NORTH ATLANTIC CANOE & KAYAK

NACK

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North Atlantic Canoe & Kayak, Inc. is a Long Island, New York based kayaking club. It's an **American Canoe Association (ACA) Paddle America Club** and a **NYS not-for-profit** corporation serving Long Island and the Northeast. NACK was formed to promote ongoing education in safe and responsible canoeing and kayaking for paddlers of all skill levels on the rivers, lakes and coastal waters of the northeastern United States. Together we seek paddling adventure and fellowship in a congenial atmosphere. We meet monthly on the water or land, have trips, and many learning opportunities. **Please see the last page of this newsletter.**

Together we seek adventure in paddling. Please check out (click) our site at www.get-the-NACK.org for History, Schedules, Training, Navigation & Planning Resources, Membership, Gallery, Library & Photos, Sea Market, Docs & Forms, Newsletters, Links and more.

Sea kayaking is more than just a recreational activity. We also use the remarkable little craft known as a sea kayak to meet personal challenges and explore the boundary between land and water. The transition from beach to open water is a significant one, and it is not surprising that so many people see it as a voyage of personal discovery as well as physical challenge.

SEA-KAYAKER Magazine's HANDBOOK OF SAFETY AND RESCUE 2003 by Doug Alderson and Michael Pardy

"Do you know a cure for me?"
"Why yes," he said, I know a cure for everything. Salt water."
"Salt water?" I asked him.
"Yes," he said, "In one form or another; sweat, tears or the salt sea."

ISAK DINESEN

NACK - North Atlantic Canoe & Kayak, Inc.
An ACA Paddle America Club & NYS Non-Profit Corporation
www.Get-The-NACK.org
P.O. Box 124
Wantagh, NY 11793
info@get-the-NACK.org

Executive Board

John W..	President..	bluek[at]weickert.com.	917-681-0749
Steve M..	Treasurer.	mcdonald[at]optonline.net	
Ann K...	Vice-President.	AKaiser[at]optonline.net.	516-445-5504
Dara F..	Secretary..	Dara4Dogs[at]optonline.net	

Board of Directors

Elizabeth O..	Founding Director.	changingtidespc[at]gmail.com..	(203) 903-5705
Gordon D..	Founding Director.	gdayton2[at]gmail.com	
John W..	Board Chairman.	bluek[at]weickert.com.	917-681-0749
Steven M..	Director.	mcdonald[at]optonline.net	
Roy B..	Director.	rbaillar[at]optonline.net	
Ann K..	Director.	AKaiser[at]optonline.net.	516-445-5504
Colin M..	Director at Large.	Colin82abn[at]optonline.net	
Debbie H..	Director.	Hikerdebb[at]aol.com.	516-449-5521
Bob H..	Director.	hawkmac[at]optonline.net	
Buddy F..	Director.	bfic[at]hotmail.com	

Committee Chairpersons

Steve M..	Awards.	mcdonald[at]optonline.net	
Elizabeth O.....	Training Advisor.	changingtidespc[at]gmail.com..	(203) 903-5705
Vacant.	Training.	Board / Executive	
Vacant..	Program.	Board / Executive	
Collin M..	Trips.	Colin82abn[at]optonline.net	
Roy B..	Trips.	rbaillar[at]optonline.net	
Steve M..	Webmaster.	mcdonald[at]optonline.net	
Greg/Pat W....	Publicity.	greg.weber[at]gpakc.com.	631-368-5606
Ann K..	Membership.	AKaiser[at]optonline.net.	516-445-5504
Ann K..	Corresponding Sec..	AKaiser[at]optonline.net.	516-445-5504
Robert/Matt F...	Library.	RobKen[at]optonline.net.	631-472-0373
Robert/Matt F...	Greeter.	mattyferrizz[at]hotmail.comt.	631-472-0373
Harold M..	Newsletter.	halmcl[at]mac.com	
Tom S..	Work.	tstraub[at]optonline.net.	631-204-9957
Renee L..	Social.		516-829-9792
Gordon D..	Advisor / Historian..	gdayton2[at]gmail.com	

Presidents Message

We have hit the ground running. On Sunday, June 3 we had our Outreach program at Oyster Bay. A big thanks to Julie, who stayed at the booth to answer questions and have people sign up for our newsletter. Ann did Quick Start training for new members and Steve was teaching L-1&2 paddling strokes in the morning. In the afternoon Ann and Steve joined forces and worked on rescues. The training did get cut short do to a sudden storm, but all did well. Ellen W. became a member on that day and participated in the Quick Start.

Our June 20th meeting had over 24 paddlers with 12 non-members. I want to welcome Patricia K., Renee I., Dan E., Theresa W., & Thomas W. as new members. They all joined at the after paddle social, of pizza and soda. Dara & Mary Anne, did a great job in organizing the refreshments, thanks.

We also have a few members at the Hudson Greenland Festival as I write this. We should have a report from them soon.

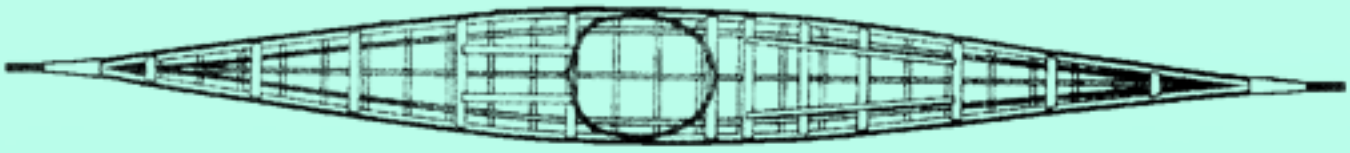
On the training front we have 7 members working to become or upgrade their ACA instructor certification with Chris Raab. Chris will also be teaching on June 30, an L-4 course and on July 1, *Performance Paddling and Play* which will hone your paddling and rescue skills.

We have scheduled paddles, training, peer practices, and assessments, you will find a schedule in this newsletter. Contact Colin or Roy with additional trip requests or myself with additional training requests. The schedule will be posted on our web site so please check it often, as it is constantly being updated. If you are a member or a friend of NACK you will get emails of any updates. If you want to be added to our NACK note list please send me your email address.

This is it *Paddling Season*, so be safe on the water. Take training, practice at our peer practices, and get assessed.

