

PRESS RELEASE

For Immediate Release

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OPAF First Paddle, Adaptive Kayaking Set to Launch in Michigan

April 15, 2010- Waterloo, Iowa – OPAF is set to launch another First! First Paddle, adaptive kayaking for amputees and those with physical challenges is set for its inaugural clinic on Sunday, May 23 at the Michael Jones Pool facilities of Eastern Michigan University in Ypsilanti. First Paddle will introduce or re-introduce amputees and those with physical challenges to the fun of kayaking. The inaugural clinic is sponsored by SOAR (Special Opportunities in Advanced Rehabilitation).

First Paddle will offer an introduction into kayaking and give instruction on techniques as well as adaptations to make each experience great. Clinic will be lead by American Canoe Association Certified instructors and assisted by local kayaking enthusiasts. The clinic is the dream child of Chris Casteel, MSOP and Prosthetic Resident at Advanced Orthopedic Laboratories. Chris and his group of kayaking enthusiasts have gathered together to make First Paddle a reality. Chris attended the First Dive Intro to Scuba Clinic in Seattle with the AOPA National Assembly in September of 2009. There the idea for First Paddle was born.

Clinic will run from 12 noon to 5 pm on Sunday afternoon in the pool. Instructors, volunteers, equipment and refreshments are all provided. There will be a limit of eight students for this clinic. Clinic participants are encouraged to wear swimwear as well as bring dry clothing as you will get wet! There is a nominal fee of \$20 per participant to help cover equipment costs. For more information and for registration, please contact Chris Casteel at 734-552-9225 or CTCasteel@comcast.net or contact the OPAF office at 319-235-4318 and rlb@opfund.org.

For more information on OPAF and all of the First Clinics visit the OPAF website at www.opfund.org.