

Develop White Water



AT A GLANCE

- 5 days individualised coaching
- Develop skills to put you in control on the water
- Increase your confidence and enjoyment
- Fully Catered accommodation with hot tub
- Ideal for the grade 2/3 boater
- £600
- 8th-12th October



WHAT'S IT ALL ABOUT?

This 5 day course is all about giving you the skills and confidence to make the step from grade 2-3+. Our experienced coaches will spend the week improving the technical and tactical aspects of your paddling, whilst sharing tools to help with the psychological side as well. There will be lots of opportunities to use video feedback and also time to look at the essential safety and rescue techniques. Based out of our fully catered accommodation, we have access to an incredible selection of rivers to help develop your boating whilst having tons of fun.

HIGHLANDS IN STYLE



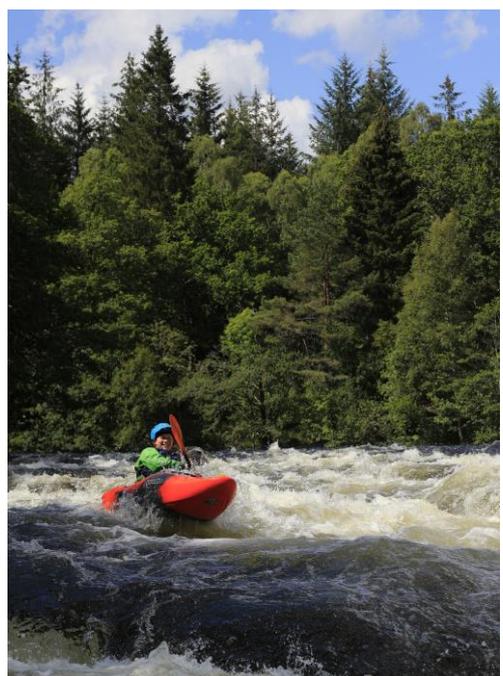
We know that paddling is only half the fun of spending a week in the highlands. Finish a great day sipping a cool beer from the hot tub, overlooking the stunning Glen Sheil hills. Our base for the week is Chris Dickinson's house, nestled in the picturesque Glen Moriston. The house has spacious bedrooms, a huge lounge to hang out in, a brilliant drying room and of course the hot tub. With so many world-class rivers on his doorstep, driving is kept to a minimum allowing more time for the kayaking, oh and did we mention the hot tub?

WHAT'S INCLUDED?

- 5 days of coaching on grade 2-3+ white water
- 5 nights in fully catered accommodation with hot tub and drying room
- Developing your technical skills to move up the grades
- Refine your river tactics to pick lines and style them
- Techniques to master the mind - boost confidence and improve mental rehearsal
- Leadership strategies to help you and your mates enjoy the river safely
- Safety and rescue skills to avoid dramas and sort them if necessary
- Evening video feedback sessions to review the day and set goals for the next
- Highly qualified coaches delivering to your individual needs
- Action plans to continue your development after the course
- Photo package from the week

What's not?

- Alcoholic drinks
- Insurance



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