

Thurs
10/5/2023

The 34th 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

**Paddling with
your Peers**

11:00

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

NOON

12:00—12:45 Lunch

1:00

**BYO lunch
on water**

2:00

**Paddling with
your Peers**

3:00

**2:00 Mentor
Training**

4:00

5:00

5-6 Open Time

6:00

6:00-7:00 Dinner

7:00

8:00

Socializing at the Quail's Nest
Aka the "Delmarva Craft Beer tasting session"
Peter's Shorts—Part 1

9:00

Friday
10/6/2023


The 34th 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					
9:00	8:30 safety talk and announcements					
10:00	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
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	1:15-4:30 Rescues 2 – Assisted Rescues and Towing (T-rescue, towing)	Ropes
2:00						
3:00						
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					
9:00	Peter's Shorts—Part 2					

The 34th Annual Delmarva Paddlers Retreat



6:30	6:45-7:30 AM Yoga with The Dubside @ Quail's Nest					
7:00						
8:00	7:30 - 8:30 Breakfast 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 Advanced Strokes (bow rudder, stern rudder, hanging draw etc.)	9:15-11:30	9:15-11:30 Rescues 3 – Rescues without Wet Exiting (bow/stern rescue, paddle bridge, trapped paddler rescue)	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	1:15-4:30 Rescues 2 – Assisted Rescues and Towing (T-rescue, towing)	Ropes
2:00						
3:00						
4:00	4:00 –5:30 Qajaq Skinning Demonstration w/ Peter Strand					
5:00	6:00-7:00 Dinner					
6:00	Live and Silent Auctions at the Quail's Nest and Dining Hall Peter's Shorts—Part 3					
7:00						
8:00						
9:00						

Sunday
10/8/2023

The 34th 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 and announcements

9:00

10:00

**9:15-11:00 Mess About on the Beach
Skills Challenge lead by the
indomitable Jenny Plummer-Welker
Let's get wet.**

11:00

**9:15-11:00
Qajaq Skinning Demonstration
w/ Peter Strand**

NOON

12:00-12:45 Lunch/acknowledgements

1:00

Raffle

2:00

3:00

4:00

5:00

Cleanup and Good Byes

6:00

7:00

8:00

9:00

**5:30- Dinner off site at Bethany Blues for those staying
Sunday night**