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# SUMMER ADVENTURE 2026

KITEBOARD  
E-FOIL  
PADDLE BOARD

Adventure, learning, and  
connection with nature



## GENERAL OVERVIEW

This summer camp is designed for participants that want to experience a unique combination of ocean adventure, skill-building, and fun.

- Duration: 4 days
- Total: 18 hours of training
- Schedule: Afternoon sessions
- Age: 12+
- Level: Beginner to intermediate

### **Our approach combines structure + flexibility:**

Activities are carefully planned but will be adapted to the weather conditions and group dynamics to ensure safety, learning, and enjoyment at all times.



### **We use a progressive, experience-based approach:**

- Land training + water practice
- Development of balance, control, and body awareness
- Safety as the foundation of the sports
- Continuous instructor support

Each session is designed to help students build confidence step by step while having fun.

## THE TEAM

### Alicia Medina

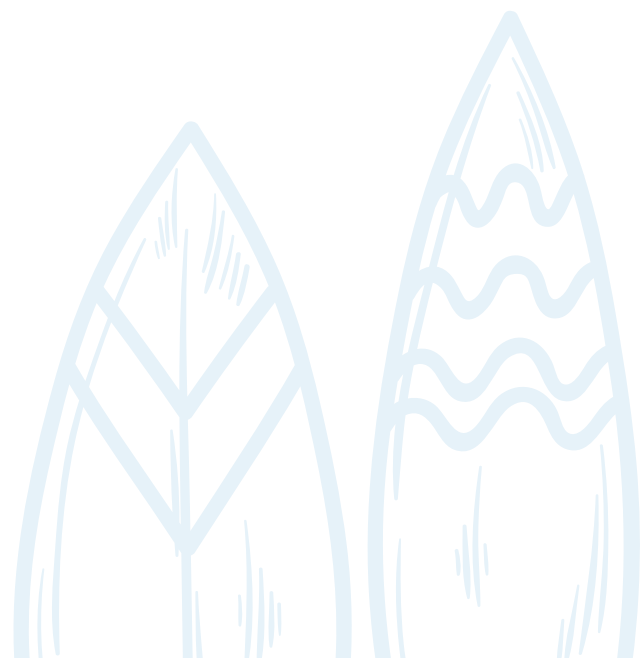
Alicia brings 12 years of kitesurfing experience, including 7 years coaching riders on the water. With 20+ years working with and teaching teenagers, she combines high-level instruction with patience, encouragement, and a strong focus on safety. Alicia doesn't just teach kiteboarding—she helps riders build confidence, independence, and trust in themselves.



## THE TEAM

### Heath Boyer

Heath brings 30+ years of surfing, exploration, and extreme sports experience to every session. As a certified personal trainer and dedicated waterman, he blends performance coaching, water safety, and adventure into an approachable learning experience. Heath's style is all about progression, confidence, and helping people push beyond what they thought possible.





## WHAT'S INCLUDED

Everything needed for a safe, premium, and complete experience:

### EACH STUDENT GETS

- Helmet
- Life vest
- Water shoes

### KITEBOARDING GEAR

- Harness
- Kite and bar
- Board
- Pump

### E-FOIL GEAR

- Board
- Foil
- Foil assist system (Foil Drive)

### PADDLE BOARD GEAR

- Paddle board
- Paddle (oar)

## WHAT'S INCLUDED

### TRAINING & ACTIVITIES

- 6 hours of kiteboarding lessons — **Value: \$900**
- 6 hours of foiling lessons — **Value: \$1,140**
- 3 hours of paddle boarding — **Value: \$150**

### EXPERIENCE & SUPPORT

- Boat rides for kiteboarding activities
- Water Assistance
- Continuous feedback and progression with expert guidance
- Safe practice areas
- Sandbar exploration / eco-tours

### COMFORT & EXTRAS

- Welcome kit
- Snacks and hydration
- Access to facilities
- Specialized gear
- Top-notch equipment

### WHAT'S NOT INCLUDED

Transportation to the location, Accommodation, Meals beyond snacks and hydration, and Personal expenses



## SCHEDULE (OVERVIEW)

Sample Daily Schedule (Weather-Dependent)  
Each day is designed around wind, tides, and safety conditions. Activities may shift between kiteboarding, e-foiling, paddleboarding, and ocean exploration to ensure the best possible learning experience every day.

- Arrival, check-in & gear collection
- Safety briefing & daily plan review
- Ground school (theory, technique, and skills development)
- Equipment fitting, preparation & setup
- On-water session (kite / e-foil / paddleboarding / progression drills)
- Break (snack, hydration & sun protection)
- Second water session (practice, exploration, or skill challenges)
- Rinse, pack down & daily debrief

## SCHEDULE (OVERVIEW)

### How We Adapt to Weather

No two days look the same. The program flows with the conditions to keep participants safe, engaged, and progressing:

- Wind days: kiteboarding focus (control, body drags, water starts, riding progression)
- Light wind / no wind: e-foiling, paddleboarding. All conditions: safety, awareness, and coaching progression remain consistent

### What Stays Consistent

Regardless of conditions, every day includes:

- Structured coaching and clear progression
- Strong emphasis on water safety and ocean skills
- Hands-on, guided learning
- A balance of skill-building, adventure, and fun

## NEW SPORT SKILLS

Throughout the camp, participants build:

- Water confidence
- Balance, coordination, and body awareness
- Independence and teamwork
- Connection with and respect for the natural environment
- New action sport skills through guided progression

More than lessons on the water, this is an experience designed to inspire growth, confidence, and adventure.



## CUSTOMIZED PLANS

If the camp dates or format don't quite fit your schedule, we also offer customized adventure experiences designed around your needs.

- Private 1:1 or group sessions for families and friends
- Flexible scheduling for 3 days or less on your preferred dates
- Options tailored for younger children and beginner riders

Whether you're looking for a family water adventure, a private progression camp, or a fun introduction to action sports, we can create a personalized program based on age, level, and goals.



## SESSIONS & AVAILABILITY

### AVAILABLE SESSIONS

- Session 1: June 16 – 19
- Session 2: June 22 – 25
- Session 3: June 29 – July 2
- Session 4: July 13 – 16

### SCHEDULE

Daily Sessions:

- 1:00 PM – 5:30 PM

### FOR EACH SESSION

- Small group sizes allow for more personalized instruction, safety supervision, and progression.
- Minimum: 3 participants
- Maximum: 8 participants

### LOCATION

- In proximity to the Bogue Banks on the sound side
- Salter Path / Indian Beach



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