



TSCC Race Clinic

Date: May 15th & 16th 2008

Coaches: Connor Higgins, Dan Cunningham(Laser & Radial) & Carol Luftmer (Double handed)

Athletes: Limited to 10 boats per coach

Goal: To provide expert coaching from top class athletes and to instill the core skills, discipline and knowledge to achieve racing results.

Focus:

- Boat handling
- Sail trim
- Boat setup
- Regatta preparation
- Personal preparation for competition

Schedule:

Thursday, May 12th

0900 - Clinic Introduction
0930 - Introduction to Mental Training
1200 - Water Session
1700 - Nutrition for Sailors

Friday, May 13th

1000 - Season Planning & Goal Setting
1200 - Water Session
1600 - Clinic Wrap-up

Post Clinic:

Sailors will be given: Presentation materials

Individual debriefs