



H2o Dreams Performance Coaching Program is a long-term, individualized program for paddlers who are seeking to change or amend their approach, achieve a milestone, experience competition, or are overall wanting to be a better version of their current on-water selves. Short-term programs offer snapshots of skills and their development; however, nothing will ever match the radical change one can experience when committing significant time, energy, and resources to big picture goals through a structured program.

Included in this document is a detailed description of the process we use to help you achieve your goals. The H2o Dreams Performance Coaching program works for a minimum of 3 month terms. It is understood that this is a huge commitment on your part, but permanent change often requires such long-term commitment.

“If you want something you have never had, you must be willing to do something you have never done”



**“THE NITTY GRITTY”
COST AND DELIVERABLES**

Coaching works in 3-month terms at a base cost of \$2500. This includes (1) 6 on-water sessions, (2) 6 virtual sessions, and (3) access to the coach for questions with weekly check-ins...all to ensure motivation and focus on prescribed tasks. All of our instruction programs are supplemented with video, and this will be a keystone element to this program as well.

**“WHAT ELSE CAN WE DO?”
THE EXTRAS**

If the design of the program requires travel outside of our normal operating range, a reasonable budget to make satisfactory accommodations based on industry per-diems and mileage rates will be proposed.

In addition, off-water weight training programs, nutrition, and therapeutic costs can be worked in as well. Ask more for options.

THE PROGRAM

Defining Your Objective

Objectives are unique to each client, but a universal theme applies: very clear goals with a defined timeline. When goals are explicit and include a timeline, we have the ability to measure progress and make adjustments to programs that are not common in an à la carte method of whitewater kayak private instruction.

Goals/Blockers/Resources:

Defined by the client, but refined with the coach. Part of the initial assessment with the client will be to define big picture goals and the micro-goals that help reinforce them. This is where the coach comes in to help with their experience, program design, and knowledge of the systems. In six sessions, we can generally work towards 2 big picture goals. That doesn't sound like a lot, but when you break the goals down into smaller work, it adds up.

Pre-Coaching

A health screening is required for every participant prior to the start of the course. If the client is deemed high-risk, a doctor's approval is required before starting the program. Adjustments must be made to the program to adapt to fitness needs. General and specific fitness are required for success in a focused coaching program. The client should be exercising regularly (30 minutes at a time at least 3 days a week for at least 3 months); success may be limited. This kind of activity should be described as moderate to vigorous and perceived exertion should be around a 6-7 on a 10 point scale for this exercise. If the client is not engaging in a regular exercise habit of this nature, success in this program may be limited.

In addition to a health screening, we do a thorough analysis of your goals and talk through points of what a plan can look like through various scenarios. During this time, we primarily look at whether coaching is a good fit for you, whether the coach and client are compatible, and will talk through the finer points of the commitment and the program.

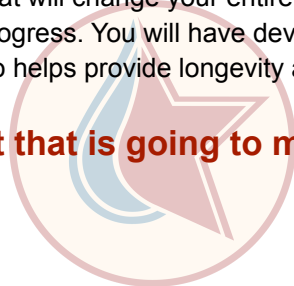
The During:

The actual coaching sessions will feel like our shortest periods of time when all is said and done. That's why it is extremely important to go into each session with specific goals on which to work. During these sessions, we focus on the micro-goals that will help you achieve the big picture goal. This will include skill practice and analysis, introduction to new skills, and a framework for working on your own.

The In-Between - PRACTICE!

It is imperative that the client maintains regular practice between sessions. Every major accomplishment comes with some amount of sacrifice; it can be hard to justify sacrificing recreational river time for time to do work, but it's important to remain focused on what can be gained instead. This can be very difficult to acknowledge early on in coaching. Very rarely is it easy to achieve the immediate results we seek. Instead, you will be developing habits that will change your entire approach, and you will have never felt so independent and in control of your progress. You will have developed a personal system that will help you check in with your paddling that also helps provide longevity and happiness with your sport, too.

“There is no magic fairy dust that is going to make you better; you have to DO WORK!”

