WSA Advanced Race Coach

Pre-Requisites: WSA Membership, WSA SUP Rescue, First Aid or Recognised lifeguard qualification, WSA SUP foundation coach, WSA Race Ready Coach.

Ability: Paddle effectively in moderate winds upwind, across wind and downwind; use two types of turns effectively (see WSA video), Employ basic race techniques and knowledge.

Remit: Sheltered Water, Estuaries, Open water.

Assessment Criteria: Practical skills, Written exam.

Prepare advanced training plans, learn about nutrition, design specific exercise programs, test industry latest equipment and clothing and learn from the UK’s no.1 fastest racer – Ryan James. Pre-requisite is to have completed the WSA SUP Race Ready Instructor course. This course builds upon what you will have learnt with more emphasis on strategy and pre-race preparations. You will cover the following aspects:

- Pre-race conditioning and strengthening.
- Training drills.
- Maximising performance through diet.
- Equipment selection and optimisation.
- Paddle endurance and stroke analysis.
- Speed maximisation.
- Advanced race strategy.
- Post-race analysis.

ESSENTIAL INFORMATION

Duration: 2 Days

Price: £230

Age: Minimum age 16 (16-17 year olds gain assistant instructor qualification)

WSA Water Skills Academy