

# JOHNNY

# PUAKEA

# Singapore Camp

- ◆ Coach of World Champion paddler Danny Ching
- ◆ Coach of the fastest female team to complete the Molokai Crossing
- ◆ His background as an elite paddler and Olympic coach will provide you with an experience like no other!

**4th to 12th FEBRUARY 2023**  
*on Sentosa and the East Coast*

Meet  
Johnny



**SINGAPORE  
CAMP INFO**

**Early bird price \$550 USD**  
until 31st October

**Last chance \$650 USD**  
until 31st December

**Regular price \$700 USD**

**PUAKEA**  
DESIGNS



**CAMP  
SCHEDULE**

FOR MORE INFORMATION PLEASE CONTACT  
[KELLY@PUAKEADESIGNS.COM](mailto:KELLY@PUAKEADESIGNS.COM) OR  
[ADMIN@CANOEACADEMY.COM](mailto:ADMIN@CANOEACADEMY.COM)

**CAMP REGISTRATION**

**OPENS  
15th September 2022**

**COACH THE COACHES**

# SINGAPORE CAMP SCHEDULE

YOU WILL HAVE 10 HOURS + OF COACHING & STORY SHARING WITH JOHNNY

**Saturday, 4th February 2023**

**at Ola, Siloso Beach**

Group 1: 7-9am & 1-3pm  
Group 2: 10-12pm & 4-6pm  
Maximum 12 per group in V6



**Sunday, 5th February 2023**

**at Aloha, East Coast**

Group 3: 7-9am & 1-3pm  
Group 4: 10-12pm & 4-6pm  
Maximum 12 per group in V6

All welcome to join Johnny at Aloha for a drink after the Sunday sessions

**Monday 6th February 2023**

**at United World College, Dover**

Strength and Conditioning 6-8pm

**Tuesday/Wednesday/Thursday**

**at Ola, Siloso Beach**

OC1 or OC2: 75 MINUTE SESSION  
Maximum 3 per group in Single craft

Schedule for sign ups will be sent to individuals when they register for the camp

**Thursday 9th February 2023**

**Dinner with Johnny at UB3 Bistro**

\$60 ++ per person

(to be paid directly to UB3 Bistro)

Limited spaces available, JP Campers will be given priority, full details will be sent closer to the event

**Saturday, 11th February 2023**

**at both Ola & Aloha**

Group 1: 6:30-9am at Ola, Siloso Beach  
Group 2: 9:30-12pm at Ola, Siloso Beach  
Group 3: 1:30-4pm at Aloha, East Coast  
Group 4: 4:30-7:00pm at Aloha, East Coast  
Maximum 12 per group in V6

**Sunday, 12th February 2023**

**at Ola, Siloso Beach**

OC1 or OC2: 75 MINUTE SESSION  
Group 1: 6:30am OR 8:00am  
Group 2: 9:30am OR 11:00am  
Group 3: 1:00pm OR 2:30pm  
Group 4: 4:00pm OR 5:30pm  
Maximum 6 per group

**USD550**

(early bird until 31/10/22)

\*\*\* Please note that if you do not have access to an OC1 we will be able to provide you either an OC2 or OC1 for the session \*\*\*

# SINGAPORE CAMP INFORMATION

The camp will be a combination of dry-land and on-water coaching with Johnny. Each session will build on the last! Detailed video analysis and correction of your stroke will be shared with you in both group and individual environments.

The aim of the camp is to increase your confidence, stroke efficiency and performance as both an individual paddler and crew member.

You will significantly benefit by paddling in between your scheduled sessions with Johnny. Practicing and reinforcing what you have learnt from each session, helping you be prepared with thoughtful questions for the next.

**You will also get to experience paddling with Singapore's Puakea team riders!**

## Key Takeaways from previous JP Campers

- \* Caring coaches
- \* Relaxed atmosphere
- \* Detailed instruction
- \* Direct feedback
- \* A new & refreshing outlook on paddling, training and health
- \* An in depth education, learning proper technique to gain speed and decrease possible injury
- \* Fundamentals that will allow you to correct or combat bad habits

*"The coaching is very relatable. This camp offered a fresh perspective to improving technique and training strategies."*

**2022 Puakea Camper**

**IF YOU HAVE A CREW TRAINING FOR AN UPCOMING RACE IT WOULD BE IDEAL TO DO THIS TOGETHER AND BENEFIT FROM BEING COACHED BY ONE OF THE WORLDS BEST!**

When you register please let us know who your crew members are so we can ensure you are together

# **COACH THE COACHES INFORMATION**

**Let one of the best stretch your coaching skills...**

**A good coach is constantly reflecting, wanting to grow their box of tools, discover what other coaches are doing, learn the latest technique and improve their own!**

**We all have room to grow and we are constantly learning....**

**Let Johnny take your coaching skills  
to the next level!**

**This is not a sit back and listen clinic!  
Johnny will be putting you in the hot seat!**

**He will help you develop those special skills that motivate your crews  
You will learn drills and techniques that will get your crews humming  
Learn how to cope with off the water situations that arise with your athletes  
Understand how to develop training schedules for different crews**

**LET'S NOT FORGET.... LEARN HOW TO MAKE TRAINING FUN!**

**PLACES ARE LIMITED**

**PLEASE CONTACT NICOLE  
admin@canoeacademy.com  
TO RESERVE YOUR PLACE!**

**USD375**