



2010 Training Schedule Big Frog Expeditions

Weekend	Activity
April 17-18	Orientation, outpost and guest appreciation, proper raft care, loading buses(van) and safety, knots and initial river trip..... Have fun!!!
April 24-25	Reading whitewater, holding an angle, boat loading and unloading, getting your boat off rocks, river etiquette and knots.
May 1-2	Recite names and class of rapids (required), stick time, swimming and getting back into the boat, more stick time and more swimming, more knots.
May 8-9	Relaying your message, confident command delivery Patience and understanding, supports and rescue (involves swimming), ride alongs*, team building and more knots!(Call your Mother!!!)
May 15-16	You're doing great! Meet a Ranger (history of Ocoee and area), guide Grumpy's, get some stick time with your favorite senior guide (it's crunch time) only two more weeks.
May 22-23	Iron out the rough spots (you get to pick!), making it fun (guest appreciation), running with the trip, knots Trainee BBQ
May 29-30	Ride alongs, check-out runs**, graduation*

***May vary on trainers decision**

**** Must have 2 check-out runs by different TLs without incident**