



# Surf skate Coach

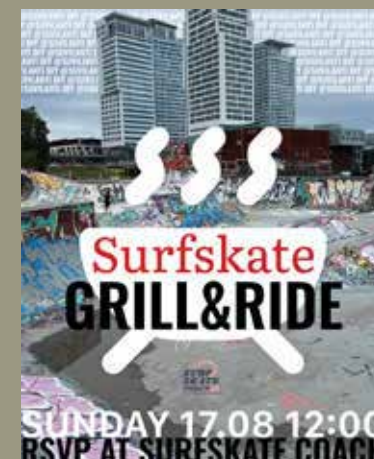
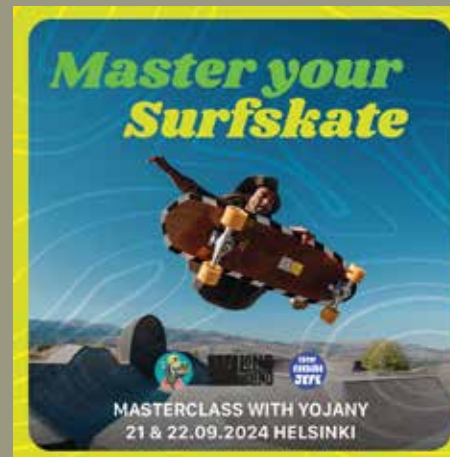
LIFE EXPERIENCES ON BOARDS



We are a team of coaches from Barcelona who offer different opportunities to take surfskate to the next level in your city.

Our method is focused on increasing the technical skills, focusing on body adjustment and movement guidance. Our goal is to help surfskaters to be more comfortable to ride on most surfaces, unlock their potential and develop new skills.

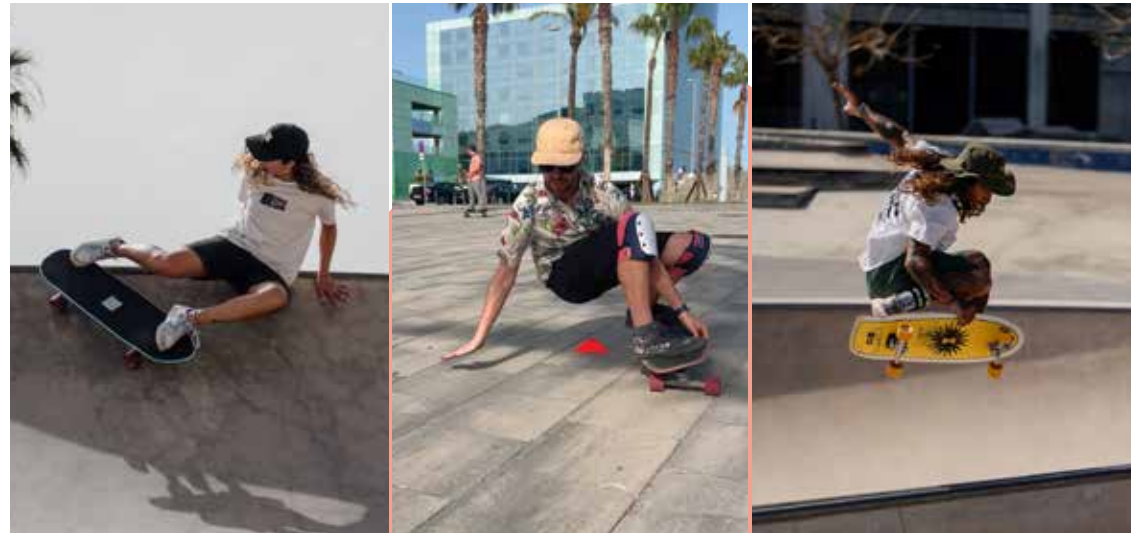
From our experience, in just one or two sessions, participants can experience a massive change, allowing them to continue their practice. We have extended experience coaching people across Europe, training more than 350 people.





# +350 STUDENTS 15 CITIES IN 2025

Barcelona, Spain  
Seville, Spain  
Valencia, Spain  
Benalmádena, Spain  
Fuerteventura, Spain  
Helsinki, Finland  
Kotka, Finland  
Turku, Finland  
Estocolmo, Sweden  
Oslo, Norway  
Ericeira, Portugal  
Peniche, Portugal  
Bristol, United Kingdom  
Stuttgart, Germany  
Bordeaux, France



# WE SUPPORT COMMUNITIES PROMOTING SURFSKATING



# OUR TEAM

We started from different boards disciplines such as skate, surf and snowboarding, arriving at surfskate five years ago. For that reason, we consider surfskate as a discipline itself that could help to unlock different movements that can be applied to other sports as well. We believe in dedication, commitment and focus.

## MANU

### @MANUCHIS

Manuchis is dedicated to helping individuals improve their surfing skills through personalized training and support. Focused on community building, he expands the knowledge of the sport worldwide.

## MORA

### @MORASOL

Mora is a surfskate training expert, passionate about guiding individuals to enhance their surfskating abilities through tailored coaching and mentorship.

## YOJANY

### @PYOJANY

Yojany is a multi-award winner. He brings a wealth of knowledge and expertise in both surf and surfskate coaching, aiming to provide comprehensive guidance to individuals seeking to improve their skills.

# OUR METHOD

**We work together mixing our knowledge, experience and style to provide participants with different points of view on the board. We share the experience with community leaders and help them to make the community grow and increase their level.**

Our sessions are mixed in group and individual coaching, having theory and practice in the same session. This helps to understand why and how movements should be done.

