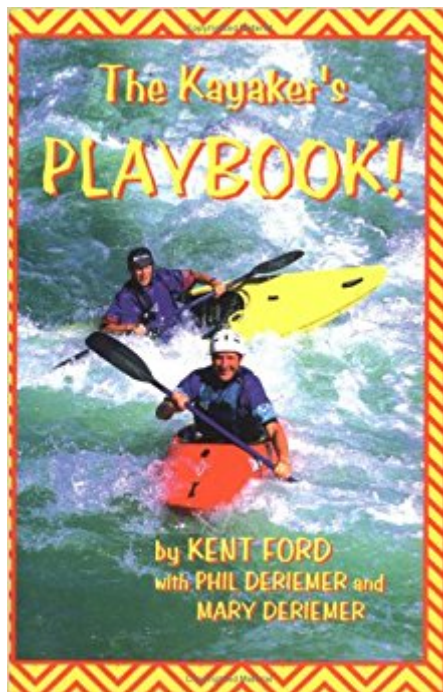


The book was found

The Kayaker's Playbook!



Synopsis

This pocket personal trainer teaches drills that improve whitewater kayaking skills. Simple explanations of dozens of exercises make learning easy! Explains and pictures of 100 drills, tips and hints that lead to easier paddling. Includes waterproof crib sheet. 64 pages.

Book Information

Paperback

Publisher: Performance Video & Instruction Inc (April 1998)

Language: English

ISBN-10: 0966056914

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Product Dimensions: 0.2 x 5.5 x 8.5 inches

Shipping Weight: 4 ounces

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #365,880 in Books (See Top 100 in Books) #12 in Books > Sports & Outdoors > Outdoor Recreation > Kayaking > Whitewater Kayaking #902 in Books > Sports & Outdoors > Water Sports

Customer Reviews

"Excellent! Practiced diligently, these drills will elevate anybody's skills dramatically...could eliminate 10 years of trial and error learning." -- Brian Brown, Former US Team member and coach
"The Authors are so confident the book will improve the skill of any paddler that it includes a money back guarantee. Impressive" END -- Outfitter Magazine
Excellent! Practiced diligently, these drills will elevate anybody's skills dramatically...could eliminate 10 years of trial and error learning. -- Brian Brown, Playboater, Former US Team member and coach

Author Kent Ford has a remarkable background for producing a paddling text. A two time World Champion slalom paddler, and former coach for the US Junior Team, Ford has considerable experience observing and developing systems that help improve paddling skill. Assisting with the text were instructional authors Phil & Mary DeRiemer. These veteran instructors are well known for their concise articulations of paddling techniques. The authors are so confident the book will prove helpful to any paddler that it includes a money back guarantee to improve paddling.

The Kayakers Playbook is a must read for anyone interested in learning white water river kayaking.

It is full of learning techniques along with great illustrations.

I've been kayaking whitewater for about 5 years, seriously the past 2 seasons. I stumbled on this while on a visit back to the States last summer. It is clear and concise and builds on a series of simple paddling and 'awareness' exercises - as if a gifted 'professor' collected his/her lecture notes. No kayaker should be without this book, even if you're a pro, there's bound to be some thought-provoking new material here for you or a new spin on how to pass on techniques to newbies. Nealy's book ('Kayak') opens your eyes about 'reading' water and routefinding, this book opens your eyes about boat control. It's a gift, worth 3X the price...

On the cover of this book there's a picture of what appears to be a gnome with an atomic grin sitting in a kayak. The picture is the clue to both the book's underlying philosophy and its explicit message: kayaking on white water is fun. And the best way to have the most fun is to get the basics right. The book is unique in that it consists of nothing more than a series of well illustrated drills which are aimed at developing good boat control, and good paddle technique, so the next time you get on a white water river you can do whatever you want to do better. It's not aimed at wanna be rodeo stars. Text is kept to a minimum and the book is remarkably uncluttered and direct. Unless you're a champion slalom paddler there's lots here that is useful to help you refine and improve your technique and you don't have to wait til your next white water trip to get on with it. If you want to improve your paddling, buy this book. The authors offer a money back guarantee that it will improve your skills. If you've got a friend who's just started paddling, buy them this book. (And read it yerself!) If you're an instructor, especially a new one, buy this book. It's a ready made repertoire of drills and activities you can use to help your students improve facets of their paddling. For instructors it's also good on the little differences between the way racers and recreational boaters do things. Which given the authors' backgrounds is hardly suprising. (You might want to deduct half a star from the rating if you don't like yo-dude-speak)

As soon as I found the laminated exercise card in the back of the book, I knew that this was much more than a book to be read. It was written in such a way that the info inside could go with me in the boat! The B & W photos are more than adequate for the purpose and Kent Ford never writes DOWN to the reader, World Champ though he is...A great resource and confidence builder

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