Get Ready, Get Set, and Go Paddle

John Weickert, Jr.
President
Bluek@weickert.com



Shelter Island Circumnavigation

By Colin M. April 30, 2012

On Sunday, April 29, 2012, eight kayakers attended the annual Non-NACK, NACK Members and Friends Annual Shelter Island Circumnavigation Attempt Paddle or NNNM and FASI-CAP for short.The NNNM and FASI-CAP was conceived in 2010 when three NACK members Dara, Ron and Colin along with two non-NACK

kayakers Carl and Wayne circumnavigated Shelter Island and decided to make it a yearly event. This paddle has been planed each year since its conception. There is no rain date for this paddle, it is either a go or no go on the date it is scheduled for. The 2011 Shelter Island circumnavigation was cancelled due to high winds and inclement weather. But, in 2012 the NNNM and FASI-CAP was resurrected when six NACK members Dara, Debbie, Renee, Ron, Matt and Colin along with two non-NACK members Carl and Mike decided to circumnavigate Shelter Island.

Since no rain date is planned for the NNNM and FASI-CAP it will take place in the most marginal weather and wave conditions to kayak in. And the conditions on Sunday, April 29, were marginal. High winds and waves greeted Debbie, Renee, Matt and Mike on their first attempt to circumnavigate Shelter Island.

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As a non-NACK paddle the Non-NACK, NACK Members and Friends Annual Shelter Island Circumnavigation Attempt Paddle is open to all NACK members and their friends, regardless of their ACA rating or lack of ACA rating. To attend the NNNM and FASI-CAP each participant must be a competent kayaker with good bracing skills and be capable of paddling twenty plus miles in open water. Normally once a kayak is launched; it and its occupant are committed to complete the Non-NACK, NACK Members and Friends Annual Circumnavigation Attempt Paddle. There is no alternative but to endure and finish the twenty plus mile paddle.

This year the weather service predicted winds of 12 to 15 mph out of the Northwest and weave heights of two to three feet prior to the launch time of the 2012 NNNM and FASI-CAP. The predicted weather and wave height was within acceptable conditions for us to launch but considering that the weather might worsen Dara and I brought an extra vehicle and parked it at the end of Thompson Rd on Shelter Island. Thompson Rd is just east of Shelter Island's south ferry and approximately three quarters of the way into the circumnavigation. Dara's idea of bringing an extra vehicle would prove to be a wise choice.

Ron, Debbie, Carl and Mike launched from Southold's Cedar Beach on Long island's north fork at 10:00AM making the mile crossing to Shelter Island. Dara, Renee, Matt and I had taken Shelter Island's south ferry onto the island. We parked the spare vehicle at Thompson Rd and then drove to our launch site at Bootleggers Ally on the west side of the island. Ron and his little flotilla of kayaks were to meet us at our launch site on Shelter Island at 10:30 AM. They were on time but we were still packing our kayaks when they arrived. We launched at 10:45 AM. The plan was for us to circumnavigate Shelter Island in a clockwise direction, taking advantage of the changing in currents. It would be a paddle assisted by the current the enter trip.

The eight of us set out paddling north along Shelter Island's west shore. Upon reaching the northwest peninsula off Rocky Point Road the water turned into a confused chop. The chop was caused by the current moving east and the wind coming from the Northwest. It only lasted a few minutes and once we rounded the

peninsula with the current assisting us we made good time and smooth traveling along the islands north side. Our movement was briefly interrupted by the north ferry leaving its berth on its way to Greenport. None of us wanted to try and out race the ferry.

When we rounded Shelter Island's northeast corner off Dinch Rock Road and started paddling southeast I anticipated that we would have smooth paddling. My assumption was based on the weather service report of the wind direction and the easterly current being blocked by the island. With the northwest wind now at our backs the predicted two to three foot waves developed. It was not hard traveling but it was wet. The waves were not far enough apart to ride. As one wave would pass under my kayak and lift its stern my kayaks bow would be submerged into the wave to its front.

We rounded the northeast side of Ram Island and at the 9.11 mile mark of the circumnavigation we landed our kayaks. We landed on the east side of the island under the tall bluffs at Ram Island Road. By landing on the southeast side of Ram Island and being below the bluffs we were now protected from the northwest wind. Carl and Mike had set out in rash guards and this stop allowed them to don paddle jackets and to warm up. We each located our lunches and snacks which had been stored in the bowels of our kayaks and enjoyed a brief meal, the warm sun and a reprieve from the wind before having to set out once more.

Having been rejuvenated by eating lunch we set out once more now paddling south. Unfortunately the wind which should have been blocked by Shelter Island decided it was not done with us just yet and took the opportunity while we had lunch to increase from the predicted 12 to 15 mph to 18 mph with higher gusts. From our lunch site on Rams Island to the peninsula at the southeast side of Shelter Island's wildlife refuge the waves struck our kayaks bows at an angle on our right. From this point until almost the end of my paddle my kayaks bow seamed to spend as much time submerged as it did on the surface. From the wildlife refuge until we reached the small cove at Thompson Road the wind and waves seamed to change direction at their will. Sometimes they would strike us head on and at other times broadside.

At this point in our paddle Debbie and Mike had crossed over to the north side of Long Island's south fork, where they were somewhat sheltered from the wind. Dara, Renee, Matt, Carl, Ron and I paddled north into the little cove at Thompson Road. Finally Shelter Island blocked the wind. Inside of that cove there was no wind and it was quite peaceful and calm. By majority vote this is where Dara's, Renee's, Matt's and my 2012 NNNM and FASI-CAP ended. It ended 16.13 miles into the 20 mile circumnavigation and after paddling 5 hours and 3 minutes. With sore backs and legs we landed our kayaks at the base of Thompson Rd. The vote to take out at the spare car was the correct vote. Ron and Carl after insuring that we were safely ashore turned their kayaks south and paddled after Debbie and Mike. The four of them Debbie, Ron, Carl and Mike soldiered on back into the wind and waves and to their take out point at Cedar Beach.

Debbie, Renee, Mike and Matt had participated in their first Non-NACK, NACK Members and Friends Annual Shelter Island Circumnavigation Attempt Paddle or NNNM and FASI-CAP for short and Debbie and Mike completed it. No one was surprised when Debbie completed the circumnavigation. She has proven time and again that she is one of NACK's most proficient paddlers.

December 12, 2011

Level 1 - Flat Water

These guidelines are to be used when rating a NACK L-1 trip level.

