



AprimoreSurf Camp **2024**

Training And Certification Of Surf
Coaches At AprimoreSurf



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 Surf Coaches

We invite all Surf Coaches and sports entrepreneurs to participate in the training as Surf Coaches through the AprimoreSurf Method. Once a year, Leandro Dora devotes himself to imparting all his knowledge as a world-elite Coach under a unique immersive experience. Practical classes with top athletes, Master Classes from "Grilão" himself, and lectures given by renowned Surfing professionals are essential components of this exceptional training Camp.



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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

Practical 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

19:00

Surf Coaches Meeting

20:00 Day 01 Closure

Day 02

07:00 Grilão Yoga

08:30 - 11:30

Practical 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

18:30 - 19:30

Surf Coaches Studies

20:00 Day 02 Closure

Day 03

07:30 - 10:30

Practical Session 03

11:00 Break

13:00 - 15:00

Video Analysis

15:00 - 16:00

Video Lessons

16:00 - 17:00

Group Dynamics

18:00 Evaluation of Surf

Coaches

19:00 Questions and Doubts

20:00 Day 03 Closure

Day 04

07:00 - 13:30

Technical Session 07

12:00 Break

13:00 - 15:30

Video Analysis

15:30

Certificate Delivery

17:00 Camp Closure



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Programmed Content



1. Leandro Dora's Journey: Life, Career, Experiences, and Lessons Learned.
2. AprimoreSurf Method:
 - History
 - Pillars
 - Foundations
 - Applications
 - Video Lessons
 - Case Studies
3. Introduction to a Surf Coach Career.
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.



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Programmed Content



8. Competition Strategies: Mental Preparation, Tactics, and Approach to Competing in Surfing Events.
9. Communication and Public Speaking for a Surf Coach.
10. Choosing the Best Location for Training, Analyzing, and Understanding the Ocean.
11. Strategies for Developing Your Surf Coach Career in Your Operating Region.



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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. Access to the image bank produced at Surf Camp.

Not included.

Accommodation, transport and meals.



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Prices



Prices.
Full Camp
1450 €

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€ deposit
is not refundable.



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Feedback



João Macedo

Athlete's father

Renowned big wave rider

Head Coach Surf Academia

"The AprimoreSurf Camp with Leandro Dora and the AprimoreSurf team was amazing for both my son and me. Seeing his progress in surfing nurtured and elevated by dedicated professionals was heartening. The personalized attention and welcoming atmosphere were remarkable. We've learned, challenged ourselves, and created unforgettable memories together. We are grateful for the transformative experience."



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Feedback



Zé Seabra

Professional surf coach for over 20 years

"As a professional surf coach, I have always been concerned about my progression in terms of technique and teaching approach to athletes. After just 5 days of learning from Leandro Dora, my view of surfing and training will never be the same. His guidance refined my technique and expanded my understanding of surfing. I feel revitalized and inspired, ready to face challenges with a new perspective and renewed confidence. The impact of this experience is profound and lasting, shaping not only my coaching performance but also my approach to being involved in high-level sports."



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