

EVOLUTION



EVOLUTION ROSTER

Six months of personalised coaching for
paddlers who simply love becoming better.



MORE THAN REGULAR COACHING. BUILD SOMETHING OVER TIME.

Evolution Roster is a six-month development environment for established paddlers who love getting better. Through personalised coaching, purposeful practice, reflection and a shared commitment to development, you'll continue evolving your paddling — and the way you develop it.

It isn't a fixed programme. It's a season of opportunity, built around you and shaped by what will make the biggest difference to your development.

THE DIFFERENCE

EXTRAORDINARY DEVELOPMENT ISN'T BUILT THROUGH INTENSITY ALONE. IT'S BUILT THROUGH CONSISTENCY.

Real progress comes from showing up, doing the work, learning from it and building over time. Evolution Roster gives you the coaching, structure and environment to make that happen.

You'll develop your skills, fitness, decision making and confidence — and, just as importantly, your ability to keep developing beyond the six months.

YOUR PADDLING

YOUR DEVELOPMENT

YOUR NEXT CHAPTER



A WINTER OF DEVELOPMENT. A STRONGER, MORE CAPABLE YOU.



MORE THAN MONTHLY COACHING.

Evolution Roster connects personalised coaching with the practice, reflection and support that happens between sessions.

The development continues when the coaching session ends.

PERSONALISED RATHER THAN GENERIC

Your goals, paddling, strengths and challenges shape the coaching. We start with the paddler in front of us and build from there.

CONTINUOUS RATHER THAN OCCASIONAL

Development doesn't stop when a coaching session ends. Practice, video, questions and ongoing conversation keep the work moving between sessions.

PURPOSEFUL RATHER THAN RANDOM

Time on the water matters. But simply paddling more isn't enough. We use your practice deliberately, connecting what you do between sessions with where you want to go.

REFLECTIVE RATHER THAN REACTIVE

We notice what's happening, recognise patterns and use what we learn to make better decisions about what deserves attention next.

CHALLENGING AND ENJOYABLE

Getting better should add to your paddling, not take the joy out of it. We'll challenge you, stretch you and keep enjoyment at the heart of the process.

INDIVIDUAL DEVELOPMENT. SHARED ENVIRONMENT.

Your coaching is personalised, but you're part of something bigger — a small group of paddlers developing through the winter alongside one another.



**CONSISTENCY
CHANGES WHAT'S POSSIBLE.**



SIX MONTHS. BUILT TO BUILD MOMENTUM.

Evolution Roster runs through the winter because meaningful development needs time. Time to establish direction, practise, learn, adapt and discover what you're capable of.

The exact journey will be different for everyone. The rhythm keeps moving you forward.

01

STARTING POINT

UNDERSTAND WHERE YOU ARE.

We begin by understanding your paddling, what you want from the winter and where the greatest opportunities for development might lie.

02

BUILD

CREATE STRONGER FOUNDATIONS.

Early sessions establish direction and begin connecting coaching with your own practice. We develop the skills, habits and understanding that give the rest of the winter somewhere to go.

03

DEVELOP

TURN CONSISTENCY INTO PROGRESS.

This is where the work builds. Coaching, practice, video, experimentation and reflection connect as we challenge your paddling and keep adapting what deserves attention next.

04

EXPLORE

SEE WHERE YOUR DEVELOPMENT CAN GO.

As the winter progresses, we use what you've built to explore new possibilities — developing greater skill, confidence and capability while continuing to enjoy your paddling.

WHAT BUILDS?



SKILL

A broader, stronger paddling toolkit.



CONFIDENCE

Greater belief in what you can do.



UNDERSTANDING

A clearer sense of how you develop.



MOMENTUM

Development that continues beyond the winter.

SIX MONTHS ISN'T THE DESTINATION.

It's the opportunity to discover what comes next.

DANGER

THE EXPERIENCE

WHAT DOES IT ACTUALLY LOOK LIKE?

While every Evolution Roster journey looks different, there are some core elements that connect coaching, practice, reflection and ongoing development.

WHAT YOU GET**INDIVIDUAL COACHING**

Personalised coaching built around your current needs, goals and direction — on the water and beyond it.

SHARED ENVIRONMENT

Develop alongside a small group of committed paddlers. Different people, different perspectives and a shared enthusiasm for getting better.

FIRST ACCESS TO SIGNATURE EXPERIENCES

Roster paddlers get the first opportunity to book places on Evolution Signature Experiences — additional experiences designed to take your paddling and development somewhere different
Booked separately.

VIDEO ANALYSIS

Video helps us see what's actually happening, recognise patterns and turn observation into useful action.

ONGOING SUPPORT

Questions, conversations, video and reflection keep the work moving between scheduled coaching sessions.

REVIEW & DIRECTION

Regular opportunities to step back, understand what's changing and decide where the next phase of development should go.

YOUR PART

**BRING CURIOSITY,
COMMITMENT,
HONESTY AND A
WILLINGNESS TO DO
SOMETHING WITH
WHAT WE DISCOVER.**

Evolution Roster works best for paddlers prepared to show up, practise, reflect and take responsibility for their development.

If you're looking primarily for occasional coaching or quick fixes, it probably isn't the right fit.



THE PEOPLE

COACHING BUILT ON EXPERIENCE.

Evolution Roster is led by Andrew 'Jacko' Jackson, bringing more than four decades of freestyle coaching experience to a small group of paddlers who simply love becoming better.

**ANDREW 'JACKO' JACKSON**
COACH & PROGRAMME DESIGNER

I've spent more than four decades coaching freestyle paddlers, from people discovering what's possible in their paddling through to World Champions.

What continues to fascinate me is that development means different things to different people. You don't need a medal, selection or championship to justify wanting to become better.

Evolution Roster is about taking your paddling seriously without having to make it serious — exploring what you're capable of, enjoying the process and seeing where six months of consistent development can take you.

THE ENVIRONMENT**SERIOUS ABOUT DEVELOPMENT.
NOT TOO SERIOUS TO ENJOY IT.**

The Roster brings together a small group of paddlers who genuinely want to improve, while keeping the friendship, enjoyment and shared experiences that make paddling worth doing.

Your coaching is personalised. Your development is your own. But being surrounded by other people who are also committed to getting better adds something you can't create alone.

YOUR NEXT STEP

READY TO SEE WHAT SIX MONTHS COULD CHANGE?

If Evolution Roster feels like the right environment for you, see What's On for the next Roster, current details and availability — or get in touch if you'd like to talk it through first.

**WHAT'S ON**burnersbasecamp.com/whats-on**QUESTIONS?**info@burnersbasecamp.com
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