



PERFORMANCE

PERFORMANCE ROSTER

Individual performance coaching for ambitious paddlers who want to go further.



MORE THAN COACHING. FIND WHAT MAKES THE DIFFERENCE.

Performance Roster is an ongoing developmental partnership built around you — your goals, your paddling, your strengths, your gaps and what will make the biggest difference to your development.

Rather than following a fixed programme, we continually explore what is happening, what we are learning and where the greatest opportunity for progress lies.

THE DIFFERENCE

THERE ISN'T ONE PATH TO PERFORMANCE.

Two paddlers can have the same goal and need completely different things to get there. That's why Performance Roster doesn't start with a fixed curriculum. It starts with understanding you.

Together we explore what's shaping your performance, identify where change might make the greatest difference, and build the coaching around what we discover.

YOUR GOALS

YOUR PERFORMANCE

YOUR DEVELOPMENT



The goal isn't greater dependence on coaching. It's greater ownership of your own performance.

MORE THAN MONTHLY COACHING.

Performance Roster isn't a collection of coaching sessions. It's a developmental partnership designed to help you become increasingly capable of understanding, shaping and owning your own performance.

The coaching changes as you change.

INDIVIDUAL RATHER THAN GENERIC

We start with the athlete in front of us. Your goals, experiences, strengths and challenges shape where we focus and what we do next.

ADAPTIVE RATHER THAN PRESCRIPTIVE

There isn't a predetermined route through the Roster. As your understanding and performance change, the coaching direction changes with them.

PROGRESSIVE RATHER THAN REPETITIVE

Each phase should build greater capability. The aim isn't to keep repeating the same coaching cycle, but to continually move your development forward.

CONTINUOUS RATHER THAN OCCASIONAL

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

REFLECTIVE RATHER THAN REACTIVE

We don't simply respond to the latest session or result. We step back, notice patterns, question assumptions and use what we learn to make better decisions.

DESIGNED TO MAKE ITSELF UNNECESSARY

The ultimate aim isn't to make you increasingly dependent on coaching. It's to help you develop the understanding, tools and ownership to increasingly coach yourself.

BETTER AT BECOMING BETTER.



BUILT TO MOVE YOU FORWARD.

Performance Roster isn't intended to be something you simply stay on. It has a direction — from understanding where you are now towards increasing capability, independence and ownership.

The journey will be different for everyone. The direction is the same.

01

SELECTION

ARE WE RIGHT FOR EACH OTHER?

The starting point is a conversation. We explore where you are, what you're pursuing and what you want from coaching — and decide whether Performance Roster is the right environment for you.

02

STARTING POINT

UNDERSTAND WHERE YOU ARE.

Before deciding where to go, we build a clearer picture of your current performance and development. Strengths, opportunities, goals and the factors shaping how you perform all become part of the picture.

03

DELIBERATE PRACTICE

TURN UNDERSTANDING INTO ACTION.

This is where development becomes something you actively shape. Coaching, practice, feedback, experimentation and reflection combine as we explore what creates meaningful change.

04

GRADUATION

INCREASINGLY OWN IT YOURSELF.

Graduation isn't the end of development. It's recognition that you have developed greater capability to understand your performance, make good decisions and increasingly drive your own development.

WHAT CHANGES?

DECISION MAKING

Better, more confident decisions.

OWNERSHIP

Greater control over your development.

OPERATING SYSTEM

Greater capability to learn, adapt and perform.

CONTRIBUTION

A bigger impact within your sport and beyond.

THE ULTIMATE MEASURE OF PERFORMANCE ROSTER ISN'T HOW LONG YOU STAY ON IT.

It's what you're increasingly able to do without it.

DANGER

THE EXPERIENCE

WHAT DOES IT ACTUALLY LOOK LIKE?

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

WHAT YOU GET**INDIVIDUAL COACHING**

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

SUPER PERFORMER

Your central development space, bringing together goals, feedback, actions, reflections and progress.

