

PADDLE TECHNIQUE COACHING

KAYAK & SURF SKI



JESSE PHILLIPS

K2 finalist , London 2012 Olympics (as athlete)

K1 finalist, Rio 2016 Olympics (as coach)

Perth-raised international paddler Jesse Phillips share the secrets of going fast with *you*. After more than 18 years at the elite level having worked with world-leading coaches in the Olympic program Jesse offers personalised coaching and video analysis. His unique technical feedback provides shortcuts to *your* optimal stroke and performance potential.

'Consistent quality technical feedback is key to improved paddling performance.'

SESSION/CLINIC FEES

\$110 one on one session (1h)

\$180 initial individual consult (1h30m*)

\$80ea pair (1h30m)

\$65ea group of 3 (1h45m)

\$55ea group of 4 (2h)

From \$30 for groups of 5+ (2-3h)

All initial sessions include video technique analysis.

*Consult includes optimal biomechanics setup (paddle and boat) and postural/movement feedback. *Feedback sent via PDF.*

All paddling levels welcome.

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