

# Girls of Summer

Anna Levesque's got something for ladies of all levels



PHOTO: PAUL VILLECOURT

**G**et ready ladies, the *girls* are at it again. Renowned for her groundbreaking instructional video, "Girls at Play," Anna Levesque has assembled another team of world-class, female paddlers to film the second installment of the Girls At Play series, "Whitewater Basics for Women." Filmed and edited by award-winning cinematographer, Chris Emerick, this new DVD focuses on the fundamentals of whitewater kayaking and is designed to help women build self-confidence and skills on all rivers. "My goal with the new video is to empower women on the water," Levesque says, "not only by breaking down basic whitewater technique, but also by concentrating on the essentials of reading the water." Shot entirely in Mexico, "Whitewater Basics for Women" also features water safety tips and important advice on equipment choice.

Levesque contends that Mexico was a perfect film destination due to the lush scenery and the terrific Class II-III whitewater needed for a beginner video. She is joined on camera by Canadian Freestyle Team members Ruth Gordon, Cindy Jamieson, and Tiffany Manchester as well as Jesse Stone, who, in her time away from paddling, has been working to fight malaria in Uganda. "I couldn't have asked for a better team of ladies," says Anna. "They're all great

paddlers, passionate travelers, and really fun to work with."

"Whitewater Basics for Women" will be available in April, coinciding with the launch of the second annual *Girls at Play Summer Tour*, which will hit 14 locations across the U.S. and Canada. Anna's goal with these clinics is to encourage women to try kayaking and—more importantly—to stay with the sport. "For years women have been pushed to act like men on the river which, in my opinion, is why the sport of kayaking retains so few female enthusiasts," says Levesque. "In general, women have more fun when they learn and paddle with a supportive group of female paddlers and the women who participated in the clinics last season left feeling empowered and inspired. That was very satisfying for me."

With the ongoing success of the Girls at Play DVD series and the *Girls at Play Summer Tour*, "Whitewater Basics for Women" is sure to be a summer hit for *girls* everywhere.

*Editor's Note: The world premiere of "Whitewater Basics for Women" will take place the first weekend of April at the Nantabala Outdoor Center in North Carolina. It will be available from THE HELICONIA PRESS later that month. For more information, please visit [www.helipress.com](http://www.helipress.com) and [www.watergirlsatplay.com](http://www.watergirlsatplay.com).*

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