



Woolahra Sailing Club
RS FEVA SQUAD

WINTER TRAINING PROGRAM

The Winter training program for the RS Feva Squad will be focused on helping Squad members build on the skills and experiences they have gained over the Summer programs in preparation for the RS Feva National Championship to be held at our Club on 3-4 July 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 legs.

Program Dates

Sundays during Term 2 (except for Sunday 9 May and Sunday 13 June).

Time

1pm until 4pm

Program Cost \$290ea (will include use of a club Feva for the Nationals).

This program is strictly limited to 12 participants.

Enrolment

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

Or by phone on 02 93719805.