

What to take to the roll class and how to prepare

What to bring:

kayak

[we have club kayaks and others if you need one]

paddle float

spray skirt

pfd optional

swimsuit

goggles or face mask. I recommend the Fircrest Swim Shop, good selection & they know their stuff

nose plugs [keep the chlorine out of your nose] Not needed with a face mask

towel, soap, shampoo [showers are “required” before entering, you’ll want to rinse of the chlorine after]

aqua sox or booties or water shoes of some sort- but NOT sandals or anything with straps- straps can get caught in the footpegs

you might want a wetsuit, even a shorty.

I suggest a shirt. You’ll be rubbing against the coaming all day and this will help.

Food and beverage. Make sure you’re powered up before you come, and you may need a booster during the class.

Sense of humor, we’re going to have fun!

How to prepare:

Watch the videos I sent you and read the Rasmussen stuff on boat fitting. If you can’t horse your boat around with your hips and knees, you can’t roll. Period. See the dry land video.

Flexibility is really important, so start in on some stretches aka yoga. Get your back and core limber especially. Neck too, and shoulders. I’ll show you a few at class.

Watch ANY videos of rolling over and over- don’t need the sound after the first go-round or two.

Go to the zoo and watch the seals and the otters and the other marine mammals.

Really, I’m not kidding! They’ve got the flexible, go-with-the-flow thing dialed.

That’s the way you want to move in the water. Well, as best as you can anyway.

The very best rollers move very much like these seals.

Mellow out. This is not mountain biking or extreme skiing where you put on the headphones and crank out loud rock to get pumped up. This is not a strength move, it’s finesse.