1. Paddle location: protected waters, such as small lakes, estuaries and marshes.
2. Paddler should remain within their swimming distance to shore.
3. Paddle during daylight hours only.
4. Wave conditions should be calm to less than 1/2 foot in height.
5. Current should be calm and within the paddler's ability to comfortably paddle against, approximately a half knot.
6. Winds should not exceed force 1 on the Beaufort Scale, (1 to 3 knots) or (1 to 3.5 MPH)
7. Trip length should be under 5 miles or a distance that the individual paddle can accomplish without becoming fatigued.
8. All conditions should not exceed the individual kayaker experience or ability to safely paddle in or upon.

Rating conditions are based on forecast data and are expected but not guaranteed to be presented on the planned trip. Participants and leaders should be prepared for any trip to exceed ratings due to changing natural conditions (i.e., weather).

NACK trips are run on considerations of mutual support- all members are expected to work together to facilitate a successful trip under the guidance of the Trip Leader. The decision to run a given trip and screening of participants is the responsibility of the Trip Leader and will be based on considerations for safety of the group as whole. The decision to participate on a trip is the responsibility of each trip member and should be made in consideration of full knowledge of their own skills, capabilities and health on the day of the trip.

December 12, 2011

Level 2 - Advanced Flat Water

These guidelines are to be used when rating a NACK L-2 trip level.

1. Paddle location: Paddle waters equal to L-1 paddler and in addition protected bays.

2. Paddle within a safe distance to shore, approximately half mile and/or the paddler's ability to comfortably return to shore.

3. Paddle during day light and evening hours.

4. Wave height should be minimal, under 1 feet in height and within the kayaker's ability to comfortably paddle in.

5. Current should be moderate approximately 1 or 2 knots or within the paddlers ability to comfortably paddle against.

6. Winds should not exceed force 2 on the Beaufort scale, (4 to 6 knots) or (4.5 to 7 MPH).

7. Trip length should be under 10 miles or a distance that the individual paddle can accomplish without becoming fatigued.

8. All conditions should not exceed the individual kayakers experience or ability to safely paddle in or upon.

Number 2 is considering that there are a number of places were at a half mile from shore the waters depth is only 2 feet or less.

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December 12, 2011

Level 3 - Intercostal

These guidelines are to be used when rating a NACK L-3 trip level.

1. Paddle location: Paddle on waters equal L-1 and L-2 paddlers with the addition of open bays and protected sounds.
2. Paddle within reasonable distance to shore and within sight of land.
3. Paddle during daylight and night hours.
4. Should have a basic knowledge of on water navigation, during both day and night.
5. Wave height should not exceed approximately 2 ½ feet or the paddlers ability to maintain a safe craft.
6. Currents should not exceed the paddler's ability to make headway.
7. Winds should not exceed force 4 on the Beaufort scale, (11 to 16 knots) or (12.5 to 18.5 mph).
8. Trip length should be under 15 miles or a distance that the individual paddle can accomplish without becoming fatigued.
9. All conditions should not exceed the individual kayakers experience, skill level or ability to safely paddle in or upon.

Rating conditions are based on forecast data and are expected but not guaranteed to be presented on the planned trip. Participants and leaders should be prepared for any trip to exceed ratings due to changing natural conditions (i.e., weather).

NACK trips are run on considerations of mutual support- all members are expected to work together to facilitate a successful trip under the guidance of the Trip Leader. The decision to run a given trip and screening of participants is the responsibility of the Trip Leader and will be based on considerations for safety of the group as whole. The decision to participate on a trip is the responsibility of each trip member and should be made in consideration of full knowledge of their own skills, capabilities and health on the day of the trip.

December 12, 2011

Level 4 - Open Water

These guidelines are to be used when rating a NACK L-4 trip level.

1. Paddle location: All previous waters listed and in addition open sounds and coastal waters including surf zones.
2. Possess the ability to paddle both in daylight and at night.
3. Possess superior navigational skills with the ability to navigate during day and night.
4. Be comfortable paddling in wave conditions up to 4 feet.
5. Currents should not exceed the paddler's ability to make headway.
6. Paddle in winds up to force 4 on the Beaufort scale (11 to 16 knots) or (12.5 to 18.5 mph).
7. All conditions should not exceed the individual kayakers experience, skill level or ability to safely paddle in or upon.

Rating conditions are based on forecast data and are expected but not guaranteed to be presented on the planned trip. Participants and leaders should be prepared for any trip to exceed ratings due to changing natural conditions (i.e., weather).

NACK trips are run on considerations of mutual support- all members are expected to work together to facilitate a successful trip under the guidance of the Trip Leader. The decision to run a given trip and screening of participants is the responsibility of the Trip Leader and will be based on considerations for safety of the group as whole. The decision to participate on a trip is the responsibility of each trip member and should be made in consideration of full knowledge of their own skills, capabilities and health on the day of the trip.

December 12, 2011

L 5 - Advanced Open Water

These guidelines are to be used when rating a NACK L-5 trip level.

1. Paddle location: Advanced open water paddlers are capable of paddling any waters including open oceans.
2. Possess advanced navigational skills capable of navigating day or night on the open ocean out sight of land for multiple days.
3. Possess the ability and capability to deal with challenging ocean wave and current conditions.
4. Paddle in winds up to force 5 on the Beaufort scale (17 to 21 knots) or (19.5 To 24 mph).
5. All conditions should not exceed the individual kayakers experience, skill level or ability to safely paddle in or upon.

Rating conditions are based on forecast data and are expected but not guaranteed to be presented on the planned trip. Participants and leaders should be prepared for any trip to exceed ratings due to changing natural conditions (i.e., weather).

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ANOTHER SPOT by Bob Horchler

Buddy's wonderful article, My Spot, which he wrote for NACK's spring 2012 newsletter, gave me the inspiration to write this story.

My special kayaking spot, Millburn Creek in Baldwin, is only a 0.6 mile walk from my home. Several times a week, I load the kayak on the cart, fill it with gear and walk over to the park. Most of the walk is on side streets, but as I cross Atlantic Avenue at the traffic signal, I see people staring at me usually clad in either a dry-suit or wet-suit, and I imagine them wondering, doesn't this guy have a car, or why is he dressed like a clown. The walk over gives me some turning practice as a warm-up. Some time ago, George Carlin jokingly asked why do people drive on parkways and park in driveways. And people actually used to. Now people park on sidewalks, so for the section of the walk I travel along a major roadway, I get to zigzag around the cars on the sidewalk on my way to and from the park.

