

For More Information

Name _____

Address _____

_____ ZIP _____

E-mail _____ Phone _____

I am interested in:

- Being a participant
- Volunteering to help
- Contributing to this great cause
(please make checks payable to the David Fisher Upper Hudson Heroes Fund)

Comments: _____

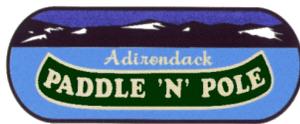
Questions? Please contact:

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Thanks to:



www.onewithwater.com



www.watervliet.com

The David Fisher Upper Hudson Heroes



David Fisher was a resident of Watervliet, NY. A lively, energetic and loving young man who made the ultimate sacrifice while serving our country. David was killed in Iraq in 2004.

The David Fisher Upper Hudson Heroes was formed to honor his memory by helping others who served.

The **David Fisher Upper Hudson Heroes** (DFUHH) mission is to provide our disabled veterans with a positive and enjoyable learning environment allowing them to explore the outdoors in a kayak. In doing this, we will strive to provide a friendly and supportive atmosphere where our vets physical abilities and self-confidence will be reinforced in a supportive environment with qualified instructors and assistants.



The City of Watervliet has been instrumental in providing leadership, facilities and support for the formation of this program. Through their continued support, the DFUHH is working to become incorporated and a 501(c)3, non-profit organization with the goal of giving veterans an opportunity to find health, healing and challenges while safely enjoying the sport of kayaking.

Although there are certainly therapeutic benefits to outdoor exercise, our main goal is to teach, not treat. Each participant moves forward at his or her own pace, under the guidance of qualified kayaking instructors and assistants. We are here to have fun!



Safety is our utmost concern!

Our program works on the basis of tailored instruction to each individual's ability and capabilities. Participants receive pool instruction in:

- *Kayak styles and terminology*
- *Entering and exiting the kayak*
- *Forward and reverse strokes*
- *Turns, stopping and sideways maneuvers*
- *Wet exits, rescue techniques and re-entry*
- *Trip planning and safety*



All participants are evaluated by certified instructors on their abilities to perform all maneuvers prior to participating in guided open water trips on local ponds, lakes and rivers.



We invite you to come join us!