

TSRA STUDENT PADDLING EXPERIENCE AND SELF EVALUATION

(rev. 02/05)

Please complete this form in full. - This information is a very important factor in placing you in an appropriate class!

Name _____ Name you wish to be called _____
 Address _____ City _____ State _____ Zip _____
 Phone (H) _____ / _____ / _____ (W) _____ / _____ / _____ E-mail _____
 Height _____ Weight _____ Age _____ Gender _____ Occupation _____

I exercise: seldom once a week 3 times a week daily

I swim: ok well excellently I do not swim

I paddle about _____ times per year, or _____ times per month. I do (or) do not paddle in winter.

My goals for this clinic are: _____

I would like to learn or practice the following skills: _____

List the three most difficult rivers you have paddled. Please give the name, section, water level, class of river, boat type. No raft trips! 1 _____ 2 _____ 3 _____	List paddling schools or classes you have previously completed. Please include names of schools, dates & organizations. 1 _____ 2 _____ 3 _____
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Please rate yourself by entering the following scores into the grid for the boat you will use in this school.

- 0 No experience
- 1 I can perform this skill on a gently moving river like the Harpeth.
- 2 I can perform this skill confidently on a Class II river like the Hiwassee.
- 3 I can perform this skill confidently on a Class II-III river like the Nantahala.
- 4 I can perform this skill confidently on a Class III-IV river like the Ocoee.

STROKES	Kayak	Solo Canoe	C1	Tandem Bow	Tandem Stern
Forward (canoe with J)					
Back (canoe with J)					
Draw					
Pry (canoe only)					
Front sweep					
Back sweep					
Low Brace					
High Brace					
Cross Forward (canoe only)					
Cross Draw (canoe only)					
Duffek					
MANEUVERS AND SKILLS					
Eddy Turn					
Peel-out					
Forward Ferry					
Back Ferry					
Roll					
Water Reading					
Side Surfing					
Front Surfing					
Self Rescue					
Rescue Others					
Overall Boat Control					
Use of Current for Maneuvers					
Keeping Lines in Rapids					
Handling Diagonal Waves					
TOTAL SCORE					