Boaters leaving this launch make a left, head south and travel through the bulkhead–lined canals, out to the bay. I make a right and head north. No one else does, it's only me traveling this direction. After all, it's only .6 miles to the culvert crossing under Merrick Road. Also, there is a concrete weir, which power boaters don't like to cross. However, the creek less traveled is beautiful. Bordered on both sides with phragmites, it serpentines for its short but entire length.

This section of the creek has abundant wildlife. I regularly see cormorants, geese, brants, swans, red-winged black birds, mallards and the occasional raccoon. Early this spring, before I thought they were even spawning, I saw dozens of jellyfish the size of flapjacks. Not a welcome sight. Last month I thought I saw a stick taking a dive, but when I looked closer, it was a turtle diving for safety, as quickly as its fins would propel it. A couple of weeks ago, I heard a big splash ahead of me, and then saw a large bird of prey with empty talons; it lifted up almost like a Harrier jet performing a vertical takeoff. Twice more I watched the bird hovering above its target before plunging almost pelican-like down into the creek. I couldn't identify the bird then, but when I got home, I checked the books for behavior of birds of prey. Only one hovers before smashing down into the water: an osprey. Naturally, I saw this on a day I didn't have my camera.

To make up for the short distance to Merrick Road, I usually paddle this northerly section of the creek twice. If I'm alone, I then head home; if Julie is with me, we frequently practice rescues. I'm the rescuee and Julie the rescuer.

After the walk home, it's time to wash the kayak(s) and gear and get ready for the next paddle. Maybe as soon as tomorrow. This whole two and a half mile routine is such a pleasant outing. I'm delighted but shocked that I have rarely seen another kayaker paddling in my spot.

If any of you want to do this paddle, which I highly recommend, paddle it anytime other than at low tide. Better yet, let me know when you're going. I'll walk my kayak over and give you a tour.

Photography curtisy of Bob Horchler while kayaking at *Another Spot*

Dear Colin: April 27, 2012

I just want to start by saying how much I still love and missed you. Remember when we used to take those romantic sunrise and sunset paddles. Remember all the time we spent paddling on the bays of Long Island and the Long Island Sound. Remember the first night paddle we spent on the Long Island Sound together. There appeared to be a million stars out that night as we paddled lost in the darkness trying desperately to find our launch site. Remember all the trips we took to Maine and the secluded islands we enjoyed. At first I thought you forgot about me and that I would never see you again. I felt that you left me for that slender, long European with the sexy shape. I felt you abandoned me for that Tahe Marine Greenland-T kayak, tart. Since you purchased her I have mostly been just hanging out with your other kayaks in the kayak shed. I found myself longing for the times when you would carry me to the water's edge and we would gently and silently paddle off. But, the other day when you came into the kayak shed and took me, me off the wall I was so happy. That day you gel coated my every nick and scratch. You then gently waxed me from stem to stern and replaced all my worn bungee cords. That is when I realized that, that Tahe Marine Greenland-T, Charlatan might be fun and exciting for you but when you crave real adventure you return to me. I now know when you paddle one of your P&H kayaks it's because you don't want to damage my fragile Kevlar shell. And when you paddle that hussy Greenland-T it's because she has less volume and is better in the wind and is easier to roll. But she can't travel the distance we can together and she is not as comfortable for you as I am. Every island you have circumnavigated you have done so while sitting inside of me. We both know you could not have circumnavigated Manhattan Island in any other kayak but me. You would have never been able to accomplish that feat in that Charlatan, Greenland kayak. And that is the roll I play in your life, the biggest roll for when you need a kayak that can travel long distances and keep you comfortable and safe you return to me. When you need a kayak you can rely on in really rough water I am the only boat for you. I was not your first boat but I was the first boat you loved. You have not forgotten me, you never will, nor will you ever abandon me. You still have the same feelings for me as when you first entered my cockpit, I am still your favorite. So go, go paddle your other kayaks because I now know I am still and always will be your favorite.

Your loving,

Lincoln Eggamogin kayak

Wind and Waves

Where do you want to Kayak this year?

Summer is here, and soon after will be fall and winter. NACK wants to know where members might like to paddle this summer, fall and winter. Where do you want to paddle this year?

Colin and Roy are requesting that **members pick trips** that they would like to take or are thinking about. Contact them by phone or by e-mail or when you see them and let them know possible paddling trips (short or long). You can contact him by e-mail at colin82abn@optonline.net and let him know about possible paddling trips. As our president says, "This is a paddling club, not a meeting club."

Cell Phones & VHF

Colin contacted the **U.S. Coast Guard** and requested the phone numbers for the stations responsible for search and rescue on Long Island and Connecticut waters. It might be a good idea to place the ones for the area you paddle in your cell phones contact file. Below is their response to his request.

Thank you for your inquiry.
Below are a list of our stations and their contact numbers:

New London (860) 442-4471
New Haven (203) 988-4323
Kings Point (516) 466-7135
Eaton's Neck (631) 261-6959
Jones Beach (516) 785-2995
Fire Island (631) 661-9101
Shinnecock (631) 728-0343
Montauk (631) 668-2773

Please advise your club members that cell phone service is very unreliable on the water. A VHF radio is an essential piece of paddler emergency equipment that could save one's life.

Best Regards,
Petty Officer Erik Swanson, PA2
U.S. Coast Guard/DHS
Public Affairs Detachment New York
1 South St. New York, NY 10004

Peer Practices

Peer Practices from beautiful sandy beaches have been taking place every Monday starting at about 6 p.m. See schedule. For paddlers new to NACK or thinking of joining, **Peer Practices** are sessions for NACK members to get together to practice paddling until the days get too short (usually the end of August). They begin at 6 PM. These sessions, usually every Monday are great to learn a little or a lot about paddling. There are other, more experienced members, nearby (don't wander off) to "keep an eye" on you. **Peer Practices** are not instructional events. If you wish, you can prepare for official **ACA Skill and Level Assessments**. They are also times to just paddle around and have fun and gain more confidence. You can be a beginner or an expert paddler. There are five skill levels of paddling. There is no cost for **Peer Practices** or the one (1) annual assessment by ACA instructors. If you want ACA Training it is offered to members at a substantial discount from what is commercially available. Many of our training activities (including **Peer Practices**) are based out of Timber Point Park, Long Island on the Connetquot River or at

Jones Beach State Park (the bayside, parking lot #10) or Heckscher State Park Parking lot # 7). If you are not a member, come to a peer practice (check our website and schedule) to find out if you want to learn more about paddling or if you want to join NACK. Just call ahead and someone will either bring an extra kayak or let you borrow theirs. The dues are small and the benefits big (please see last page).

