

Thurs  
10/7/21

The 33rd Annual  
**Delmarva Paddlers**  
**Retreat**  
**Mentor Day**



6:30

7:00

8:00

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

9:00

**9:00 Mentors  
Meeting**

10:00

11:00

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

NOON

1:00

**BYO lunch  
on water**

2:00

3:00

4:00

**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**

# 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	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.)	9:15-11:30 Rescues 1 – Self Rescues (cowboy/cowgirl scramble, paddle float reentry and roll)	Ropes
10:00						
11:00						
NOON	12:00-12:45 Lunch/announcements					
1:00	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	1:15-4:30 Rescues 2 – Assisted Rescues and Towing (T-rescue, towing)	Ropes
2:00						
3:00						
4:00	4:30 –5:30 Mess About on the Beach or Pool Demo					
5:00	6:00-7:00 Dinner					
6:00	Special Guest Presentations					
7:00	All about the Chesapeake Maritime Museum– Jenn Kuhn					
8:00	Skin on Frame Builder for 2019 returns to tell us about her finds as an archeologist in Alaska. Francis Lukeziec					
9:00	Peter's Shorts—Part 2					

# The 33rd Annual Delmarva Paddlers Retreat




9:00

# Live and Silent Auctions at the Quail's Nest and Dining Hall Peter's Shorts—Part 3

**Sunday**  
10/10/21

The 33rd Annual  
**Delmarva Paddlers**  
**Retreat**



6:30			
7:00	<b>6:45-7:30 AM Yoga with The Dubside @ Quail's Nest</b>		
8:00	<b>7:30 - 8:30 Breakfast and announcements</b>		
9:00	<b>9:15-11:00 Mess About on the Beach</b> <b>More Games lead by the indomitable</b> <b>Jenny Plummer-Welker</b> <b>Let's get wet.</b>	<b>9:15-11:00</b> <b>Qajaq Skinning Demonstration</b> <b>w/ Peter Strand</b>	
10:00			
11:00			
NOON	<b>12:00-12:45 Lunch/acknowledgements</b>		
1:00	<b>Raffle</b>		
2:00	<b>Qajaq USA Bored</b> <b>Meeting?</b>	<b>Cleanup and Good Byes</b>	
3:00			
4:00			
5:00			
6:00	<b>5:30- Dinner off site at Bethany Blues for those staying</b> <b>Sunday night</b>		
7:00			
8:00			
9:00			