



WATERMEN
PERFORMANCE
CENTER

SUP TRAINING CAMP OCEAN SKILLS & DW SOUTH FUERTEVENTURA

DATES:

08. - 15.02.2025

LA LAJITA - FUERTEVENTURA

**SPECIAL SUP TRAINING CAMP
FOR OCEAN PADDLING SKILLS**

**ORGANISED BY
WATERMEN PERFORMANCE
CENTER**



Info

- 6 days training camp
- high quality material
- professional coaching team
- small group training

Content:

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

Dates:

08. - 15.02.2025 Intermediate& Advance level

Price:

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

Infos & registration: susanne@paddlefit.ch

See you on the island !