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WWW.KITESISTA.COM

# Girls Kite Camp - Venezuela

KiteAcademy is a travel agency that offers kitesurfing progression camps throughout the world.

KiteSista is lifestyle and kiting magazine for girls promoting the positive advancement of girls in the sport.

Together we give you something a bit different to help you improve and reach your goals, whether they be transitions, front rolls, s-bends, back-mobes....or just going upwind, and all of this in incredible spots....

There will be 2 dedicated coaches to a maximum of 10 guests and we will be there all day long with you to guide you through your progression and your search for performance. Quality, security, and improvement are our values.

All this with a smile and an atmosphere you will never forget...

Price: **€654**

What: **All-Inclusive Venezuela Training Clinic**

When: **Week 1: 20th - 26th April 2013**

**Week 2: 27th April - 3rd May 2013**

Where: **Coche, Venezuela**

Places: **10 people/week maximum**

Languages: **English, Spanish, French**



## WHAT'S INCLUDED

- ➔ 7 nights at Brisas de Coche (3 star hotel), in double rooms
- ➔ Full board (breakfast, lunch, dinners, sodas, drinks)
- ➔ Coche Kite Sports Center club services: storage, beach boys, security boat, landing and launching area, club house...
- ➔ Airport transfer, from Margarita, to Brisas de Coche Hotel.
- ➔ Six full days of coaching, from Sunday to Friday included!
- ➔ Lycra and t-shirt thanks to our partner Kitaddict

## WHAT'S NOT INCLUDED

- ➔ Plane tickets (our local provider will offer you the best possible deals: contact us for more details and info)
- ➔ Rental of kitesurfing gear (optional: contact us for prices)

## THE COACHING WEEK

After welcoming you on Saturday, the KiteAcademy coaching will start on Sunday and last until Friday included (from the 20 to the 26th of April 2013 for the first week, from the 27th of April to the 3rd of May 2013 for the second week). The clinics will host a maximum of 10 kites.



The coaching day will start when the kite club opens, at 9 AM, and last until the sun sets, around 6 or 7 PM. Two coaches will supervise you all day long, with just a lunch break at around noon.

Every evening, the coaches will debrief the day, and get you ready for the next. Since the coaches will be available all day long, it's up to you to organize your days with them. Maximize your time on the water: our advice, our experience, demos, video, everything will be ready to help you!

During the stay, if conditions allow it, we will use cameras to help you improve: direct feedback on the spot, but also during the evenings: nothing better to see and analyse your riding!



## A TYPICAL DAY

7-9 AM: Breakfast, daily set up

9-12 AM: Lessons, demo, etc., on the spot, supervised by our two coaches. The tips and lessons will be as personalized as possible, to optimize your progression.

12 AM-1:30 PM: Lunch break. It can be moved, cancelled, postponed... according to the forecast and wind conditions, to try to get the most out of the best conditions available.

1:30-6 PM: Lessons, demo, etc., on the spot, supervised by our two coaches. The tips and lessons will be as personalized as possible, to optimize your progression. We will then be filming when possible. We might split the group into smaller groups then, to make tips and pointers thoroughly personalized.

6-7 PM: After session.

After 7 PM: video debriefing, theory, dinner, planning of the next day....



## SPOT, CONDITIONS, AND WIND

The supreme freestyle/freeride spot ! Stable wind, perfectly flat warm waters and a kitesurfing atmosphere all the way to your hotel !

Coche is a small island off the coast of Margarita, with very few inhabitants, and much less crowded than El Yaque, « the » big spot in Venezuela. The spot is perfect : large, super flat, you will not be bothered by tourists on the beach (which is reserved for kiting), regular and perfectly offshore wind, no obstacles, no danger, rescue boats, impressive wind stats and super good kite atmosphere on the spot !

The spot is located on the north-west end of the island, on a stretch of sand more than 500 meters long. A lot of room to set up, no danger on the beach or in the water, the offshore wind makes the water perfectly flat whatever the conditions.

Rescue boats are available to go pick you up in case there is a problem, to follow you if you're a beginner, or just if you cannot ride upwind. Ideal to begin, this spot is also among the ones the « pro » riders like best to go training every year !



As the wind is from east, the sun goes down west just in front of you, which gives us crazy sunset sessions every time...

From January till June, the wind stats are more than 80 %. Difficult to do any better ! However, in October, November, December, as well as in July, the wind is already there, the stats being between

60 and 70 % above 15 knots. The wind is a regular tradewind, between 15 and 25 knots, it rises from time to time between 15 and 30 knots in late afternoon. And of course, as strong as the wind can be, the spot stays flat..

## OPTIONS *(depending on availability)*

- ➔ single room additional charge
- ➔ kitesurfing gear rental
- ➔ special price for accompanying travelers
- ➔ extra days/weeks
- ➔ photo/video services
- ➔ private lessons (outside of the coaching week)
- ➔ baby sitting

## CLUB SERVICES

- ➔ gear storage on the spot
- ➔ security boat
- ➔ beach boys
- ➔ landing and launching area
- ➔ access to the club house

Extra services like food and drinks, kite repair, shop, and many more are available at the club.

