



WINTER CHAMPS COACHING CLINIC



29th-30th September 2020

Who are the coaches?

- Andrew Brown
- Connor Corgard (USA)
- Erin Rafuse (CAN)
- Josh Armit
- Susannah Pyatt

The coaching team includes

- 3 x Olympic sailors
- 4 x World Championship medals
- 2 x Olympic and Paralympic coaches

More coaches will be added as we receive registrations!

What classes are in the clinic?

Opti Green Opti Open

Bic P Class

Starling 29er

Laser 420

Feva



For more info or to sign up please visit

<https://murraysbay.org/2020-stack-winter-championships/>



Timetable	
Time	Activity
Tuesday	
8:30am - 9:30am	Sailor's register on the first floor
8:30am	Coaches meeting (Coaches only) then coach boat set up
9:30am	Briefing (all) groups, intro, plan etc (Training Room)
9:45 AM	Group briefings and hit the water
12:00 PM	Lunch (this might be on the water so bring a dry bag)
2:00 PM	Come in - Sailors change
2:30 PM	Debrief
3:00 PM	Ready to leave
Wednesday	
8:30 AM	Coaches meeting (Coaches only) then coach boat set up
9:30am	Briefing (all) groups, intro, plan etc (Training Room)
9:45 AM	Group briefings and hit the water
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Cost		
	Single Handed	Double Handed
Coaching – 2 Days	\$120	\$160

Contact
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