

HIGH PERFORMANCE COACHING

PRICING STRUCTURE - 2025

	Week by Week	6 Session Package	12 Session Package
1 Hour	\$150pp (1pax) \$100pp (2pax)	\$840pp (1pax) \$540pp (2pax)	\$1620pp (1pax) \$1020pp (2pax)
1.5 Hours	\$200pp (1pax) \$150pp (2pax)	\$1140pp (1pax) \$840pp (2pax)	\$2220pp (1pax) \$1620pp (2pax)
2 Hours	\$250pp (1pax) \$200pp(2pax)	\$1440pp (1pax) \$1140pp (2pax)	\$2820pp (1pax) \$2220pp (2pax)

- + For discounted rates on packages - must be paid upfront and in full
- + 6 + 12 week packages - upfront payment required
- + Session savings when adding an additional rider to the sessions



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INCLUSIONS	1 HOUR INCLUSIONS	1.5 – 2 HOUR INCLUSIONS
Advanced progressive surfing techniques	X	X
Core fitness and explosive fitness	X	X
Heat Preparation and Visualisation	X	X
Advice on Equipment	X	X
Set your surfing goals		X
Video Analysis - review your surfing style and improvements		X
Nutritional Advice - specific to Surfers		X
Technique Guidance - surf theory and drills to continue to work on		X