

The Sturdy Athlete Curriculum

Body-Awareness

1. The Cylinder
 - Protects against: rib and shoulder repetitive stress injuries
 - Enhances: mid-drive connection, posture at full compression, rotation
2. Shoulders, neck, and hands
 - Protects against: Thoracic Outlet Syndrome, forearm and carpal tunnel issues
 - Enhances: sitting tall, healthy breathing, stable end range mobility
3. Hips, legs, and feet
 - Protects against: rib and shoulder injuries, excessive rounding
 - Enhances: effective jump and compression, ability to breathe, posture

Self-Awareness

1. Breath Work
 - The quickest way to “the zone”, skills to stay focused
 - Techniques for down-regulating, grounding, sleep
2. Meditation/Visualization
 - Cultivate the mental discipline to visualize effectively
 - Portable and effective tools to impact mental health

The Process

It's not a drop in, and it's not a one-off. I create systems.

- 3-4 Day in-person observation + custom program creation
- Continuing Virtual or in person programming for full or half semester

Highly customizable to your program's needs and budget. Deliverables include physiologically and psychologically sturdier athletes who can protect themselves from repetitive stress injuries common in rowing.

BOOK A FREE CONSULTATION

