



BASIC ROLLING (2.5 hours)

INTRO/OUTFIT (10 min)

- names, what they're hoping to achieve
- helmets, wetsuits, noseplugs, jewellery
- caution about over- extending and over-exerting
- discuss three big skills-sweep brace, layback, hip flick
- describe how they are part of both successful rolling and bracing
- emphasize the bracing skills are prime concern-if roll comes-great!

YARD (10 - 15 min)

- stretches, boat fit - make sure they have air bags - use strong paddles (not wood!)

ENTRY (10 min)

- if needed, do wet exits-also -try wet entries for a lark
- variations on wet exits include :
 - with paddle, hanging on to boat/paddle after
 - going full blast
 - banging 3 times and waiting
 - shaking the boat while they're underneath

BOW RESCUE (20 min)

- demo full rescue -break it down into progressions
- work with each one in shallows-get them to stage of doing it with partner
- while others wait-have them work off dock and raft or observe
- when they're ready, send them off to deep water to practise
- don't intimidate by starting off in deep water-it ain't worth it

BRACING (15 min)

- review bracing, both low and high brace-explain high brace is the one we use to roll
- intro idea of head dink
- progress through sweeping brace and sculling brace
- practice both in deep and shallow water - standing in the water to help em back up

THE ROLL (1 hr)

- demo Pawlata Roll and explain its history
- have students practise set up position for Pawlata (have them feather blades)
- in shallows (waist deep) begin Pawlata progressions
- encourage others to practise hip flick off raft and dock or observe

Random Hints

- insist on them using 2 hands when working off docks or bows
- nose plugs really help-goggles or swim masks are even better
- start off with a 360 degree roll, but switch to 180 if having problems
- 3 slaps on surface critical for orientation and slowing roller down
- back elbow should always point out
- forward hand grip should be at least 2 feet from other hand
- in set up, common fault is to not cock wrist enough-power face at bow of boat should be at least level, or angled away from boat
- some do not like Pawlata-go straight to extended "sweep" roll or "C to C" roll
- there has to be a decent hip flick to have a chance at rolling-encourage repetition at dock to get motor neurons firing when they are supposed to!
- sequence is to sweep (set up paddle on surface of water), then drive knee (hip flick), then lay back

SUMMARY (10 min)

- where to go from here -the learning never stops-keep playing and experimenting
- offside roll, extended grip, screw roll, back deck roll, rolling on the move