



INTRO TO OUTRIGGER

with Kimberly Carroll

Master's-level licensed counselor and has worked in mental health and alcohol and drug field for over the past 11 years. She has completed CE courses on nutrition and has herself takes a strong interest in multidimensional health and being able to learn and teach the "why's". Kim is a lifelong athlete, having formerly earned top rankings in high school as a cross country runner. She was a gymnast for nearly a decade. Kim is currently a paddler, mother, wife and business owner and has coached within her three areas of expertise across her lifetime with special interest in female athletes. Kim runs her counseling business and also has her hands in several projects, including her business Paddle Junkie, as a way to reach out and inspire fellow paddlers. She is Boundary Waters and The Feed sponsored athlete.

Paddler Highlights

- Earned 1 of 3 berths and competed at the Va'a Sprints World Championships in 2022 in Windsor, UK as well as a spot on the VL2 team and Club Team under Coach Paolo.
- x2 competed and placed to the top 6 at the Chattajack 31 race.
- Competed in and earned medals at several OC1 and OC6 races including: Nish, Carolina Cup, Florida State Ocean Regatta and Catalina Crossing 2022.
- Windy City Dragon Boat Club member since 2019, earning several medals with her team
- Paddled with other dragon boat teams including those under Annelly Thorstad's coaching.
- Candidate for the Premiers Team USA since 2019; being in the top premiers women's time trial times in 2021 year.
- Minnesota State Canoe Championships mixed stock winner and second in women's C2 2021.



AGENDA

AM SESSION

Introductions, warm-up and on-the-water drills, technique discussion and videoing.

MIDDAY LUNCH BREAK (45 MINUTES)

Bring your own, or optional cater-in lunch.

PM SESSION

Video review and return to the water. Wrap up to discuss racing basics: Where to find races that meet your needs; where to find paddling resources; and how to prepare for a race physically, mentally, nutrition and the 'whys'.

BASICS

DATE: SATURDAY, APRIL 9, 2023

TIME: 9:30AM -2:30PM

LOCATION: BOUNDARY WATERS COACHING
AND CONDITIONING

2327 CENTER ROAD

GEORGETOWN, SC 29440

WHAT TO BRING:

A SMILE.

WATER SHOES AND QUICKDRY LAYERS

A CLEAN CHANGE OF CLOTHES

WATER/HYDRATION

SNACKS AND AN OPTIONAL LUNCH

A PEN AND NOTEBOOK FOR NOTES

A PADDLE AND YOUR BOAT

Other Details: We will take a brief break for lunch. You may bring a sack lunch or

optionally there will be a catered lunch option from a local restaurant. More details

closer to date. Schedule subject to change due to incimate weather or unforeseen events.