Thurs 10/7/21

The 33rd Annual Delmarva Paddlers Retreat Mentor Day



6:30 7:00

Wiemor Day

8:00 **7:30—8:30 Breakfast and announcements**

9:00

10:00

11:00

9:00 Mentors Meeting

10:00-2:00 **Mentor trip**

NOON

BYO lunch on water

2:00

1:00

3:00 **2:00 Mentor Training with Jeff Atkins**

Paddling with your Peers

12:00—12:45 Lunch

Paddling with your Peers

5:00

5-6 Open Time

6:00

6:00-7:00 Dinner

7:00

8:00

9:00

Socializing at the Quail's Nest Aka the "Delmarva Craft Beer tasting session" Peter's Shorts—Part 1 Friday 10/8/21

The 33rd Annual Delmarva Paddlers Retreat



6:30							
7:00	6:45-7:30 AM Yoga with The Dubside @ Quail's Nest						
8:00	7:30 - 8:30 Breakfast 8:30 safety talk and announcements						
9:00 10:00 11:00	9:15-11:30 Rolling Mentoring @Beach 1 on 1	9:15-11:30 Strokes (forward, reverse, sweep turns, stop, draw)	9:15-11:30 Sculling for Propulsion or Support (sculling draw sculling brace)	9:15-11:30 Advanced Strokes (bow rudder, stern rudder, hanging draw etc.)	9:15-11: Rescues 1 Self Rescu (cowboy/cow scramble, pac float reentry roll)	l – l es /girl ddle	Ropes
NOON	12:00-12:45 Lunch/announcements						
1:00 2:00 3:00	1:15-4:00 Rolling Mentoring @Beach and pool 1 on 1	1:15-4:30 Strokes (forward, reverse, sweep turns, stop, draw)	1:15-4:30 Edging and Bracing (using your whole body to control your kayak)	1:15-4:30 Navigation: part 1 (classroom) w/ Paula Hubbard	1:15-4:3 Rescues 2 Assisted Rescues an Towing (T-rescue towing)	- nd	Ropes
4:00							
5:00	4:30 –5:30 Mess About on the Beach or Pool Demo						
6:00	6:00-7:00 Dinner						
7:00							
8:00	Special Guest Presentations All about the Chesapeake Maritme Museum— Jenn Kuhn Skin on Frame Builder for 2019 returns to tell us about her finds as an archeologist in Alaska. Francis Lukezic						
9:00	Peter's Shorts—Part 2						

Saturday 10/9/21

The 33rd Annual Delmarva Paddlers Retreat



6:30	1Cticat						
7:00	6:45-7:30 AM Yoga with The Dubside @ Quail's Nest						
8:00	7:30 - 8:30 Breakfast and announcements						
9:00			9:15-11:30		0.15 1	11.20	
10:00	9:15-11:30 Rolling Mentoring @Beach	9:15-11:30 Strokes (forward, reverse,	Advanced Strokes (bow rudder, stern rudder,	9:15-11:30 Navigation: part 2 (on water)	9:15-11:30 Rescues 3 – Rescues without Wet Exiting (bow/stern rescue,		Ropes
11:00	1 on 1	sweep turns, stop, draw)	hanging draw etc.)	w/ Paula Hubbard	paddle bridg	ge, trapped	
NOON							
1:00	12:00-12:45 Lunch/announcements						
2:00	1:15-4:00 Mess About on the Beach Games lead by the indomitable Jenny Plummer-Welker In keeping with our "Having Fun with Friends" theme this is an all in event. Let's get wet.						
3:00							
4:00							
5:00	4:00 -5:30 Qajaq Skinning Demonstration w/ Peter Strand						
6:00	6:00-7:00 Dinner						
7:00							
8:00	Live and Silent Auctions at the Quail's Nest and Dining Hall						
9:00]	Peter's Sho	rts—Part 3	3		

Sunday 10/10/21

The 33rd Annual

Delmarva Paddlers Retreat



6:30	Retieat					
7:00	6:45-7:30 AM Yoga with The Dubside @ Quail's Nest					
8:00	7:30 - 8:30 Breakfast and announcements					
9:00	9:15-11:00 Mess A	bout on the Beach				
10:00	More Games lead l Jenny Plum Let's g	mer-Welker	9:15-11:00 Qajaq Skinning Demonstration w/ Peter Strand			
11:00	Let's g	et wet.				
NOON	12:00-12:45 Lunch/acknowledgements					
1:00	Raffle					
2:00						
3:00	Qajaq USA Bored	Cleanup and C	Good Ryes			
4:00	Meeting?		Jood Byes			
5:00						
6:00						
7:00	5:30- Dinner off site at Bethany Blues for those staying Sunday night					
8:00						
9:00						