A past Peer Practice
Photo courtesy of Steve M

Ever since he capsized last week, Harry has been very low profile.

Kayakers Needed for LI Swims

In the past NACK has provided volunteer kayakers to patrol the course for various Open-Water Swimming events in Long Island venues. There are several such events coming up where kayakers are urgently needed to help ensure that swimmers are as safe as they can possibly be in the open water:

Sunday, July 15, 2012, the **"5K in the Bay" in Huntington Bay**. Contact Bea Hartigan at bea10k@yahoo.com.

Saturday, August 25, 2012, the **West Neck Pod's "Big 5-Mile Swim" from Cold Spring Harbor to Long Island Sound**. The "West Neck Pod" is a group of open-water swimmers who swim regularly out of West Neck Beach in Cold Spring Harbor, Long Island. Our usual distance is between 1 and 2 miles, with occasional 3-mile swims, but this season some of us are interested in extending our boundaries even further, with a planned 5-mile swim northward from West Neck Beach into Long Island Sound. Contact Carol Moore at westneckpod@verizon.net.

Long Island Kayak Training Classes with Chris Raab

As part of our commitment to kayak safety and education, NACK arranged to bring **Chris Raab** to Long Island waters for two very special training programs. Chris is an American Canoe Association Open Water Coastal Kayak Instructor and Level 4 Instructor Trainer, ACA Canoe Instructor, and British Canoe Union 4 Star paddler. He is one of the most highly regarded and respected kayak instructors on the East Coast. NACK teamed with Chris to craft two full day programs on the weekend of June 30 and July 1.

Performance Paddling and Play-Sunday, July 1. In this class took our kayaking skills to the next level working on improving stroke, maneuver,

and rescue efficiency. Participants were presented with a host of new skills and ideas and then used these skills to work though some practical paddling situations and engaged in some fun games. Participants came to this class expecting to develop skills, get really wet, and have much fun! The weather was perfect. This program was open to all levels.

Open Water Sea Kayaking-Saturday, June 30. This level 4 class focused on developing skills for paddling in open seas. They worked on adapting strokes, maneuvering and paddling in ocean swell, currents or surf. Additionally, they spent time working on group organizing, basic navigation techniques, advanced towing and rescues in rough conditions. Prerequisites for this class included level 3 ACA, BCU or equivalent training. You didn't have to be *assessed* at ACA Level 3 but you had to have had some training at that level to be prepared for this program.

Cost for a full day on the water was only $75 for members and $125 for non members.

Registration was limited to NACK members *until June 20* after which registrations from the general public were accepted.

NACK MESSAGE BOARD

NACK has a Message Board to accompany our website. It's a place to post messages, exchange ideas, maybe learn some new stuff and share your knowledge. Sometimes they're called forums, discussion groups or message boards. They're all the same thing. But, it's not a "chat room," and it's not Facebook. There is a Members-Only area (password needed-check with any member) and a Public area. All messages are open for public view (though some are members-only) and are saved for the benefit of others who might have the same questions or who are looking for information on the same topics. Try it and don't give up if you have some initial trouble. It's like kayaking only not as much fun. Simply go to the home page at: **www.get-the-NACK.org** then, on the right side, click under MESSAGE BOARD on "Kayak Discussion" and you're in. You can spend a day or a minute reading about kayaking. If, for example you want to see what trips are being discussed for this year and/or let NACK know where you might want to paddle, click on "NACK Members-Only Discussions" and enter The Password. If you don't know the password or forgot it, call or e-mail any other member who might know it. Once you are in the "NACK Members-Only Discussions" Click on "NACK Paddling Trips 2012." There is paddling info on the Message Board both "General Paddling Discussion" and "NACK Members - Only Discussions" that you won't find in kayak magazines or books.

Wednesday Welcome Meeting (A Beautiful Evening)

The June meeting was on the Brown's River located in the Town of Islip, within the Long Island South Shore Estuary Reserve. On Wednesday, June 20 during a heat wave that broke records the best place to be was in a kayak and on the water. Twenty-six paddlers met around 1800 hours and launched from CaptainKayak. Fourteen were new to NACK and what they do and twelve were members. The skill levels were from 1 to 3+. The ages were from 17 to 75. They formed a group of twenty-six paddlers at 1845 hours in the river just north of the put-in and paddled south down the river about one-half mile past some amazed boaters (including Fire

Island ferry) and out into Great South Bay. The group was colorful and stayed to the east side of the river. They paddled east around the jetty and to the relatively calm water off the beach just east of the jetty. The wind was blowing about 10-to 15 knots from the West out in the bay so a short swell had developed on the east side of the jetty and was giving the kayakers a little challenge. Undaunted they paddled east a short distance along the shore before the leaders turned them around with the promise of pizza. They paddled back around the jetty against the ebb tide out of the river. It was about 1930 hours and the sun (a bronze ball with the humidity and heat) was low in the Southwest. It truly was a beautiful evening. Once in the river and after rounding-up at some old pier posts on the east side NACK, always concerned with safety and education, performed a demonstration of recovery skills and rescues. Buddy volunteered to capsize a number of times in mid-channel (after checking depth with his paddle), Steve was the rescuer and near kayaker, and our president John explained to the watching group what was going on. After the demo the colorful group headed north and back to the put-in and arrived about 2015 hours. Dara and Mary Ann were waiting with pizza and cold drinks and a meeting (informal) was held in CaptainKayak's kayak barn and workshop. It was still over 90 degrees, but it didn't feel like it. It felt good to be alive and part of this amazing group. Some of the nonmembers became members on the spot. It was A Beautiful Evening.

A Beautiful Evening
Photo courtesy of Roy B & Ann K
Ann said: "We could make those. Ditch the skirt though."

HEROES ON THE WATER (HOW)

The Heroes On the Water program lets mother nature do what she has done for hundreds of years: heal. Nationwide, 25 chapter coordinators work with the injured military personnel, medical center staffs, and an army of volunteers that include kayak fishing enthusiasts from around the country. Every **HOW** event across the country brings together wounded military personnel for guided kayak fishing excursions. Participants are taught kayaking and kayak fishing basics and sometimes adaptive kayaks and paddling

equipment are required. "We have started a New York/Long Island chapter of **HOW**. Heroesonthewater.org. This is an organization that takes Disabled Vets on the water kayak fishing. We are working with Northport and Brooklyn Veterans Hospitals."