## ACCOMMODATION

During the clinic, you will be housed in double room at « Brisas de Coche », 3 star hotel, 300m from the spot 75m from the beach. The stay is 7 nights long : from Saturday to Friday included. Very comfortable, ideally situated, you will have access to all the services of the hotel :

[www.brisasdecoche.net](http://www.brisasdecoche.net)

## CATERING

Everything is included during your stay: all you can eat breakfasts, lunches, and dinners, as well as alcoholic and non alcoholic beverages. Outside of the hotel, you will have the kite club bar and restaurant, as well as many small restaurants in the small village 5km from the spot.

## AIRPORT TRANSFERS

Back and forth transfers will be organized for you between Margarita airport and your hotel, "Brisas de Coche". Give us your flight details and everything will be arranged for you. Transfer times are about 45 minutes.

**SOPHIE CHEVALIER** - Originally a snowboarder and a skier, it did not take long for Sophie to fall in love with what is now her main motivation, kitesurfing.

As a former sports teacher she is a person who loves to share, communicate and inspire. After 3 years of teaching in French high schools and middle schools, she couldn't resist her desire to get away from it and decided, after qualifying as an IKO instructor, to settle on the paradise island of Zanzibar, Tanzania, to live her new life as a kitesurfer.

After 1 year spent there the desire to expand and share her passion with the female community gave her the idea to create her own online magazine, KiteSista, but still kept on teaching and coaching kitesurfing at all levels. Still wanting to give girls a new vision of the sport, she decided to do a little bit more via Kitesista and became the third most influential kitesurfing Girl 2012' and got sponsorship from F-one, Kanabeach, Lastage and Mood.



Thereafter she met Nicolas Feraud with who she organizes progression and coaching camps and realized quickly that this approach is definitely what motivates her and what she likes to do - share her passion and knowledge with others. So with the help of Nicolas and KiteAcademy Progression Camps, she has set up the first KiteSista Girls Coaching Camp.

With Sophie's love of travel and kitesurfing, but also with her desire to teach and share, KiteSista Girls Coaching Camps will give you the opportunity to travel to the other side of the world to improve and achieve your goals.

**NICOLAS FERAUD** - Nicolas discovered kitesurfing early on in the sport in 1999. Straight away, he fell in love with it, but he had to put it on hold to finish his engineering studies. Once he got his diploma and started working, he started kiting again.

During the next two and a half years, going between his working week and kiting weekends, his level improved, and his passion grew to the point where he decided to quit his job to become an instructor to share his passion and travel the world. Cabarete, Brazil, Venezuela, Egypt, Cape Verde, South Africa, Zanzibar, Thailand, Philippines, Sri Lanka, South Korea....

Even with a good level before traveling, kiting with the best riders in the best spots in the world enabled him to improve fast enough to start competing internationally. His results, along with a few videos here and there, got him noticed by Liquid Force, with whom he has been kiting for three years now. Since then, Kiteaddict, a clothing brand specialising in kitewear, and 720 Armour, a sports sunglasses brand, have been also supporting him wherever the wind takes him.

In the summer of 2011, after years of traveling, teaching, meeting people, experiences, the idea of KiteAcademy was ready to go. The goal: give everyone an opportunity to maximize their kitesurfing trips. Being able to share his experiences, his knowledge, everything that kitesurfing gave him....far from mass tourism, or from "pro-clinics", he wants to give everyone a full-on kitesurfing experience, on the best spots he ever kited on, with all day long clinics, based on progression, performance, and, of course, fun!



## FOR MORE INFORMATION

If you have any questions or would like to sign up for the clinic please contact us directly by email at: [office@kitesista.com](mailto:office@kitesista.com) or [info@kiteacademy.fr](mailto:info@kiteacademy.fr)

Or for more information on the spot, the wind conditions, the clinic, etc. visit: [www.kitesista.com](http://www.kitesista.com) or [www.kiteacademy.fr](http://www.kiteacademy.fr)



# WE LOOK FORWARD TO RIDING WITH YOU...



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WWW.KITESISTA.COM

KiteAcademy, SARL au capital de 10.000 €, inscrite au registre du commerce et des sociétés de Mont De Marsan, numero 537 586 752 00017, siège social 19 rue des Genêts 40200 Mimizan. Téléphone +33 (0)9 66 43 04 67, titulaire d'une licence d'Etat d'agence de voyages immatriculé IM040120002. Assurance en responsabilité civile professionnelle, Hiscox Assurances Services, contrat n° HA PRC0070437. KiteAcademy est également adhérent à l'APS. C'est pour vous une assurance de notre solidarité financière, garantissant les fonds déposés lors de votre réservation.