay for an USA Canoe & Kayak insurance/waiver and MH waiver. USACK insurance is \$10 for one month of coverage during DIPP. If you have already paid USACK, please bring your proof of insurance.

Paddlers 21 years and older are welcome.

### PFD (personal flotation device)

PFDs on the canoe for every paddler are mandatory per Coast Guard regulations. MH will provide PFDs, although they are not comfortable to paddle in, or you may opt to bring your own PFD. Not all members are highly skilled swimmers, however you must be comfortable enough in the water to assist in righting the canoe in the event of a capsize (a.k.a. huli) and climbing back into the boat. If you are an inexperienced swimmer please consider wearing a PFD when on the canoes.

### Paddles

MH has guest paddles available for your use during the program.



## Program Overview

### Stroke Mechanics & Injury Prevention

This session covers the basics from the ground up.

Introductions, gauge experience, review huli responsibilities ~ basic technique, stable posture, core rotation, relaxed recovery, changing sides

### Timing & Drive

Solid entry, quick changes, bury the blade, follow the leader, focus and paddle

### Compression & Power

Keep the momentum, feel the boat, body on the blade, compression, power and blending

### Full Body & Initiation

Initiate from your legs and back, push, power, breath through cardio. Fun sprint races.

## Paddle. Experience. Enjoy.

Join us on the Columbia for technique, blending, and good old fun.

Throughout the 4 weeks you'll not only learn about paddling outrigger canoes but you'll learn technique basics that will help you in dragon boat, kayak, outrigger, etc. You'll learn about the mechanics of paddling and how to move a boat forward.

### Facilities

Restrooms/showers are available west of the ramp which you may also use before or after the session. We also have a small dressing room in the clubhouse on the dock.

### Directions to Mountain Home Clubhouse

McCuddy's Marina is on NE Marine Drive at the intersection of NE 33<sup>rd</sup> Drive. Once parked, walk East towards McCuddy's office and go down ramp. Look to the right and you'll see our clubhouse.

### Register

Please send two checks; Mountain Home Canoe Club for \$70, USACK for \$10 to Laura Ricker, 2930 N. Holman, St. Portland, Oregon, 97217 by 14. First come first reserved space.

