

# **Hansa Coaching (Single Fleet)**

**Rutland. May 18<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup> 2017**

Thursday 18 <sup>th</sup>	09:30-on	RSC Office	Arrive & Register at Sailing Club office
	10:00	East lawn	Rig boats
	12:00	Wet Bar	Lunch
	13:00	Training block	Briefing
	13:30	East lawn	Preparing your boat for racing
	15:30	Pontoon/lake	Launch / Exercise 1
	Following	lake	Exercise 2
	17:00	Pontoon	Ashore stow & change clothes
	17:45	Training block	De-brief using video of Coaching
	18:30	Wet Bar	Evening meal
Friday 19 <sup>th</sup>	08:30	Wet Bar	Breakfast
	10:00	Training block	Briefing (Helpers launch boats)
	10:30	Pontoon	Exercise 3
	13:00	Wet Bar	Lunch
	14:30	Pontoon	Exercise 4
	16:30	Pontoon	Ashore & stow, change clothes
	17:15	Training block	De-brief using video of Coaching
	18:30	Wet Bar	Evening meal
Saturday 20 <sup>th</sup>	08:30	Wet Bar	Breakfast
	10:00	Training block	Briefing (Helpers launch boats)
	10:30	Pontoon	Exercise 5
	12:00	Pontoon	Ashore stow & change clothes
	12:45	Training block	De-brief / winding up
	13:15	Wet Bar	Lunch

# Hansa Coaching (303 Fleet)

Rutland. May 18<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup> 2017

Thursday 18 <sup>th</sup>	09:30-on	RSC Office	Arrive & Register at Sailing Club office
	10:00	East lawn	Rig boats
	12:00	Wet Bar	Lunch
	13:00	Training block	Briefing (Helpers launch boats)
	13:30	Pontoon/lake	Exercise 1
	Following	lake	Exercise 2
	15:00	Pontoon	Ashore
	15:30	East lawn	Preparing your boat for racing
	17:45	Training block	De-brief using video of Coaching
	18:30	Wet Bar	Evening meal
Friday 19 <sup>th</sup>	08:30	Wet Bar	Breakfast
	10:00	Training block	Briefing (Helpers launch boats)
	10:30	Pontoon	Exercise 3
	13:00	Wet Bar	Lunch
	14:30	Pontoon	Exercise 4
	16:30	Pontoon	Ashore stow & change clothes
	17:15	Training block	De-brief using video of Coaching
	18:30	Wet Bar	Evening meal
Saturday 20 <sup>th</sup>	08:30	Wet Bar	Breakfast
	10:00	Training block	Briefing (Helpers launch boats)
	10:30	Pontoon	Exercise 5
	12:00	Pontoon	Ashore stow & change clothes
	12:45	Training block	De-brief / winding up
	13:15	Wet Bar	Lunch