

Big Bear Lake Marina Offers Stand-Up Paddleboarding Clinic with SUP Expert Chuck Glynn

Captain John's Fawn Harbor & Marina is known as the stand-up paddleboarding leader in Big Bear Lake. On July 13, 2014 the Big Bear Lake marina will help water sport enthusiasts take their SUP skill levels to new heights during the annual #CJFHM Stand-Up Paddleboarding clinic with SUP Team Laird Certified Instructor, Chuck Glynn.

July 9, 2014 (FPRC Big Bear Lake California) - Stand-up Paddleboarding has become the hottest new water sport because it is family friendly and also a great way to get fit while having fun. Whether you simply want to get your feet wet in the sport, or take your paddling to new heights, Captain John's Fawn Harbor & Marina on Big Bear Lake invites you to participate in the 2nd Annual Big Bear Lake Stand-Up Paddleboarding Clinic taking place Sunday, July 13, 2014 from 8:30am until 11:30am.

Serena Saunders, marina manager at Captain John's Fawn Harbor & Marina (North Shore) and Captain John's Marina Big Bear (South Shore) said, "We enjoy getting people out on the lake and our marina is known not only for eco-friendly activities, but also for all our paddle boarding lessons, SUP fit classes and the popular women's SUP club, Babes on Boards. "

Located adjacent to a wildlife sanctuary and nearby forest, the full service Big Bear marina provides a beach launching area and a calm, shallow location that is ideal for watercraft sports. Away from the tourist traffic on the North Shore of Big Bear Lake, Captain John's Fawn Harbor & Marina also is known for being the only green marina in the area.

Saunders said, "The Big Bear Paddlefest weekend is the perfect time to sign up for our stand-up paddleboard clinic. SUP enthusiasts can spend the entire weekend in Big Bear and really take their skill levels to new heights. In 2013 we held the SUP clinic with World Champion Stand Up Paddle Boarder, Annabel Anderson. This year we are thrilled to have Team Laird's Certified SUP Instructor, Chuck Glynn teach the Stand-Up Paddleboard clinic."

Chuck Glynn is a water sportsman who began stand-up paddle boarding in November 2008 but whose passion for the water began in childhood. Now part of Team Laird, Glynn placed 1st overall at the Battle of the Paddle 2013 distance race and was a member of Team USA during the ISA World StandUp Paddle (SUP) and Paddleboard Championship (WSUPPC) 2014 in Nicaragua.

During the stand-up paddle clinic with SUP Laird Team Certified Instructor, Chuck Glynn, participants will learn tips and essentials from one of the top SUP racers in the USA. The Big Bear Lake Stand-Up Paddleboard clinic will cover:

- how to pick the proper equipment,
- how to identify how to pick the perfect board and paddle for your unique requirements,
- how to determine the weather and water conditions so you can read the environment,
- how to safely get in and out of the water with your paddle board,
- vital skills to keep you relaxed on the board when first starting out,
- paddle stroke techniques and how to engage your power muscles (core),

- how to get the most out of your paddle stroke to gain efficiency (cadence & speed),
- techniques to help prevent injuries,
- different paddleboard turning options and fun ways to practice them,
- tips related to race techniques and tactics to help you grow as a competitive paddler.

Big Bear Lake is located in the San Bernardino Mountains at an elevation of 6,750 feet and is easily accessible from Los Angeles, Orange County and San Diego, making it a favorite destination for Southern California residents. Popular with water sports enthusiasts, the lake offers opportunities for training at high altitude as well as boating, canoeing, kayaking, fishing, and stand-up paddle boarding.

Big Bear Lake is open seven days a week and it is a short scenic drive from Los Angeles and surrounding areas. For more information about Captain John's Fawn Harbor & Marina or to reserve your spot for the SUP clinic, call (909) 366-5109 or visit <http://FawnHarbor.com>.

Contact Information

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Keywords

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