

Hansa Coaching – Programme

Rutland. May 10th, 11th, 12th 2018

NOTES:- Arrive at the briefing changed and ready to go sailing.

:- For safety, do not sail away from the Group. After launching, sail to the Coach RIB and join the circuit

:- After sailing go straight to the Training Block in sailing gear for a de-brief

Thursday 10 th	09:30-on	RSC Office	Arrive & Register at Sailing Club office
	10:00	East lawn	Assemble boats. Check rigs etc.
	12:00	Wet Bar	Lunch
	13:00	Training block	Introduction, Safety Topics, form into pairs, Briefing for Session 1
	14:00	Pontoon	Sailors get into boats and sail to the Coach RIB
	Pre-start	GATHERING	Circulate between the RIB and a mark until all boats are present
	14:45	SESSION 1	A GOOD START. Lots of starts plus a short beat and run
	16:45	Pontoon	Ashore, Helpers stow boats
	17:00	Training block	Sailor de-brief using video of Coaching
	18:00	Changing	Change ready for dinner
18:30	Wet Bar	Evening meal	
Friday 11 th	08:30	Wet Bar	Breakfast
	10:00	Training block	Briefing for Session 2 (Helpers launch boats)
	10:30	Pontoon	Sailors get into boats and sail to the Coach RIB
	Pre-start	GATHERING	Circulate between the RIB and a mark until all boats are present
	11:15	SESSION 2	SQUARE CHASE RACE. Racing around a square – with a difference!
	12:30	Pontoon	Ashore for lunch
	13:00	Wet Bar	Lunch & afternoon briefing for Session 3
	14:00	Pontoon	Sailors get into boats and sail to the Coach RIB
	Pre-start	GATHERING	Circulate between the RIB and a mark until all boats are present
	14:45	SESSION 3	TEAM RELAY RACE. Fleet racing with a difference – in pairs
16:30	Pontoon	Ashore, stow boats	
16:45	Training block	Sailor de-brief using video of Coaching	
18:00	Changing	Change ready for dinner	
18:30	Wet Bar	Evening meal	
Saturday 12 th	08:30	Wet Bar	Breakfast
	09:45	Training block	Race Briefing (Helpers launch boats)
	10:00	Pontoon	Sailors get into boats and sail to the Start Area
	10:45	SESSION 4	SERIES OF COACHED RACES. Fleet race series with prizes to win
	12:45	Pontoon	Ashore. helpers retrieve boats
	13:00	Training block	De-brief, prizegiving / winding up
	13:30	Changing	Change ready for lunch & depart