

### **Great work reply**

Thanks for the reply ( name ), That's Great work well done!

Not sure if you know — I'm a Flow Performance Coach. A bit different from the usual rider-coach.

I work with riders in many championships on the mental side of racing — helping them access the Flow State, where performance becomes automatic, consistent, and confident under pressure.

I've built a free post-race assessment tool that shows exactly where your gains are hiding — and how to unlock them in time for the next round.

 Want me to send it over?

### **Productive reply**

Thanks for the reply ( name ), Sounds like you had a productive weekend

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### **Tough Weekend Reply**

Thanks for the reply ( name ), it Sounds like you had a tough weekend

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### Yes Reply to Review

OK ( name ) here you go  The Post-Race Flow Performance Score  
<https://improve-rider.scoreapp.com>

It only takes a few minutes and will highlight exactly where your hidden performance gains are - and how to unlock them.

I'll check back in soon, to see how it went, ok for you?

### Link to Free Training

Here's instant access to the Podium Contenders Blueprint  
<https://academy.caminocoaching.co.uk/podium-contenders-blueprint/order/>

 What you'll learn:

- ✓ Day 1: The 7 biggest mistakes costing you lap times
- ✓ Day 2: The 5-pillar system for accessing flow state on command
- ✓ Day 3: Your race weekend mental preparation protocol

Complete all 3 days, and you'll unlock a free strategy call where we'll create your personalised performance roadmap for 2026.

See you inside! 

Craig