

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

x	(check all that apply)
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<input type="checkbox"/>	Basic strokes
<input type="checkbox"/>	Advanced strokes
<input type="checkbox"/>	Paddling upside down
<input type="checkbox"/>	Greenland (stay in the kayak) Rescues
<input type="checkbox"/>	Basic Aft-finishing Recovery Techniques w/ paddle:
<input type="checkbox"/>	Sculling Brace
<input type="checkbox"/>	Balance Brace
<input type="checkbox"/>	Basic Greenland Roll
<input type="checkbox"/>	Variations on the basic Greenland roll w/ paddle (Such as Shotgun (Armpit) Roll, Crook of the Arm Roll)
<input type="checkbox"/>	Intermediate aft-finishing recovery techniques w/paddle:
<input type="checkbox"/>	Behind the head roll
<input type="checkbox"/>	Spine Roll
<input type="checkbox"/>	Basic forward-finishing recovery techniques:
<input type="checkbox"/>	Chest scull
<input type="checkbox"/>	Reverse sweep (Aft to forward)
<input type="checkbox"/>	Storm Roll (forward-forward)
<input type="checkbox"/>	Intermediate forward-finishing techniques w/paddle:
<input type="checkbox"/>	Behind-the-Head Reverse Sweep
<input type="checkbox"/>	Behind-the-Back
<input type="checkbox"/>	Aft-finishing techniques w/ Norsaq
<input type="checkbox"/>	Forward-finishing techniques w/ Norsaq
<input type="checkbox"/>	Aft-finishing Hand Rolls/Closed-Hand/ Rock rolls
<input type="checkbox"/>	Forward-finishing Hand Rolls
<input type="checkbox"/>	Sculling Rolls
<input type="checkbox"/>	Elbow and Straightjacket Rolls

### What techniques of the above list do you feel you could help fellow paddlers learn?
