

**PUSH BEYOND LIMITS  
RISE WITH PURPOSE**



**TRAINING**  
—WITH LORI J—

# **TRAIN FOR NATIONALS WITH A WORLD CHAMPION**

Join Lori J's immersive clinics and embark on a journey to mastery and connect to your greatness.



Step into a journey with 2004 World Champion Lori J. for high-impact clinics, individual sessions, crew training and more, built for outrigger canoe paddlers targeting the 2025 National Championships. This is more than training—it's a call to awaken the champion inside. Sharpen your technique, build unshakable mental grit, and learn to race from a place of power and clarity.

*Greatness isn't given. It's cultivated. From the inside out.*

## **ADVANTAGES:**

- ✓ Expert Guidance
- ✓ Mental performance training
- ✓ Master stroke efficiency
- ✓ Build your race strategy
- ✓ Create your warm up routine
- ✓ Comprehensive Training



Get in touch with Coach Lori J  
**503-351-8065**

**Contact Us:**



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