



AMAURY LAVERNHE

PROFESSIONAL BODYBOARDER SINCE 2008

2010 & 2014
IBA-APB World Champion

2011 & 2014
ISA World Champion

As a professional athlete, I wish to share my knowledge and love of bodyboarding as a sport and an art. The courses are adapted to all levels and consist of tricks tips, physical training, mental preparation and nutrition.



DIFFERENT KINDS OF WORKOUT

Introduction

Ocean awareness - first waves
basic technique - equipment

Improvement

Technical manoeuvres - waves analysis
style enhancement

Competition

Rules - judgement - scoring
strategy - coaching

Physical preparation

Strength - cardio - flexibility
warm up - recovery

Mental preparation

Motivation - focus - goals
release tension - confidence

Nutrition

A balanced diet before, during
and after training or competing



THE AMAURY ACADEMY CONCEPT

Courses on demand

In your club, school or camp...
Anywhere in the world

Custom courses

Choose the courses contents and duration
from one day to one week or more
(out of the competitions windows)

a Dynamic teaching

Group lessons, personalized advice,
practice, video, feedback...

Program details

More informations about the lessons plans
and courses contents on demand

Custom prices

Based on the duration,
the level and the number of trainees

Other expenses

Travel, food and accommodation
provided by the organisation





CONTACTS

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