Surfskate is a full-body exercise that requires understanding of physics, the surfaces and the body to unlock its best. We complement the technical training with body exercises and tips for increasing strength and flexibility.

We use video recording during our class, we teach how to observe and collaborate together in the learning process. We do not encourage competition but cooperation.





**Beginners** will learn the essentials for getting comfortable at the board, how to generate speed and the basic tips for executing their first turns to control their speed and change directions.

For **intermediate riders**, sessions will provide a review of the technical aspects of surfskate and the improvement on their pump and turns - bottom and top turn- getting the right technique for their first tricks and consistently improving how they generate speed.

For **advanced riders** who want to improve their tricks and learn new ones, fix some bad habits that are blocking their progression and also get a better reading of lines at the skatepark improving their style and developing their flow.

Regardless of participants' level we will help everyone to understand how to navigate the skatepark feeling comfortable and safe.

**We classify the surfskate levels into different categories to identify the next steps:**  
**<https://www.surfskate.coach/levels>**



# OUR OFFER

**We have developed different activities that are most suitable for communities at different levels.**

## Surfskate Masterclass

Masterclasses are meant to coach groups split by different levels. Usually have 2 or 3 sessions and are developed during a weekend. Each session might have two to four hours (with breaks). The Masterclass have theory, practice and includes other activities, such as skatepark discovery, training, tricks, etc. A Masterclass can help participants to engage with each other during the practice, learn how to observe and help others, and level up the entire group. In a Masterclass can participate up to 10 people.

## Focused Workshops

Workshops are usually highly technical, focused on specific levels and have a specific goal. For example, improve turnings, manage body weight and balance, generate speed, unlock a trick, or learn how to create lines in a bowl. A series of workshops can be organised in a weekend, and can be oriented to different riding levels who want to improve a particular skill. A workshop can hold up to 6 people.

## Private sessions

We also offer private sessions with any of the coaches. Lessons are 60 minutes with intense training focused on the needs of each participant. We'll focus on specific technical aspects the participant needs to improve, sharing feedback and working on the personal experience during the sessions. This approach allows for noticeable overall progress in a short period of time.

## Intensive sessions

The sessions are less focused on the technique, but are designed to help participants increase their confidence and share the experience together. It could include people from different levels, and more participants are welcome. Usually, sessions are held in more than one place and could also include urban discovery, riding in the street or using different spaces.

## Girls' session (with MOW)

This is a girls-only session and it will focus on sharing the experiences of riding and the personal process of learning surfskate. Mow will discuss body movements and various technical approaches to unlock manoeuvres and tricks. A minimum level is recommended. The idea is to share a moment in which each participant can learn the process of learning the sport, the global momentum, current trends and spots to surf and surfskate around the world. The goal is to empower girls who want to ride better, providing an intimate and safe space to practice.



# SURFSKATING IS SHARING

## Meetups & Social events

Social events are also key to creating connections. In meetups, we engage with the community, sharing some tips while we share a fun session. The main goal is to get to know each other while we skate, try the local parks, but also understand the community dynamics and their specific needs.

## Demo sessions

A demo session meant to inspire participants showing the best tricks and watching the best riders live. In this way we motivate the participants, showing them a different approach to the park, new lines at the bowl and also what is possible to achieve with their surfskate if they continue training consistently.

## Coach training

As coaches, we are also continuously learning from each other. This is why we also help other coaches with training sessions. A trainer can learn our methodology, teaching technique and learn new tricks.



## Surfskate Retreat in Barcelona

We organise surfskate retreats in Barcelona regularly, giving the participants the opportunity to improve their surfskate skills and discover the city, engaging with the local surfskate community. Classes will be held in different parks, to maximize the experience and focus in different aspects of the technique that we want to develop. The group will be separated by levels to prioritize their needs.

<https://www.surfskate.coach/barcelona-surfskate-retreat>



# COORDINATION OF ACTIVITIES

We work flexibly, coordinating the activities together with communities, coaches and local entities. We also offer our platform [surfskate.coach](https://surfskate.coach) where people can book, schedule and pay for their classes and lessons.

## COSTS AND EXPENSES

Travel costs are included in the price of the tickets, but specific arrangements can be done. We have an affordability principle where we want to support everyone who wants to participate and put affordable prices for our sessions.

## OUR SOCIALS

[instagram.com/pyojany](https://www.instagram.com/pyojany) (12500 followers)

[instagram.com/morasol](https://www.instagram.com/morasol) (2200 followers)

[instagram.com/manuchis](https://www.instagram.com/manuchis) (1300 followers)

[instagram.com/yojany\\_surfsk8\\_sessions](https://www.instagram.com/yojany_surfsk8_sessions)  
(2800 followers)

## CONTACT

**Email:** [manuchis@gmail.com](mailto:manuchis@gmail.com)

**Whatsapp:** +34 600 851 104

## COMMUNICATION

We design the activities, provide design of communication pieces, get video and photos, and share the experience through social media. We reach people and help to increase the visibility from the community.

## COLLABORATION

If you are also a coach, you will give your students a new vision on the surfskate. We believe in collaboration and diversity. This is an opportunity to give them a differential service and let them experience a different style and understanding that what matters is to keep skating.

## WE WORK WITH THE FOLLOWING BRANDS



## Join our community list

We have mapped surfskate communities in Europe. If your community is not listed, send us an email with details and contact and we will add it: [surfskate.coach/communities](https://surfskate.coach/communities)

# **SURFSKATE TO THE NEXT LEVEL WITH US**

