



TSCC Race Clinic

Date: Wednesday, May 14th & Thursday, May 15th 2008

Coaches: Conner Higgins, Dan Cunningham (Laser & Radial) & Carol Luttmer (Double handed) and OSA Coach Matthieu Dubreucq.

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:

Wednesday, May 14th

0900 - Clinic Introduction

0930 - Introduction to Mental Training

1200 - Water Session

1700 - Nutrition for Sailors

Thursday, May 15th

1000 - Season Planning & Goal Setting

1200 - Water Session

1600 - Clinic Wrap-up

Post Clinic:

Sailors will be given: Presentation materials

Individual debriefs