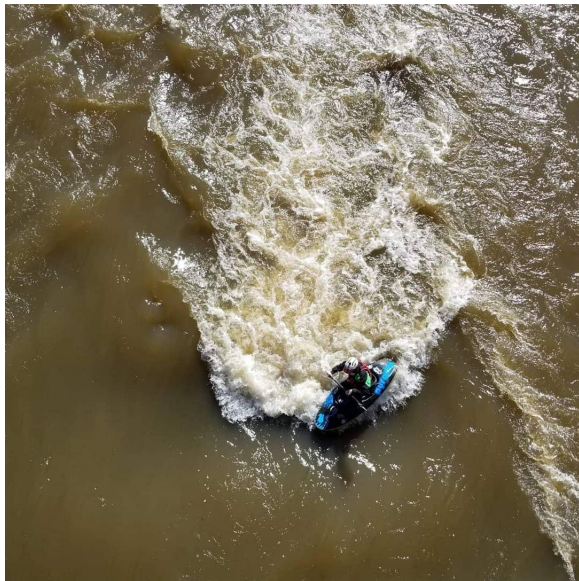


THE SESSIONS

6-on water sessions

6-virtual sessions

The program structure below is an example; while flexible, your program will follow a similar formula as it works.



Initial Assessment (on-water session 1)

Session one is a hybrid of motion, balance, and strength assessment while introducing concepts that will be the foundation for the remainder of the program (*drills*). Every goal-driven program will look a little different and will be unique to the individual. During this time, fundamental drills will be assigned to the client to perform on a regular basis. These drills and activities will be water-based activities that should be scheduled and worked on weekly without the supervision of the coach. The coach will ask for video from time to time so as to give feedback on progress.

Virtual Coaching (off-water 1)

This is a 60 minute coaching checkup to see how the client is progressing with the drills on their own. Video provided by the

client will be submitted and reviewed prior to the meeting. It's important for the client to come prepared ready to take notes. The video analysis will be reviewed and recorded and made available after the session. In addition, the coach will introduce the training plan to the client for the remaining sessions to make progress towards the goals stated in the initial assessment.

Skill Development (on-water session 2):

This session will move the client from an assessment phase to a skill building phase. We get more specific in regards to mechanics, stroke work, and maneuvers. Each session will likely put the focus on 2 elements, as focus is generally lost when attempting to focus on much more. Much like you work specific areas of the body to avoid fatigue in the gym, the brain works in a similar fashion. Video analysis is at the conclusion of this session and will be crucial for the development of skill recall.

Virtual Coaching (off-water 2):

Another 60 minute virtual coaching session which starts with a review of the skills already practiced before an introduction of new skills. This introduction is to help with the visualization process prior to the next on-water coaching session so as to save time and make our on-water time more effective.

Skill Development (on-water session 3):

We will quickly review the previous session's work and put attention on new skills. These sessions will be very focused on skill development like the first and second on-water session.

Virtual Coaching (off-water 3)

At this point, you have put in a good body of work to get a more defined prescription for your individual practice. You will have a more defined workout routine between the sessions with your coach and this will be reviewed.

Amplify (on-water session 4)

We will introduce concepts to help promote more power into your maneuvers as well as establish psychological concepts that help enhance your game. This session will be about the intangibles we often forget that help keep us in the zone and feeling good on the water. These concepts will be partnered with what we have already learned, and a light week of new concepts.

Virtual (off-water session 4)

As always, video analysis is the heartiest portion of our feedback meal. We will start to use side by side comparison to show areas that need continued improvement. We will again introduce our new topics for our next on-water session so as to help prepare through visualization.

Skill Development (on-water session 5)

This is the last session before we get to our final review. We will work through the new skills that were introduced and introduce how we put it all together into your big picture goal. We also start to plan out strengths and weaknesses and how we adapt our plan to perform as best as possible while eliminating unnecessary interference.

Virtual (off-water session 5)

A quick review of the last on-water session to see if there are any last minute adjustments we can make before our capstone experience. No major changes

here as we will have likely seen the results from the weeks of hard work. So now it's all about playing to our strengths and acknowledging what still needs to be worked on for the next training phase. We will be planning out our capstone experience on the water which will test all of our previously learned skills.

