



Sea Kayaking The Essential Guide To Equipment And Techniques Adventure Sports Series

Jacques Marais, Lisa De Speville



Sea Kayaking The Essential Guide To Equipment And Techniques Adventure Sports Series:

Technical Skills for Adventure Programming Mark Wagstaff, 2009 This curriculum guide will improve your knowledge and technical instruction skills in land water and snow and ice sports and activities It will guide you in becoming a skilled adventure instructor in the classroom and in the field The CD ROM has printable lesson plans for each unit that make it easy to print only what you will need in the field book cover **Adventure Racing** Jacques Marais, Lisa De Speville, 2004

The sport of adventure racing enjoys high visibility thanks to events such as Eco Challenge the Raid Gauloises and New Zealand's Southern Traverse This text traces the growth of the sport describes skills required for the various sports and offers guidelines on equipment training and preparation *Trailside Guide Kayaking* Steven Krauzer, 1995 A companion book to the Trailside PBS TV series guides beginners from still waters to paddling downriver exploring local waterways or touring offshore islands with a survey of the latest boat designs and equipment *Sports, Exercise, and Fitness* Mary Beth Allen, 2005-03-30 For reference librarians and researchers seeking information on sports and fitness this guide is an important first stop For collection development specialists it is an invaluable selection guide Allen describes and evaluates over 1 000 information sources on the complete spectrum of sports from basketball football and hockey to figure skating table tennis and weight training Focusing on English language works published between 1990 and the present the guide thoroughly covers traditional reference sources such as encyclopedias and bibliographies along with instructional sources in print formats online databases and Web sites To enable users in search of information on specific sports or fitness activities chapters are organized thematically according to broad type aquatic sports nautical sports precision and accuracy racket sports ice and snow sports ball sports cycling and so on with subcategories for such individual sports as soccer golf and yoga Within these categories works are further organized by type reference instructional and Web sites *The Nuts 'N' Bolts Guide to Touring in Your Sea Kayak* Linda Legg, 1998 Sea kayaking has come a long way since Eskimos first stretched polar bear hide over a simple bone frame Readers who want to explore the growing sport can gain a head start under author Linda Legg's direction Legg breaks down the movements into easy to understand directions and offers suggestions on refining technique Anyone can get in a boat and start paddling but Linda Legg shows you the straight and confident way to get there

Adventure Sports Guide: Extreme Activities for Adrenaline Junkies Georgie Rogers, Are you ready to push your limits and experience the thrill of a lifetime Adventure Sports Guide Extreme Activities for Adrenaline Junkies is your ultimate companion for exploring the world of high octane adventure sports From the skydiving heights to the depths of scuba diving and from the rush of downhill racing to the serenity of freediving this book covers the most exhilarating activities across the globe Packed with practical tips safety advice and expert insights this guide will help you prepare for and conquer some of the most extreme sports out there Whether you're a seasoned adrenaline junkie or a curious beginner this book will inspire you to embark on your next adventure with confidence and excitement Discover new challenges embrace the thrill and make

unforgettable memories with Adventure Sports Guide Extreme Activities for Adrenaline Junkies **The British National Bibliography** Arthur James Wells,2003 *Library Journal* ,1997-04 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **Serious Leisure and Nature** L. Davidson,R. Stebbins,2011-03-01 Leisure activities undertaken in nature are immensely popular This book examines the new serious leisure concept of nature challenge activity NCA exploring how NCA unfolds in an aesthetically appealing natural environment with implications for consumption and environmental sustainability **Sea Kayaking: A Woman's Guide** Shelley Johnson,1998-05-22 The only complete women s guide to sea kayaking Shelley Johnson a professional guide and kayak instructor takes you through the process of becoming a kayaker from deciding where you will paddle to dealing with common fears and stumbling blocks getting quality instruction choosing your boat learning paddling techniques and planning your trips

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