

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Coaching Session Planner MCP

Build professional surf training plans in seconds.

Coaching Session Planner MCP gives your AI client access to professional surf coaching methodologies. You can generate structured session plans, map out skill progressions, and check if specific drills are safe for current ocean conditions. It helps you manage feedback timing and drill sequences without manual planning.

surfing

coaching

training

sports-science

session-planning



The connectivity layer between AI and the world's software.



Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Coaching Session Planner MCP

4 tools available

Cloud-hosted on Vinkius

You can now give your AI client the ability to think like a professional surf coach. This MCP provides the technical framework needed to build structured training sessions based on real coaching methodologies. Instead of guessing how to progress a student, you can use this tool to map out specific drill sequences that lead to skill mastery. It also handles the practical side of coaching, like checking if a drill is actually safe to perform given the current wave conditions or crowd size. You can also determine exactly when to give feedback to a student to ensure they are actually learning. Whether you are planning a single session or a multi-week progression, this MCP provides the logic to keep your training organized and effective.

Core Capabilities

01 — Session Planning

Your agent builds full, structured training sessions from scratch.

02 — Skill Mapping

The AI identifies the specific drill sequences needed to reach a target skill level.

03 — Safety Assessment

Your client checks if drills match the current wave and crowd conditions.

04 — Feedback Timing

The tool calculates the best moments to provide student feedback.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/coaching-session-planner — connect your AI agent in three steps.

- 01 Connect your MCP-compatible client to Vinkius.
- 02 Ask your AI client to generate a session plan or drill path.
- 03 Use the tool to check drill feasibility against current conditions.
- 04 Review the structured plan or progression sequence provided by the AI.

Connect your client to Vinkius and start generating plans immediately.

Built For

This MCP is built for professionals who need to turn coaching theory into actionable ocean sessions.

Surf Instructors

They hand off the heavy lifting of session structuring and drill sequencing to the AI.

Surf Coaches

They use the tool to verify drill safety and plan long-term student progressions.

Surf Academy Managers

They use it to standardize training plans across multiple instructors.

What Changes When You Connect

- 01 Reduces manual planning time for complex training sessions.
- 02 Ensures drills are appropriate for current ocean conditions.
- 03 Provides a logical path for student skill development.
- 04 Standardizes coaching feedback timing.

Real-World Applications

Daily Session Prep

An instructor generates a structured plan for a specific student level before hitting the water.

Long-term Training

A coach maps out a multi-step progression to move a beginner toward intermediate skills.

Safety Checks

A coach verifies if a planned drill is too dangerous for heavy or crowded waves.

Feedback Optimization

A coach uses the tool to decide when to intervene with a student during a session.

4 Tools Available

#	TOOL	DESCRIPTION
01	calculate_feedback_cadence	This tool determines the best timing and frequency for providing coaching feedback to a student.
02	evaluate_drill_feasibility	This tool checks if a specific drill is safe and effective based on current environmental conditions.
03	get_progression_path	This tool generates a logical sequence of drills to help a student reach a specific skill goal.
04	get_session_plan	This tool creates a complete, structured plan for a single surf coaching session.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U Create a session plan for an Intermediate surfer aiming to improve turns in Good wave conditions with a Moderate crowd.



The session plan includes a 10-minute warm-up, a 30-minute technical execution phase focusing on carving turns, and a 10-minute review. Recommended drills include 'Bottom Turn Precision' and 'Top Turn Control'.

U Is a high-performance carve feasible in Heavy waves with an Extremely Crowded lineup?



No, the high-performance carve is not feasible due to the high collision risk in crowded conditions and the intensity of the waves.

U What is the next step for a Beginner wanting to improve their pop-up?



The next step in the progression is 'Stable Pop-up Mechanics' to build the necessary foundation for wave riding.

Frequently Asked Questions

01 What can this MCP do for surf instructors?

It allows you to generate structured session plans, check if drills are safe for current conditions, and map out skill progressions for your students.

02 How does it handle ocean safety?

The evaluate_drill_feasibility tool checks if a specific drill is appropriate based on the current wave and crowd conditions.

03 Can I use this with Claude or Cursor?

Yes, you can connect this MCP to any MCP-compatible client like Claude, Cursor, or Windsurf through Vinkius.

04 Does it help with student progression?

Yes, the `get_progression_path` tool provides a specific sequence of drills to help a student reach a target skill level.

05 Do I need to host the MCP myself?

No, Vinkius hosts and manages the MCP for you. You just connect your client and start using the tools.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

https://edge.vinkius.com/[TOKEN]/mcp

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"coaching-session-planner": { "url": "..." }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

 Ask ChatGPT

 Ask Claude

 Ask Perplexity

 Ask Gemini

 Ask Grok

READY TO CONNECT

Coaching Session Planner is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

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Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

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