Capstone (on-water session 6)

This day will be all about the accumulated experience and putting it to the test. For racers, this means doing a practice race. Freestylers, it means putting together a competition series. For recreational paddlers, it means putting your mind and body in the best place to succeed on runs that push personal thresholds and doing so in a controlled fashion. In the previous virtual session, we will plan out what the lead-up, day of, and after look like. The goal here is to put your new system to the test.

Virtual (off-water session 6)

On the final day of our first training phase, we will review our capstone experience and all the work that has led up to this point. We will talk about the progress towards the big picture goal(s) and why we either achieved or fell short of the outcome we wanted. It's important to remember the progress that is made during this time instead of just the goal. Remember, the goal is there to give you something to move towards.

From here, we discuss how we move forward, either with continued coaching and its adaptations and improvements, or how to take the system you just learned and how to apply it moving forward.

THE CALENDAR

This will be the hardest part of the program. Dreaming up big goals is the easy part; identifying the work is harder. Planning and making it happen is where most people are lost. There is no way around it: you will sacrifice your normal routine in order to accomplish big goals.

Commitment to this program may affect your recreation and your social life, but if you really want significant results, you will tailor your life around your new training routine. THE JUICE IS WORTH THE SQUEEZE!

Ideally, we will work together on a regimented routine throughout your training period. However, we can't be naive; we know there are other things in life that are more important and some of those will take precedence. But the goal here is to set the calendar and stick to the training plan. You do your best. Below is an example of an ideal training plan calendar as well as one that is a little messier but could still work. Part of our initial meeting is figuring out how to plan this. Flexibility is critical and so is unorthodoxy.

**This calendar is assuming the intake process has been completed and we are now moving into the training phase. The workouts during the week require about 20-60 minutes of your time depending on your goals. These address personal fitness (strength, endurance, flexibility) and technique on flat water. Notice that the time directly after is left blank so as to allow you to do focused practice or recreate.*

IDEAL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					On-water session 1 - Assessment	
Off-water workout (prescribed, individual)	On-water workout (prescribed, individual)	Off-water workout (prescribed, individual)	On-water workout (prescribed, individual)	Virtual session-1, review training plan		
Off-water workout (prescribed, individual)	On-water workout (prescribed, individual)	Off-water workout (prescribed, individual)	On-water workout (prescribed, individual)		On-water session 2 - skill building	
Off-water workout (prescribed, individual)	On-water workout (prescribed, individual)	Off-water workout (prescribed, individual)	On-water workout (prescribed, individual)	Virtual session-1, review training plan		

Goals worksheet for private coaching

Our goal is not to remain consistent so much in schedule but more so remaining consistent in workload each month. We can build in all sorts of flexibility while remaining creative. However, once the calendar is set, we need to do what it takes to stick to the training plan!

REALISTIC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					On-water session 1 - Assessment	
Off-water workout (prescribed, individual)	On-water workout (prescribed, individual)	Off-water workout (prescribed, individual)	On-water workout (prescribed, individual)	Virtual session-1, review training plan		
Off-water workout (prescribed, individual)	On-water workout (prescribed, individual)	Off-water workout (prescribed, individual)	On-water session 2 - skill building	Virtual session-1, review training plan	On-water workout (prescribed, individual)	
Off-water workout (prescribed, individual)	On-water workout (prescribed, individual)	Off-water workout (prescribed, individual)	On-water workout (prescribed, individual)			

THE FIRST STEPS

- ☐ Fill out our [pre-clinic information form](#) on the H2o Dreams website.
- ☐ [Schedule a call](#) with Chris.
- ☐ Look over and write some thoughts down in response to the Goal setting worksheet below.

WHAT FOLLOWS?

- ☐ Make the [financial commitment](#).
- ☐ Schedule the sessions (we can go one month at a time).
- ☐ Receive your prescription.
- ☐ Do work.

