

Canoeing Pre Camp Prep

Foley is located on Lower Whitefish Lake, part of the Whitefish Chain of Lakes. The chain contains 12 lakes all interconnected and accessible by some sort of watercraft. The majority of our canoeing is done on Lower Whitefish, with some trips to Island Lake, Upper Whitefish Lake and some of the state parks and rivers in the area. Foley uses 17 foot Aluminum canoes and straight wooden paddles.

What you **MUST** do:

1. Read and complete the study guide for Introduction to Paddling. This Book and Study Guide can be found on the Session 7 page - return to alli@campfoley.com when complete.
2. Find 3 games to play with canoeing that will help the kids get practical paddling experience on the water while increasing their proficiency (fun is also a factor!). Email games to alli@campfoley.com
3. **Increase Upper Body Strength:** Canoeing staff need to be able to lift aluminum canoes onto racks, lift gear in and out of canoes and help capsized canoes in the water. Anything you can do to better prepare yourself for that job would be greatly appreciated.