

Essential
Explorer

PRESENTS

THE WEEKEND WARRIOR



Synopsis

The Weekend Warrior captures the story of three women with full time jobs on a weekend adventure in Middle Tennessee on the Caney Fork River. With their collective passion for the river, these women come together for the first time to learn and nurture one another in their respective skills. Susan teaches Bridgett and Samantha to fly fish, Samantha teaches Bridgett and Susan to kayak camp along the river, and Bridgett brings her keen understanding for people and perspective on bass fishing versus fly fishing. These women share their feelings about the importance of exposing yourself to new things no matter your age, how it feels to try something new, supporting one another through their own passions and joys, and being proud to be called a weekend warrior.

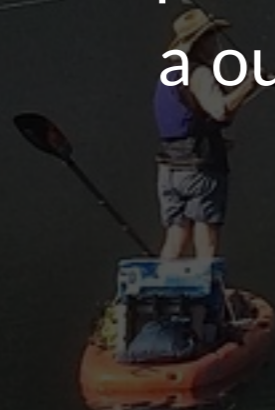
Filmed June 5–8, 2015 (4 days)
Film Premier: August 2016



Film Objectives

We created a film with two objectives in mind:

1. To show that the boundaries of getting outdoors don't have to feel like an insurmountable mountain
2. To empower our audience to connect with a outdoor group near them.



Cast



SAMANTHA CHRISTEN
EXPEDITION PADDLER

Samantha Christen has been in, on, and around water literally all of her life. She is a Jackson Kayak athlete, certified ACA Kayak Instructor and special education teacher. Samantha revels in exploring both new and familiar places, sharing her passion with others and generally spending time on the water. Samantha is an expert at expedition and destination paddling and the Chattanooga, Tennessee area is her home.



BRIDGETT HOWARD
ANGLER

Bridgett Howard grew up wading a small farm creek in upstate New York and chasing smallmouth bass in south-central Pennsylvania, stimulating a lifelong love of fishing in this kayak angler. River-bound year-round, Bridgett loves river fishing from her Jackson Kayak and proving time and again that big fish live in skinny water. Her mission is to inspire and guide fledgling outdoor enthusiasts to appreciate, respect, and engage with water, critters, land, and humans alike.



SUSAN THRASHER
FLY FISHER

Susan Thrasher is the owner and operator of Southern Brookies Fly Fishing in Lancaster, Tennessee. For over a decade her teaching passion has extended into leading Casting for Recovery in Middle Tennessee and as a staff instructor at the Joan Wulff School of Fly Fishing in the New York Catskills. Her professional training, coupled with a patient and fun-loving personality make her a natural teacher and guide.

Film Crew



KRISTINA FROST
EXECUTIVE PRODUCER + DIRECTOR

Kristina is the founder of the newly formed initiative, Essential Explorer which aims to inspire and empower women and girls to get outside and try new adventure sports with local female guides and other enthusiasts. She's an outdoor educator with 7+ years experience specializing in wilderness backpacking. In a past life she interned at National Geographic TV where she helped secure major sponsors for made-for-television specials that air worldwide. Currently works for Twitter as a software product designer.



SARAH MENZIES
DIRECTOR OF PHOTOGRAPHY

Award winning filmmaker, Sarah Menzies, ventures into wild spaces to bring back stories of strength, courage, and passion that highlight our common humanity. Seeking personal character-driven stories, Sarah highlights the good that exists in the world through her films, showing audiences that everyone is capable of creating positive change.

Film Crew



PRESTON KANAK
PRODUCER + EDITOR

Based in Saskatchewan, Canada, Preston Kanak is a filmmaker and time-lapse photographer. With a focus on using new mediums and channels to share work, Preston has managed to expand his network into multiple countries with workshops and seminars being developed worldwide.

Currently, Preston is producing an extensive educational series on filmmaking and freelancing as well as offering workshops across Canada — with the end goal of establishing an online educational resource for new media creatives.



CHARLY NELSON
ASSISTANT DIRECTOR

Charly is a filmmaker and photographer with a passion for narrative and documentary styles, her work explores the confluence of inner and outer landscapes. With a degree in landscape architecture and a NOLS and Outward Bound alum, her work is deeply entrenched in the experiential qualities of the landscapes around us.

About Essential Explorer

Essential Explorer fosters a sisterhood of outdoors women who make the outdoors approachable through skill-based training. We call our classes “Explorables” because they are more than just lectures, they’ll get you out exploring.

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PLEASE DIRECT ALL FILM INQUIRIES TO:

Kristina Frost

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