

## SK 101 Agenda 2023

8:30-9am	Continental breakfast/check in	Howard
9-9:10	Welcome and agenda	Bill
9:15-10:15	Ice breaker (four 10-minute rotations)	Mike H, Brian, Howard, Marilyn
10:15-10:30	break	
10:30-11:00	Boat carry and transportation	Sue and Rich (hands on parking lot demos)
11:00-11:25	History of Kayaking	Mike .
11:25-11:45	Choosing a Kayak	Christos
11:45-noon	SK 102	Brian B.
Noon – 1pm	Lunch	
1-1:20	Fashion Show	Denise and Shelly
1:20-1:40	Paddle Types	Randi
1:40-1:55	Dynamic Stretching for Kayakers	Cathy
1:55-2:10	Forward Stroke	Marilyn
2:10-2:30	3 P's of Paddling (pump, float, PFD)	Luci
2:30-2:50	How and Where to Paddle	Greg H.
2:50-3pm	Closing, Evaluations and Prizes	Bill