



WATERMEN  
PERFORMANCE  
CENTER

# SUP TRAINING CAMP OCEAN SKILLS & RACE

DATES:

15. - 22.04.2023

CORRALEJO - FUERTEVENTURA

SPECIAL SUP TRAINING CAMP  
INTERMEDIATE & ADVANCED  
LEVEL

ORGANISED BY  
WATERMEN PERFORMANCE  
CENTER



# Info

- 6 days training camp - special
- intermediate & advanced level
- high quality material
- professional coaching team
- small group training
- limited spots

## Content:

- video analysis - technique & injury prevention
- ocean skills training
- beach race ( starts & turns)
- downwind (regarding conditions)
- outrigger & prone intro
- 1 sessions a day
- specific trainings session for ocean paddling
- mobility & safety on board
- schedule regarding conditions
- other activities( Stretching, Mobility training etc.)

## Price:

- 750 € p.P. for SUP including material rental
- Accomodation & transfers on demand and additional

Infos & registration: [susanne@paddlefit.ch](mailto:susanne@paddlefit.ch)

See you on the island !