



# AprimoreSurf Camp **2024**

Development Of Surfers  
Through The Method.



**Ericeira, Portugal.**

November **28th** to December **1st**

body . mind . soul



## **Introduction to the method**

AprimoreSurf was conceived from several expeditions Leandro and his team embarked on, surfing around the world, interacting with multiple cultures, experiencing epic free-surf sessions, and participating in high-level competitions. This exchange of energies naturally formed a team where each member contributes with their skills, power, and enthusiasm, both in surfing and life, constantly seeking improvement.

Body, mind, and soul are the pillars of the Aprimoresurf Method.

Welcome to the AprimoreSurf team, where evolution is not limited to surfing but extends to transforming the very lives of its participants.

The Method is inspired by WSL graduates such as Yago Dora, Jack Robinson, Luana Silva, Ian Gentil, and Brisa Hennessy.



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## **Invitation aimed at Surfers**

To all surfers, whether competitors, free surfers, or simply sports enthusiasts, we invite you to participate in the AprimoreSurf Surf Camp. Once a year, Leandro Dora sets aside 4 days to share his experiences, learnings, and life experiences, as well as his year's experiences with world-class athletes, offer a unique immersive experience. If you are seeking awareness, improvement, and an honest evaluation of your current surfing skills, it is worth taking part. We are looking forward to having you at this enriching event.



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**Leandro Dora**, the founder of the AprimoreSurf Method, is the surfing coach responsible for the careers of renowned professional athletes such as Yago Dora, Jack Robinson, Luana Silva, Brisa Hennessy, Matheus Herdy, and Anuar Chiah. Annually, Leandro sees the AprimoreSurf Surf Camp as the ideal environment to share and apply all the knowledge acquired throughout his year-round coaching journey at the WSL Championship Tour, providing an enriching experience for all involved.



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**Zé Seabra & Leandro Dora**

"Learning from Leandro Dora goes beyond simply enhancing technical skills as a surf coach. His holistic and ethical approach transcends the waves, shaping not only exceptional athletes, but also individuals committed to full respect for the environment, for their fellow citizens, and for themselves. Dora's work surpasses refining raw talents, he also nurtures minds and hearts, building a community of surfers who value athletic excellence as much as moral integrity and personal growth. In a world where competition often obscures fundamental values, Leandro Dora shines as a beacon, reminding us that true success is measured by performance in competitions, as well as by the positive impact we make."



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## Surf Camp Schedule

### Day 01

07:00 Camp Opening  
07:45 Introductions  
08:30 - 11:30  
Surf Session 01  
12:00 Break  
13:00 Master Class 01  
14:00 - 16:00  
Video Analysis  
16:00 Break  
16:30 - 17:30  
Lecture by Leandro Dora  
18:00 Day 01 Closure

### Day 02

**07:00** Grilão Yoga  
**08:30 - 11:30**  
Surf Session 02  
**12:00** Break  
**13:00** Practice with Rafael M.  
**14:30 - 16:30**  
Video Analysis  
**16:30** Break  
**16:30 - 17:30**  
Lecture by Leandro Dora  
**18:00** Day 02 Closure

### Day 03

**07:30 - 10:30**  
Surf Session 03  
**11:00** Break  
**13:00 - 15:00**  
Video Analysis  
**15:00 - 16:00**  
Video Lessons  
**16:00 - 18:00**  
Group Dynamics  
**18:30** Day 03 Closure

### Day 04

**07:00 - 13:30**  
Surf Session 04  
**12:00** Break  
**13:00 - 15:30**  
Video Analysis  
**15:30**  
Certificate Delivery  
**17:00** Camp Closure







## Programmed Content



1. Leandro Dora's Journey: life, career, experiences, and master classes.
2. AprimoreSurf Method:
  - History
  - Pillars
  - Foundations
  - Applications
  - Video Lessons
  - Case Studies
3. Video Analysis: Study, observation, and diagnosis of surfers' performance.
4. Behavior, Posture, and Positioning of an Athlete and Surf Coach.
5. Building Healthy Relationships between Parents, Mothers, Surf Coaches, and Athletes.
6. Athlete's Routine Organization: Efficient Scheduling and Planning.
7. Breathing Techniques and Meditation for Surfing: Finding Balance and Focus.
8. Competition Strategies: Mental Preparation, Tactics, and Approach to Competing in Surfing Events.



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mind  
soul





## What is included?



1. Full Surf Camp Experience and complete support from AprimoreSurf team.
2. AprimoreSurf Method Handbook.
3. Coffee Breaks.
4. Access to the entire collection of AprimoreSurf studies.
5. Joining the AprimoreSurf Academy WhatsApp group.
6. All your filmed waves in high quality.
7. Test Drive of Arenque SurfBoards.

### **Not included.**

Accommodation, transport and meals.



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## Prices



**Prices.**  
**Full Camp**  
**1250 €**

**100€** discount for the **FIRST 10 REGISTRANTS**

payment deposit of **500€** needed by  
**august 1st** to secure your spot.

**in case of cancellation, the 500€**  
**deposits** is not refundable.



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## **Feedback**



**Maria Inês**  
**Young Athlete**

The total immersion in the world of surfing and the opportunity to learn from Leandro Dora and the AprimoreSurf team provided me with invaluable technical and personal growth.



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## Feedback



### Miguel Blanco

**Two-time Portuguese Professional Champion  
Renowned big wave rider**

“I had the opportunity to train with Leandro at different points in my high-performance surfing career, and what struck me the most was his holistic and educational approach to bringing out the best in everyone, both in and out of the water. With a highly technical and top-level approach, AprimoreSurf has proven itself in the world of high-level competitive surfing, both in the male and female divisions. Truly inspiring!”



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## **Feedback**



**Kai Odriozola**

**European Amateur Champion 2023**

**Youngest surfer in the WSL Challenger Series**

“Having had the opportunity to train with Leandro Dora was a very good experience. I was recovering from an injury, and the camp I did with Leandro and Zé helped me a lot in my recovery and in getting back to my level. Additionally, after the camp, I won my first WQS, at Fistral. In the end, I managed to qualify for the Challengers. His technical advice and experience, training so many high-level surfers, are very helpful. Moreover, all his wisdom is conveyed very effectively. It's easy to understand and apply to your surfing. Very pleased with how the experience turned out and looking forward to another opportunity to train with him”



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AprimoreSurf Camp 2024



## Support and Sponsorship



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## Co-Production



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