

## TORONTO SAILING AND CANOE CLUB



### RACE CLINIC



*Learn how to perfect your technique and skills*

*Take advantage of what great sailors have learned already*

*Get feedback on how to get faster*

*Wednesday, May 14<sup>th</sup> and Thursday, May 15<sup>th</sup>*

*Our coaches have all had international experience on the racing circuit with proven results. They are also members of the Ontario Sailing Team, National Team and experienced in competition in many world class venues.*

*Registration is \$50.00 for two days of intensive on the water training. Please fill out the application in advance as registration is limited. Lunches may be arranged.*



#### Join coaches

Conner Higgins

Carol Luttmer

Dan Cunningham

Matthieu Dubreucq

For an intensive on the water training session right before the Icebreaker regatta.

Topics:

- Boat handling
- Race preparation
- Skills development
- Training program
- Nutrition
- Mental preparation
- Rules
- Starts
- Strategy
- Game plan
- Technique
- Training partners
- Physical training

Location: 1391 Lakeshore Blvd West  
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