



CATALOGUE  
2021  

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ENGLISH



# AMAURY LAVERNHE

PROFESSIONAL BODYBOARDER SINCE 2008

2010 & 2014

IBA-APB World Champion

2011 & 2014

ISA World Champion

APB Sportsman of the Year 2015

APB Best Waves Award 2019

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 of riders and consist of tricks tips, physical training, mental preparation and nutrition.

**You can't stop progress !**





# DIFFERENT KINDS OF WORKOUT

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## 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

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for DIFFERENT RIDING LEVELS





# THE AMAURY ACADEMY CONCEPT

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## 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 organization







## CONTACTS

Request for an estimate or information  
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