

Things you should have for a Pool Rolling Session:

Email with answers to the following questions: cheri@kayakways.net

What is your height and weight?

What kayak are you bringing to the pool?

What paddle do you use?

What are your goals for this session?

Do you have a roll?

Have you watched, "This is the Roll"?

We always spend some time on land ahead of time talking about what we are going to be doing which usually involves rolling around on the ground getting the movements into the memory banks. Dress accordingly, we will be doing this portion outside of the pool.

BRING:

-kayak

-paddle

-spray deck or tuiliq

-warm clothing- Think FULL immersion! After a while even a warm pool can be chilly! Half the experience here will be coaching your buddy or team member, a large part of the learning happens during this process. We will pair folks up together so that means about 1/2 of your time will be spent standing in the water. You can use a wetsuit or whatever protective gear that you have that is effective for you.

-hood for rolling or tuiliqs

-ear plugs for folks who need them (optional)

-masks or goggles (optional) if they help you its fine with us

-some folks get motion sickness when learning to roll, (if you know that this happens to you, then pick up some over the counter Bonine, it helps...take it ahead of time.)

-Dry clothes to change into after the fun is over.