Regards,
Capt. Jerry Collins
Captain Kayak
23 River Rd.
Sayville, NY 11782
office 631 750-3587
cell 631 484-0806
www.captainkayak.com

From the MARCH MEETING

I want to thank everyone for attending our March meeting, especially our new members and guests.

Steve gave an excellent presentation on how to use the computer to plan your trips.
I have attached his notes on the subject with all the links.

Please, spread the word that NACK is the place to be if you want to be a safe and competent paddler.

See you on the water,

John Weickert, Jr.
North Atlantic Canoe and Kayak, Inc.
President
Board Chair
www.Get-The-NACK.org
ACA Level 2 (AFW)
Coastal Kayak Instructor
b. 718-706-0707 preferred
c. 917-681-0749
BlueK@weickert.com
P.O. Box 124
Wantagh, NY 11793

Navigation/Trip Planning

http://marine.geogarage.com/routes?map1=eyJtdCI6MiwicG9zIjp7ImxsIjoiNDAuNjM0MzQsLTczLjI4MTMiLCJ6IjoxNH0sIm8iOnsibm9hIjp7fX19 This link opens to Fire Island Inlet but can be dragged anywhere

Google Earth Program ****Satellite Plus measuring tools, Lat/Long, Bearings http://www.google.com/earth/index.html Free Program Download

NOAA Tides water levels and times at various locations

http://co-ops.nos.noaa.gov/tide_predictions.shtml?gid=62#search

NOAA Current speed and direction http://tidesandcurrents.noaa.gov/currents12/cpred2.html#NY

NOAA Marine Buoys & Weather
#44025 33 NM SW of FI Inlet http://www.ndbc.noaa.gov/station_page.php?station=44025
NY Harbor Entrance http://www.ndbc.noaa.gov/station_page.php?station=44065

Significant wave height (meters) is calculated as the average of the highest one-third of all the wave heights during the 20-minute sampling period. See http://www.mxak.org/weather/pdfs/waves.pdf

Weather Forecast is an available link from NOAA Buoy Pages above or directly as below
http://www.ndbc.noaa.gov/data/Forecasts/FZUS51.KOKX.html
http://www.weather.gov/sat_loop.php?image=wv&hours=24

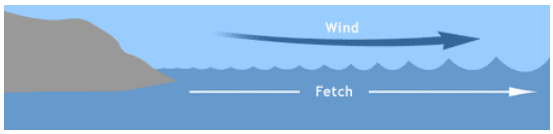
Most Important Trip Planning link **NACK Members-Only Message Board**.
Register and login to post suggested trips, information or ask questions.

'Significant Wave Height' A closer look at wave forecasts

Tom Ainsworth, NWS Juneau, Alaska

NOAA's National Weather Service (NWS) marine weather forecasts include information about prevailing wind speed and direction, and significant wave height. The term "significant wave height" is not as well understood as the wind information. Anyone using marine weather information should have a clear understanding of what significant wave height means. Let's review basic ocean wave characteristics so that you can interpret marine weather forecasts as NWS forecasters intended.

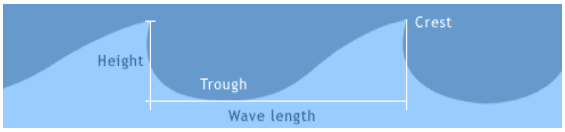
Wave Formation: Waves are formed by wind blowing along the water's surface. Wave height is dependent on a) wind speed; b) fetch length; and c) duration of time the wind blows consistently over the fetch. Wind 'fetch' is the distance the wind blows over water with similar speed and direction. High wind speeds blowing for long periods of time over long stretches of water result in the highest waves. Waves caused directly by the local wind are called wind waves. Wind waves are short, choppy, and tend to break (white cap) when winds reach approximately 15 knots. These are the most common waves on lakes, ponds and in the confined, narrow stretches of southeast Alaska's inner channels.



Graphic courtesy of Tammy Pelletier, WA State Dept of Ecology

Wave patterns become more complex in the open ocean. Waves are still formed by the local wind but once formed ocean waves continue to travel for thousands of miles. Waves that travel outside of their generation area, and are no longer the result of the local wind, are called 'swell'. Compared to wind waves, swell are longer waves with smoother crests. Over time, swell travel great distances, converge with other waves caused by distant storms and traveling in different directions, and refract off coastlines. Therefore, ocean surfaces are comprised of *thousands* of interacting waves that originated in different places and traveled in different directions at different speeds. This is known as a "wave spectrum": a combination of waves with different heights, frequencies and direction of movement.

Wave Dimensions: The magnitude of a wave is determined by three components: height; length; period (or frequency). A fourth wave component is steepness. Wave height is the distance measured from the trough to the crest of the wave. Wave length is the distance between successive crests (or troughs). Wave period is the time that elapses between the passing of successive crests (or troughs). Wind waves tend to have smaller heights and have shorter periods than swell.



Graphic courtesy of Tammy Pelletier, WA State Dept of Ecology

Wave steepness is the slope determined by the ratio between wave height and wave length. Wave steepness can be inferred from buoy measurements of wave height and period. When wind wave heights and periods are close to the same value (e.g., six foot seas every six seconds) wave steepness is severe. Pitch poling and capsizing becomes real possibilities for smaller vessels when wave steepness is severe. As waves move farther away from their source region, their wave length and period gradually increase. Therefore, waves with long periods, greater than 10 or 12 seconds, are arriving from a distant source and are considered swell.

Significant Wave Height: By now you know a wave spectrum is an extremely complex fluid phenomenon. The spectrum is literally made up of waves on top of waves (on top of waves!). It is extremely important for mariners to understand how this spectrum of wave heights is conveyed in marine weather information. The wave height value in a NOAA forecast and reported by ships and buoys is called the *significant wave height*. Significant wave height (Hs) is defined as the average height of the highest one-third waves in a wave spectrum. This happens to correlate very well with the wave height a skilled observer perceives in a wave spectrum.

What do we mean by "highest one-third waves"? Remember, a wavy water surface is comprised of thousands of interacting waves that originated in different places and traveled in different directions at different speeds. If a person could filter out and plot on a graph all of the waves within a spectrum, the distribution of waves with different heights would result in a "bell curve" graph similar to the one in the figure to the right. Each dot represents a wave in the spectrum with a height of H. The graph shows there are a relatively low number of small waves (left side of graph) and a low number of very large waves (right side of graph). The greatest number of waves (N) in this spectrum is in the mid range of heights (centered under Hm). The highest one-third (33.3%) number of waves in this spectrum is shaded on the graph. The average height of waves in this shaded group is the significant wave height, Hs.

