



Woollahra Sailing Club
DOLPHINS SQUAD

WINTER TRAINING PROGRAM

The Autumn training program for the Dolphins Squad has been specifically developed to help Squad members build on the skills and experiences they have gained over the Summer programs in preparation for the Optimist East Coast Championship 12-13 June 2010.

Program Outline

The program will focus mainly on the three aspects of racing that are most critical to the young racing sailor:-

- Boat preparation
- Boat handling
- Boat speed

While focusing on these areas the program will also look at developing race tactics and strategy in particular working on getting a good start, the upwind and downwind.

Program Dates

Sundays

25 April-	9am-12pm	Coaching session
2 May-	9am-1pm	Coaching session followed by BBQ with parents.
16 May-	9am-12pm	Coaching session followed by lunch
	1-3pm	Racing
23 May-	9am-12:15pm	Coaching session
30 May-	9am-12	Coaching session
	1-3pm	Racing
6 June-	9am-12pm	Coaching / Regatta preparations

Program Cost \$200ea

Some volunteer assistance from parents is requested especially to help with racing on 16 & 23 May.

Enrolment

Please contact Hank at club.coach@woollahrasailingclub.org.au

Or by phone 02 93719805.