Goals worksheet for private coaching

To help manage frustration and motivation with your goals, it's important to name them, place them, and write a plan for them. Your goals can be defined in two ways:

1. **Outcome goals** - example: I want to win Green Race, learn to airscrew, develop a bomber combat roll, etc
2. **Performance goals** - example: do 30 rolls in 1 minute, 10 pull-ups in 15 seconds, make X attainment 50% of the time, etc.

Outcome goals certainly can be the most inspirational, but they often involve the things that athletes don't have complete control over (ex. we can't control how other athletes perform). **So, it is just as important to have solid performance goals to help reach the big outcome goals.** Here are some guidelines for creating good performance goals:

1. **They must be measurable:** I want to be in the top 10% of my race class, I want to be able to balance a boat on edge without using my paddle for 15 seconds, I want to be able to run a mile under 15 minutes. *Avoid ambiguity; "I want to get faster," doesn't cut it.*
2. **They should be positive:** focused on things athletes CAN do, not things to avoid.
3. **They must be realistic:** working with a coach can help with this as well as tapping into others who have achieved your goals will help keep you honest with yourself.
4. **They must be acknowledged regularly:** writing these down and posting them will remind athletes of their goals. Keeping a journal to help track important milestones, accomplishments, and effects of daily habits will help you stay the course and let you know when your performance goals are reached.

Performance goals can be further broken down into specific **categories of work:**

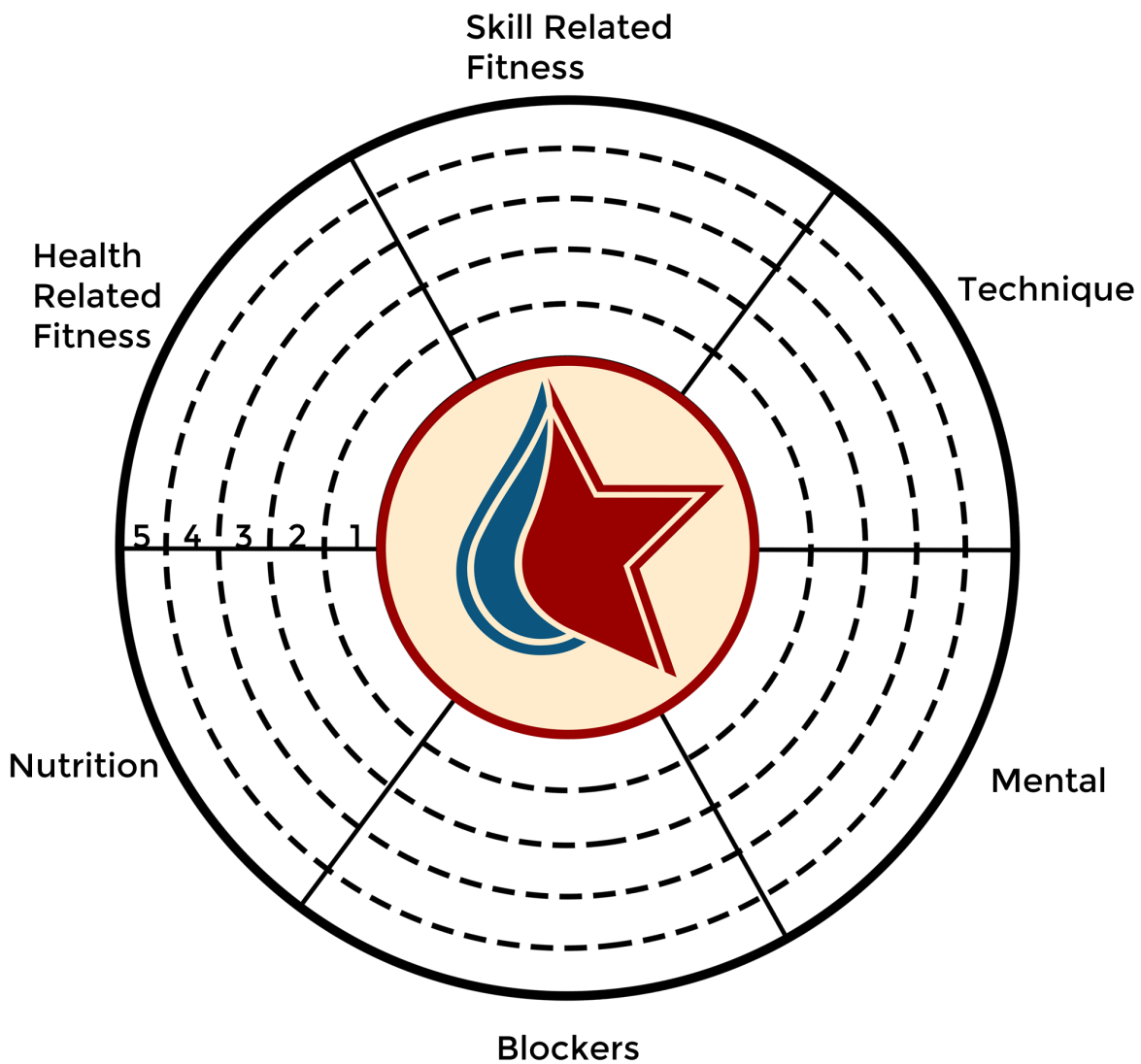
1. **Physical fitness:** fitness can be classified into *health-related* and *motor skill-related* fitness.
 - a. **Health related fitness** components are cardiorespiratory (aerobic) endurance, muscular strength and endurance, muscular flexibility, and body composition. These attributes are a minimum standard for disease prevention and overall health. For example, a 2-mile walk in less than 30 minutes, 5-6 times a week seems to be sufficient to achieve the health related fitness standard for cardiorespiratory endurance.
 - b. **Skill-related fitness** components consist of agility, balance, coordination, power, reaction time, and speed. These skills are primarily aimed at succeeding in sports and athletics and require a foundation in health related fitness.
2. **Nutrition:** your fuel for your goals is equally important if not more so.
3. **Technique:** these are specific skills that are focused on your particular discipline in which your goal lies. For example, learning to pivot turn a kayak on both bow and stern is a prerequisite to learning how to cartwheel or blunt a kayak on a wave.
4. **Mental:** how will you prepare yourself mentally each day for your your specific skill focus? How will you avoid frustration or deal with setbacks? How do you practice your visualization of each skill? How will you continue to frame your goals positively?