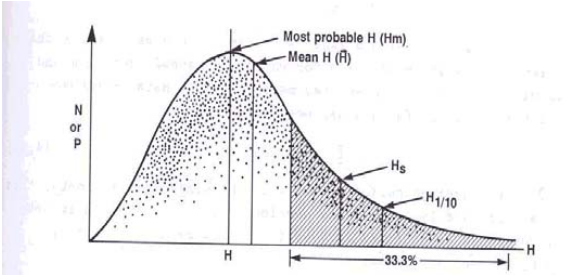


Figure 4.9: The statistical distribution of wave heights showing various parameters (from Bretschneider, 1964)

Also shown are the mean wave height (H), most probable wave height (Hm), and the height of the highest 10% of waves (H1/10). The mean wave height H is approximately equal to 2/3rds (0.64 or 64%) the value of Hs and H1/10 is approximately equal to 1.27 times (127%) the value of Hs. In addition, the height of the highest 1% of waves (H1/100) is approximately equal to 1.67 times (167%) Hs and a theoretical maximum wave height (Hmax) are approximately equal to *two times Hs*. This range is narrower in the inner channels where the contribution of ocean swell is less.

Quiz Time! Let's put all these wave parameters into perspective by practicing how to derive pertinent wave characteristics. If you received a marine weather forecast predicting "SEAS 10 FT" in the coastal or offshore waters, what is really being conveyed in that forecast?

- Hs = 10 ft
- H (mean) = 0.64 times Hs = 6.4 ft
- H (most probable) (slightly less that H mean) = 6 ft
- H1/10 (10% highest waves) = 1.27 times Hs = 12.7 ft
- H1/100 (1% highest waves) = 1.67 times Hs = 16.7 ft
- Hmax (highest wave you should be on the alert for) = approximately 2 times Hs = 20 ft!

Therefore, a forecast of 10-foot seas in open waters means a mariner should expect to encounter a wave spectrum with many waves between 6 and 10 feet along with a small percentage of waves up to 16 feet and possibly even as large as 20 feet! During the Gulf of Alaska storm on March 10, 2005, buoys observed waves heights as high as 47 feet in the northern Gulf. In a wave spectrum with a significant wave height of 47 feet, the highest 10% of waves (H1/10) would equal 1.27 x 47 = 60 ft. And the theoretical maximum wave height in that spectrum is 94 feet (2 times Hs)!!

Prudent mariners know the physical limits of their vessels with respect to wind speed and wave height. The marine weather forecasts provide both wind velocity (speed and direction) information and wave height information. Wave height values, both predicted and observed, are defined as the significant wave height, Hs. Hs is not a single value but rather a value which implies a range of heights, from approximately 60% of Hs to 200% of Hs in the open ocean (narrower range in the inner channels), occurring in a wave spectrum! Mariners should not focus on the single significant wave value in a forecast or observation but recognize the concept of the wave spectrum, know the definition of significant wave height, and be able to determine the expected range of wave heights.

NACK - North Atlantic Canoe & Kayak, Inc.
An ACA Paddle America Club & NYS Non-Profit Corporation
www.Get-The-NACK.org
P.O. Box 124
Wantagh, NY 11793
NACKinfo@optonline.net

Summer 2012 - 3rd Quarter

- **June 30-L4 Training (NR)(S)**
  - With Chris Raab
  - Contact John W. For details Bluek@weickert.com

- **July 1st - Training (NR)(S)**
  - Performance Paddling and Play
  - With Chris Raab
  - Contact John W. For details Bluek@weickert.com

- **July 2nd Peer Practice (NR)(S)**
  - Timber Point
  - Contact John W. Bluek@weickert.com or Steve M. mcdonald@optonline.net

- **July 7th Saturday Outreach/Demo (NR)(S)**
  - Shinnecock shores starting at 10 AM
  - Contact John W. for more information Bluek@weickert.com

- **July 9th Peer Practice & L1 & L2 Assessments (NR)(S)**
  - Timber Point
  - Contact John W. Bluek@weickert.com or Steve M. mcdonald@optonline.net

- **July 16th Peer Practice & L1 & L2 Assessments (NR)(S)**
  - Timber Point
  - Contact John W. Bluek@weickert.com or Steve M. mcdonald@optonline.net

- **July 23rd Peer Practice (NR)(S)**
  - Heckscher Park
  - Contact John W. Bluek@weickert.com or Steve M. mcdonald@optonline.net

(S) ACA Sanctioned Activity
(NS) NACK Non-Sanctioned Activity
(FW) Flat-water (ACA L1)
(AFW) Adv. Flat-water (ACA L2)
(IC) Inner Coastal (ACA L3)
(OW) Open Water (ACA L4)
(AOW) Advanced Open Water (ACA L5)
(NR) Non-Rated Skill Level
Highlighted are new events added

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P.O. Box 124
Wantagh, NY 11793
NACKinfo@optonline.net

Summer 2012 - 3rd Quarter

- **July 28th & 29th Instructor Training Continued. (NR)(S)**
  - Levels 2 & 3 with Chris Raab
  - Contact John W. For details Bluek@weickert.com

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- **July 30th Peer Practice (NR)(S)**
  - Jones Beach
  - Contact John W. Bluek@weickert.com or Steve M. mcdonald@optonline.net

- **August 4th Assessment L3 (NR)(S)**
  - Location TBD
  - Contact John W. Bluek@weickert.com

- **August 6th Peer Practice (NR)(S)**
  - Timber Point
  - Contact John W. Bluek@weickert.com or Steve M. mcdonald@optonline.net

- **August 13th Peer Practice (NR)(S)**
  - Heckscher Park
  - Contact John W. Bluek@weickert.com or Steve M. mcdonald@optonline.net

- **August 20th Peer Practice (NR)(S)**
  - Heckscher Park
  - Contact John W. Bluek@weickert.com or Steve M. mcdonald@optonline.net

- **August 27th Peer Practice (NR)(S)**
  - Jones Beach
  - Contact John W. Bluek@weickert.com or Steve M. mcdonald@optonline.net

(S) ACA Sanctioned Activity
(NS) NACK Non-Sanctioned Activity
(FW) Flat-water (ACA L1)
(AFW) Adv. Flat-water (ACA L2)
(IC) Inner Coastal (ACA L3)
(OW) Open Water (ACA L4)
(AOW) Advanced Open Water (ACA L5)
(NR) Non-Rated Skill Level
Highlighted are new events added

THE WORK CREDIT/NACK BUCK System is as follows:

As part of the membership responsibilities all members are asked to donate 10 work hours to NACK each year. These hours can be fulfilled by being elected as club officer, appointment as a committee chairperson, volunteering on any of the committees, or helping out at outreach events.

