

## Johnny Puakea Coaching Clinic - Takapuna

**Date & Time:** Monday the 18<sup>th</sup> February, 5pm – 9pm (after Takapuna Beach Cup)

**Venue:** Takapuna Boat Club and Beach

**Registration:** to register email your name and contact phone number to [admin@wakaama.co.nz](mailto:admin@wakaama.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.

**Reference:** Puakea- Your Name

**Name:** Nga Kaihoe o Aotearoa Inc

**Account:** 38-9008-0422153-00



**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 Waka Ama NZ. 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

[www.puakeadesigns.com/coaching](http://www.puakeadesigns.com/coaching)

**Contact:** If you have any questions or need more details contact [admin@wakaama.co.nz](mailto:admin@wakaama.co.nz)