Goals worksheet for private coaching

Blockers are what will keep you from your goals. It's important to not only identify what it is that you want to become but also what things that could potentially prevent you from attainment. Ask yourself the questions below:

- What logistical constraints might make it difficult for you achieve your goals?
- What behaviors might make it difficult for you to achieve your goals?
- Who might make it difficult for you to achieve your goals?

Exercise 1: Let's test our temperature and see where our key areas of focus will need to be. Rate each zone from 1 to 5. One being the least engaged/confident to five being the most engaged/confident. This will help guide our goal setting exercise below.



Goals worksheet for private coaching

Every outcome goal should be made up of performance goals that meet the above criteria. As an exercise establish 3 major outcome goals you would like to accomplish in the next year and develop a list of performance goals that will help support your outcome goal. Work with your coach/instructor on further developing a list of performance goals. *What work will you do in each goal that supports another goal? What goals are correlative to your overall temperature above?*

Goal 1 - Your Most Important Goal

What is it? Can you visualize yourself doing it? This will be your first outcome goal.

How will you work towards it? What steps are you going to take? What are the easiest and most attainable steps you can do with frequency? These are your performance goals.

How will you measure? What are benchmarks you can use? How will you know when you attain your goal?

What is your timeline? How much time will you set aside for your goal?

How will you hold yourself accountable? Who can help you? What are your biggest barriers?

Goals worksheet for private coaching

Goal 2 - Supplemental Goal *(print as many of these pages as you need)*

What is it? Can this help your most important goal? Can you visualize yourself doing it?

How will you work towards it? What steps are you going to take? What are the easiest and most attainable steps you can do with frequency? These are your performance goals.

How will you measure? What are benchmarks you can use? How will you know when you attain your goal?

What is your timeline? How much time will you set aside for your goal?

How will you hold yourself accountable? Who can help you? What are your biggest barriers?
