



For immediate release.

Superior Performance Endurance Coaching was founded in 2009 by Jason Kask to help people achieve their athletic goals. Since its inception it has grown to include sports performance specialists that complement Jason's skills in coaching to provide movement analysis, and nutrition consulting to athletes around the world.

Jason has worked with Olympic and Paralympic athletes for over a decade. This, combined with his extensive experience coaching master and junior athletes of all abilities, has allowed him to hone his coaching skills. Whether the goal is finishing a first Birkie, Ironman triathlon or making the elite wave, Jason can help.

Creating personalized training programs that work with each client's unique situation and schedule is at the foundation of Superior Performance's success. The combination of scientific training, experience, and accountability creates the perfect recipe for achieving your goals.

Reach out to Jason for a free consultation to see if his coaching is what you need to make your goals a reality.

Dream big, you can do it, we can help.

Jason Kask

Superior Performance Endurance Coaching

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