REVIEW & DIRECTION

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

VIDEO ANALYSIS

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

ONGOING SUPPORT

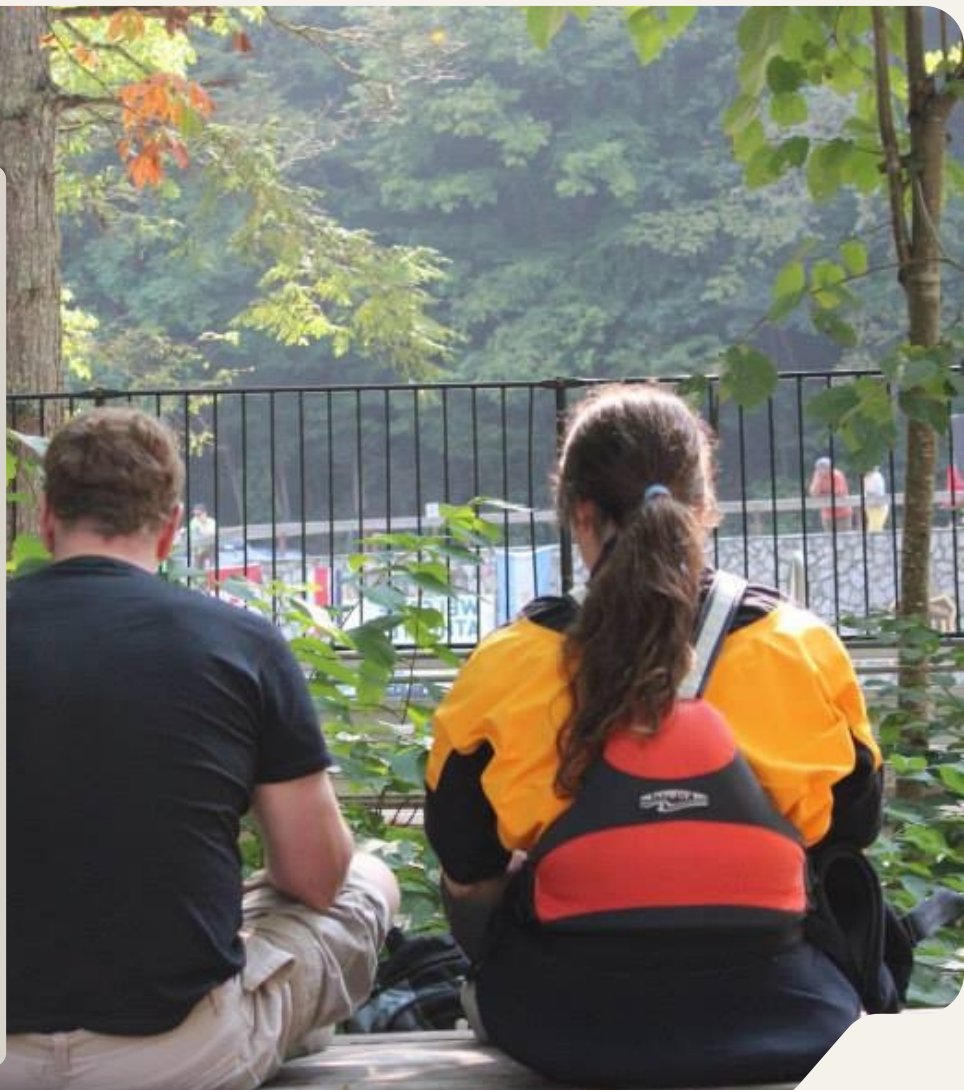
Questions, conversations, video and reflection connect the work between scheduled coaching sessions.

TOOLS & PROJECTS

Ideas, resources and development projects are introduced where they can genuinely add value to your development.

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

Performance Roster works best for athletes prepared to practise, reflect, experiment and take increasing 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.

Performance Roster is led by Jacko Jackson and, where it adds value, supported by a small network of trusted coaches and specialists.



JACKO JACKSON

I've coached freestyle paddlers for more than four decades, from young athletes taking their first steps into performance through to World Champions.

Performance Roster brings that experience together with the coaching architecture, tools and thinking I've developed through a lifetime in the sport.

THE RIGHT PEOPLE AT THE RIGHT TIME

Where it adds value, other coaches or specialists can become part of the process. The purpose isn't to build a large support team — it's to bring the right expertise around the individual when it can genuinely make a difference.

WHY THIS MATTERS TO ME

I'm still fascinated by the same question: what actually helps somebody get better?

The longer I've coached, the less I've believed that the answer is simply more instruction. The most powerful development happens when athletes learn to understand themselves, question what they're doing, make better decisions and increasingly take ownership of where they go next. That's what Performance Roster is really trying to create.

INTERESTED IN PERFORMANCE ROSTER?

START WITH A CONVERSATION.

Tell me a little about where you are, what you're pursuing and what you think you need. We can then decide whether Performance Roster might be the right environment for you.



GET IN TOUCH

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**NOT SURE THE ROSTER IS
RIGHT FOR YOU?**

There are other ways to work together — from a Performance Review to a Breakthrough Session.