

Maurizio Tognacci's WW Camp

Maurizio Tognacci is traveling from Italy to put on two Wildwater kayak/canoe camps.

One is on the **Nantahala River/Nantahala Outdoor Center, NC** area the weekend of **February 18-19**.

A second will be in the **Atlanta** area the weekend of **March 3-4**. The camps are for paddlers with Wildwater experience.

Objective of the camp is to work on:

- 1) Boat and paddler balance
- 2) Arms-Legs-Torso synchrony technique
- 3) Power Strokes
- 4) Fast turns
- 5) How to do a good start (individual and mass)
- 6) Sprint and Classic race strategy (will do sprint trials also)
- 7) All the water section will be videoed and reviewed
- 8) Clues on training plans, and how to improve your solo workouts

Tentative schedule:

Saturday 18th, 9.00-12.30AM 2.00-5.00PM (flat water)

- 1) Boat and paddler balance
- 2) Arms-Legs-Torso synchrony technique
- 3) Fast turns
- 4) How to do a good start (individual and mass)
- 5) Sprint and Classic race strategy
- 6) How to improve your solo workouts
- 7) All the water sections will be videoed and reviewed

Sunday 19th

9.00-12.30 AM work on all the river technique aspects and requirements, with Sprint Trials at the end, (videos will be taken)

In the afternoon (2PM-5PM) video analysis + clues on training plans.

Training schedule for the Atlanta **March 3-4 weekend** will be similar.

Maurizio may also available March 1 & 2 for 1-on-1 custom training in the Atlanta area. To cover local and international travel expenses for Maurizio, a suggested donation to is a minimum of \$50.00.

Please contact Thomas O'Sullivan (678) 360-3557 or e-mail at: osullivan8@aol.com to register. Sign up early because the class is limited. We are working on free lodging/home stay.

Background: Maurizio Tognacci is a former US Wildwater Coach, former member of the US Kayak team, Holder of multiple medals in US, Italian, and International competition, and experienced trainer. John Pinyard, also holder of multiple US and International medals, will assist with coaching canoe.