



# The Kayak Coaches' Manifesto: An Alternative Approach to High Performance Kayaking

By Dari Y. Fisher

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The author, Dari Y. Fisher has created this manual in consultation with Dr. Imre Kemecey (Master Kayak Coach and Olympic Silver Medallist); regarding coaching structure and technique for elite and emerging Flatwater and Surfski kayak athletes. Initially, the author thought about writing a book on the subject of kayaking in general, however, after much consideration, he remembered a quote he once heard: "A book about everything is a book about nothing." He is not in total agreement with this statement, nevertheless, it was determined that it would be far more beneficial to write in a precise manner regarding a small number of focused topics, as opposed to writing vaguely concerning a multitude of topics. In terms of what has been published, it has for the most part been another person saying the same thing in a slightly different way. It is barely beneficial to hear about "rotation", or "using your large muscles in your back" for the umpteenth time! There is so much more to this sport than superficial and quite obvious biomechanical tips. Critical analysis alone cannot do this great sport justice, and will not assist our athletes to "step forward" to the next level!

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