See the full Work Policy on the web site for detailed job descriptions and work credit given. Go to get-the-nack.org, click on Docs and Forms, scroll to the button that says NACK Work Policy and click on it. If you're unsure who to contact to volunteer for a position call or e-mail Steve McDonald at mcdonald@optonline.net, John Weickert at bluek@weickert.com or Tom Straub at tstraub@optonline.net.

For every 10 hours over the 10 required hours a "NACK Buck" is deposited to your work account. Each NACK Buck currently has a credit value of $25 towards NACK approved training. In order to accumulate work credits and earn NACK Bucks **PLEASE! REPORT YOUR WORK HOURS.**

To report your work hours send an e-mail to Tom Straub at tstraub@optonline.net. They need to be sent within two months of contributing the work hours. Submissions of work hours received more than two months after service will not be counted.

To redeem your NACK bucks e-mail Tom Straub at tstraub@optonline.net with your request.

Full details are on the web site in Docs and Forms under NACK Operations-NACK Buck Procedure.

"Outward Bound" signifies the moment when a ship leaves its moorings and commits itself to the open sea, with all of its unknowns, hazards, and adventures. It is a reoccurring demonstration of human nobility out of desire to see and *determine* our own destiny, no matter what the challenge.

ANONYMOUS

NACK Meetings

Please see our schedules for Peer practices, meetings, training and events. Please contact any director, officer or committee member listed on page two of this newsletter if you are thinking about joining our club or, if you would like come, see what its all about, attend a meeting, peer practice or event. More details and directions are contained on our **web site** at www.get-the-NACK.org. Please always check our current newsletter & website for the locations, dates and goings on. During warmer weather, we sometimes hold our meetings on the water. Our **e-mail** is info@get-the-NACK.org. We won't get back to you right away because we will be out paddling. Hope to see you at a meeting and on the water.

2012 Paddles & Activities:

There are so many paddling opportunities. Sometimes paddles are scheduled on a few days notice to members. Please also see our web presence, our message board our Klassifieds and check the schedules in this newsletter and on-line.

KLASSIFIEDS

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Capt. Jerry & Suzanne Collins

Michael Fehling
Gabrielle Fehling

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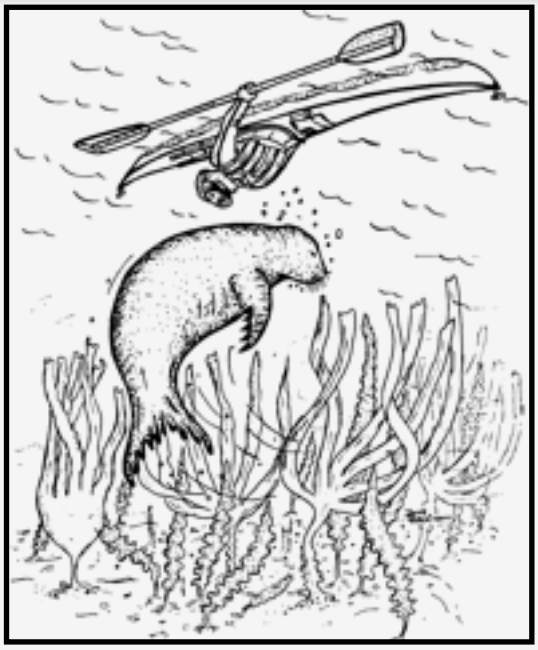
FRANK COPREN

CELL: 631-379-7332

FCOPREN58@AOL.COM



Please send your articles, stories, tips, photographs, etc. to Hal M @ halmcl@mac.com

Tell some friends about NACK. Joining NACK gives one a whole new perspective on life.

North Atlantic Canoe & Kayak

Ann keeping swimmers on course at a Fran Schnarr Memorial Swim - Huntington, Long Island

The Idea of NACK

NACK came about from recognition that Long Island and the northeast USA have amazing natural resources for a variety of types of paddling and a wide range of interests and skills among the population. NACK was founded by a group of highly trained local instructors with a diversity of certification backgrounds including the American Canoe Association, the British Canoe Union and the American Red Cross. All had a desire to bring the fundamentals of paddling safety to the community at large as well as provide for a program of continuous improvement in skills for paddlers at all levels. In the-spring of 2005 the founding directors and leaders of NACK founded a NYS not-for-profit paddling organization dedicated to training, safety, adventure and fellowship. They began working to formulate the basic tenets of what is now a premier paddling club. In the Charter the stated purposes for which NACK has been formed are educational and literary. Specifically: "NACK will promote ongoing education in safe and responsible canoeing and kayaking for paddlers of all skill levels on the rivers, lakes and coastal waters of the Northeastern United States." Over the years NACK has evolved into a kayaking club whose members live from Queens to the Hamptons and beyond. Our member's kayaking interests and skill levels go from 1 to 5 and are as diverse and wide spread as the areas where we live.

Interested in Paddling Safely - Join NACK

- Association with some of the best, most active paddlers in northeast USA
- Free assessment of your paddling skills
- Discounted training by ACA Instructors
- Notification of paddling opportunities
- NYS not-for-profit corporation
- Service & Community Outreach
- Library of books, DVDs and tapes
- Modern web presence & message board
- Peer practice, meetings and training
- Paddling trips
- Increase your confidence and knowledge
- Protect the Environment
- Resource & voice for paddlers
- Discounts at some retailers
- NACK dues $45 and ACA dues of $30
- Individuals, families, clubs and businesses
- **www.get-the-NACK.org**

Training

Skill is the elastic in the system. When conditions worsen, having a reserve of skill makes the difference between terror and excitement.

Top Tips for Coaches 2002

Safety

If the first time you rely on a skill is in a survival situation and you find you have not mastered it - then what?

Top Tips for Coaches 2002

Adventure & Fellowship

If you never paddle with those better than you, you never improve.

NACK Training Director Elizabeth O'Connor 2005