



WINTER ROSTER 2025

- **6 Months on the Weirs (1st October 2025 – 31st March 2026)**
 - **8 Places Available**
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Program Overview

The Winter Roster is your opportunity to push your paddling limits and thrive while having fun! Running for six months, this program is designed for mature paddlers who want to develop their skills using performance-style coaching to take their paddling further than ever before. Whether you're here for pure enjoyment, serious development, or gearing up for a big goal, this is where tons of growth meet tons of fun.

What's New for 2025–26

- **Two Coaches = More Opportunity** – Jacko and Sam are now coaching side by side. With two coaches on the program, you'll benefit from more flexibility, more input, and more chances to get quality feedback in every session.
 - **Elements Programme (Sept–Dec)** – A weekly, freestyle-specific 10-minute exercise session (live every Wednesday, or watch later). Ten one-minute movements designed to boost fitness, style, and flow — helping your paddling feel more natural and powerful before Winter Roster even begins.
 - **Winter Roster Short Camp (1st–4th May 2026, Location TBC: Plattling DE, Graz AT, or Millau FR)** – An optional four-day camp that brings everyone together for an intense freestyle experience. Expect focused progression, creativity, and a shared push forward. *This camp is an extra and not included in the Winter Roster monthly cost.*
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Core Features

- **Personalized Coaching** – Bespoke coaching plans tailored to your goals.
 - **Fun & Development** – Challenging sessions balanced with playful exercises.
 - **Step-by-Step Progression** – Structured, week-by-week growth from foundations to advanced performance.
 - **Commitment & Thriving** – Expect to be pushed, supported, and to break through barriers in skill, fitness, and mindset.
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Program Phases

1. Base Phase (October 1 – October 31)

- Foundations built through fun, light-hearted challenges.
- Playful introduction to individualized coaching.

2. Progression Phase (November 1 – February 28)

- Intensity steps up while the fun remains.
- Exploration of the Thames weirs with progressive technical and fitness goals.
- Expect the biggest leaps in development here.

3. Peak Phase (March 1 – March 31)

- Reach your peak performance for the season.
- Creative drills, unique challenges, and a thriving training environment with your crew.

Program Details

- **Cost:** £205 per month
- **Coaching Commitment:** 4 hours per month, including:
 - 1:1 on-water sessions (typically 1–1.5 hrs each, up to 3 per month)
 - Video analysis with the OnForm tool for real-time feedback
- **24/7 instant messaging support**
- **Fitness and nutrition guidance**
- **Resource tools to support your growth**
- **Exclusive access to new coaching programs**

Who Is This For?

- Paddlers who use the Thames weirs regularly — our playground for the next six months.
- Those who want to have fun while improving, and can commit to practice between coached sessions.
- Open-minded paddlers ready to push themselves and enjoy the ride.



Led by Jacko, bringing over 40 years of freestyle coaching experience.

With Sam Wilson, now coaching alongside Jacko, doubling the opportunity for support and input.


Next Steps

Interested in joining?

Send me a message with a short intro (if I don't already know you) about who you are and what you'd like to achieve. We'll arrange a chat to confirm if this program is the right fit.

Jacko – September 2025

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