

Mirror Race Training Clinic SYC

Facilitator: Maurice O'Connell

Date: Friday 27 Feb to Sunday 1st March.

Venue: Sligo YC

Objectives: Increase sailors' knowledge, awareness and experience of.....

1. Straight line boatspeed – rigging, upwind and downwind sail trim, steering techniques, rig tune & crew weight usage
2. Boathandling skills, teamwork & communication
3. Rules inc. the new 2009 ones!
4. Tactics / strategy & boat preparation.
5. Sailing fitness
6. To have a fun, interactive, safe and educational weekend for all

Fri 6–8pm: Introduction by Bryan Armstrong, SYC
“Goal Setting & Teamwork” presentation and discussion

Sat 9.30am: Briefing SYC
15 mins run and stretching exercises
On the water - starts, mark rounding, boat-on-boat situations, short races
Three longer trapezoidal / triangular races in afternoon
Training will be watched and recorded on digital video for de-brief and analysis after sailing in SYC

Sun 9.30am: Run and stretch
Briefing SYC, review of Sat, then two x 2 hour on the water sessions. Finish with five windward / leeward races in afternoon.

Sun 5.30pm: Wrap up to include results of six race series (no discard)

Price: €120 per boat (€60 per person for two person team)

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