



Johnny Puakea Coaching Clinic

Date & Time: Sunday the 24th February, 8am – 12pm.

Registration: to register email your name and contact phone number to ryan@whangamataevents.co.nz
Once we receive your payment you will be sent a confirmation email.

Cost & Payment: the cost for the clinic is \$180pp. Please make payment online using the details below.

02 1254 0029211 00

BNZ Whangamata, Te Whānau Waka Ama o Whangamata



Numbers: the clinic is strictly limited to 18 people to ensure the best quality for those taking part. Registrations will be accepted on first in first served basis. Payment must be made to confirm your registration.

Waka: For use in the clinic W6 waka will be provided by Te Whānau Waka Ama o Whangamata. If you have own W1 or W2 you are welcome to bring and use that.

Content: the clinic will include the following:

- Stroke Mechanics: New facts vs. old theories
- Detailed video analysis
- Teamwork and the importance of synergy in the canoe, how to think and have both
- Training methods and styles for long-term goals
- How to make the best of your equipment
- Basic nutrition and exercises to improve performance

More information: for a more detail description of the clinic go to www.puakeadesigns.com/coaching

Contact: If you have any questions or need more details contact Ryan Thompson on 027 428 7258 or email ryan@whangamataevents.co.nz

