

## 2007 DELMARVA PADDLERS RETREAT PREFERENCES PROFILE

### What do you hope to work on at Delmarva?

<input checked="" type="checkbox"/>	(check all that apply)
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	Paddle making - Thursday
	Paddle making - Friday
	Kayak outfitting

	Basic strokes
	Advanced strokes
	Paddling upside down

	Greenland (stay in the kayak) Rescues
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	Basic Aft-finishing Recovery Techniques w/ paddle:
	Sculling Brace
	Balance Brace
	Basic Greenland Roll
	Variations on the basic Greenland roll w/ paddle
	Such as Shotgun (Armpit) Roll, Crook of the Arm Roll

	Intermediate aft-finishing recovery techniques w/paddle:
	Behind the head roll
	Spine Roll

	Basic forward-finishing recovery techniques:
	Chest scull
	Reverse sweep (Aft to forward)
	Storm Roll (forward-forward)

	Intermediate forward-finishing techniques w/paddle:
	Behind-the-Head Reverse Sweep
	Behind-the-Back

	Aft-finishing techniques w/ Norsaq
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