

Danny Mongno is the rep from Werner Paddles. He was in town for the Midwest Mountaineering Expo in April, and joined ISK for two events. The Sunday morning after the Cold Water Immersion event, we had a chance to show Danny our Chain of Lakes paddling venue as he led a Tune Up paddle. We worked on a variety of skills, including how to perform them and how to coach them. The next day, he presented "The Paddle and the Paddler" at ISK's April program. He reviewed high and low angle paddles and how they relate to high and low angle paddling styles. We discussed paddle construction materials and sizing, and then moved on to the forward stroke. Some of what Danny talked about can be viewed in the Tips section of the Werner TV [website](#) (Kayak Forward Stroke, Benefits of a Loose Grip, Kayak Sweep Stroke, Low Angle vs. High Angle, Proper Care for your Adjustable Ferrule).

Those who attended either the Tune Up paddle or the program will notice that the Danny in the videos is WAY more serious than the Danny we saw, though.