

UC Mountaineering Club Steve Must Memorial Scholarship Application.
17 May 2000

Candidate: Robert Sexton

Course Information and Eligibility

American Canoe Association (ACA) Whitewater Kayaking Instructor certification is consists of two separate related components, and is taught as a single 5 day sequence. The class is a combination of classroom and on-water training. Course information is attached. As required by the course, I am a member of the ACA in good standing, and a member of the ACA instructional committee.

Proof of Medical Insurance, Student Status and GPA are attached.

Scholarship availability

To the best of my knowledge, There are no applicable scholarship funds available.

Statement of Purpose

The UC Mountaineering club has participated in whitewater paddling for well over ten years. During this time, we have concentrated primarily on rafting, with a secondary interest in small boats. The club currently owns several inflatable kayaks (Ducks). Kayaking has grown greatly in popularity over the last few years, and we have strong demand for kayaks and kayak instruction. In 1999, the UCMC purchased our first kayak, and we purchased our second boat this year. The club plans to continue expanding our selection of boats, with an emphasis on boats suited to beginning paddlers.

There are few options for members who wish to learn how to kayak. Local clubs and individuals offer classes, generally at prices beyond the reach of UC Students. Paddling club members often take it upon themselves to teach new boaters, but this generally lacks structure and leads to a longer and sometimes unnecessarily difficult learning process.

I believe it is in the best interest of the UCMC to build a strong core of experienced paddlers, in all forms of whitewater craft. By demonstrating competence both paddling and instruction, we improve our reputation as a source of knowledge in the outdoors community. This extends to everything we do, whether it be rock climbing, mountaineering, rescue, or paddling. This core of competence is what makes our club possible, and ensures our continued influence. This will become increasingly important over the next few years, as the UCMC moves out from under the wing of the university and towards self-sufficiency. Outreach to the larger outdoors community will become increasingly important.

My Qualifications

I have been a member of the UCMC since 1989. I worked for the University of Cincinnati at the time, and produced the Clubs' first computer typeset newsletter. I left Cincinnati in 1991, and returned here in 1996. Since that time, I have led and participated in many club trips. My personal interests include (but aren't limited to) caving, backpacking, mountaineering, and whitewater. In 1996, I set up the club's first email list server, and in 1998 I placed the UCMC's web server online and acquired the internet domain name ucmc.org for use of the UCMC. I continue to maintain the club email lists and web server at this time. I have guided rafts for the Annual UCMC Memorial day Ocoee rafting trip from 1997 – 1999, and organized the trip in 1998 and 1999. I have organized our 1998 Wilderness First Aid Class and trained new raft guides for the club. This year I taught our first ACA Swiftwater Rescue Class. This class was made possible by the support of the scholarship fund, and I look forward to teaching in the future.

As a non-traditional student, I bring maturity and experience to the Club. I became a full time student in June of 1998, and was elected Vice President of the UCMC. I stepped down after serving a single term, but later took on duties of treasurer after a mid-term resignation. I have balanced the clubs' books, and regained control of our finances. I have given greatly of my time and energy, and I am proud of my contributions. I am committed to the long term future of the club, and I have worked towards this end through my teaching.

I have a strong interest in bringing new people to the UCMC, and I have worked hard to include less experienced club members in trips, as well as fostering skill development in newer Club members. I have provided what kayaking instruction I can using my existing teaching skills. By obtaining ACA certification, I can bring the club's teaching up to national standards and strengthen our base of skills.

Course Description and fees information as provided by the Nantahala Outdoor Center

ACA Whitewater Kayak Instructor, September 17-22, 2000.

Instructor Trainer: Nantahala Outdoor Center, Bryson City, NC

Fee: \$850

In this workshop, NOC's experienced instructor trainers will demonstrate what to teach and how to teach it. About half of each day is spent in the classroom discussing learning theory, safety, basic river maneuvers, water and map reading, trip planning, and for kayaks, the Eskimo roll. Each candidate is asked to present at least two subjects, both in the classroom and on the water, as though he or she were teaching a novice level course. Participants will have the opportunity to demonstrate their technical knowledge, leadership skills and personal paddling technique. They will also improve their understanding of the art of paddling through discussions and presentations. Exposure to a wide variety of teaching techniques and approaches should enhance each person's teaching style.

The Instructor Workshop gives the prospective instructor the opportunity to meet ACA requirements for flatwater, moving water, or whitewater instructor certification in canoe or kayak. Because most participants in NOC's Instructor Workshops hope to receive whitewater certification, our courses are targeted towards this audience. If you are interested in flatwater or moving water certification you are welcome to take the course and can be certified, but be aware that much time is spent on Class II/III whitewater. Please note that our ACA Instructor Workshop is designed to improve the teaching and leadership skills of already competent paddlers and to determine whether ACA certification is justified. It is not designed to improve paddling skills.

This 5-day workshop involves long hours both on and off the water. On Wednesday each participant will meet with the instructor trainer and receive an informal evaluation. This is intended to inform each participant of how he or she is doing and to target weaknesses to be worked on in the next two days. At the end of the course participants who pass will receive certification in either flatwater, moving water or whitewater, depending upon the student's teaching and paddling skills. If you receive less than whitewater certification, you have the opportunity to upgrade within one year's time by "retesting" with one of our instructor trainers. Depending upon the amount of time the retesting requires, a fee may be charged.

Proficiency Requirements For Certification

Candidates must be able to demonstrate their proficiency in technical knowledge, paddling and teaching at each specific level.

Technical knowledge includes a general knowledge of canoesport, safety, equipment, conditioning, paddling theory, river reading, river running strategies and rescue.

Teaching skills include logistics, lesson organization, class control, teaching of specific technical topics, techniques analysis and demonstration of leadership skills and judgment. Awareness of a variety of teaching methods is urged.

Paddling skills include an ability to model safe and efficient technique and to rescue paddlers and capsized boats. Open boaters will be tested in the bow, stern and solo positions.

Specific skills vary between levels:

Flatwater candidates should be good models of flatwater skills and maneuvers. Moving water candidates should be competent Class I paddlers and be able to demonstrate control in Class II water. Decked boaters should have a reliable river roll. Whitewater candidates should be competent Class II paddlers and be able to demonstrate control in Class III water. Decked boaters should have a technically correct river roll on both sides.

The cost of the workshop includes instruction, a copy of the ACA Canoeing and Kayaking Instructional Manual, other written materials used in the workshop, meals starting with dinner on Sunday and ending with dinner on Friday, 5 nights of shared lodging, gear, and local transportation. There are discounts available if you provide your own lodging, meals or gear.

Administrative Requirements For ACA Certification

An instructor must:

1. Be at least 18 years old.
2. Successfully complete an instructor certification workshop.
3. Become an ACA member and an NIC member.

First Aid and CPR certification are highly recommended, but not required.

Travel & Lodging:

Lodging is included in the fee (\$100, \$20/day), and is provided at the Nantahala Outdoor Center. Due to the larger cost of this course, I will cover all transportation expenses with my own funds.

As with any classes taught by myself, any proceeds will go back to the scholarship fund until such time as the award has been repaid. By doing this, I hope that other members may benefit from the scholarship fund.

The Nantahala Outdoors Center (NOC) is an established leader in all forms of whitewater instruction. The schedule for the class overlaps sufficiently with the fall break that it will not interfere with UC Classes.

In addition, the applicant provided the Selection Committee with his current ***Student Account Summary*** and ***Report Card*** showing his GPA