



2016 WIND Clinic Schedule

Tuesday, July 5: Boat Speed

0900-0945: arrival, check in, registration, pre-rigging
0945-1000: introductions, venue description, safety
1000-1045: onshore discussion (physical preparation, hiking exercises, rigging)
1045-1130: on-the-water drills (trimming, positioning)
1230-1330: lunch on the beach*
1330-1600: on-the-water drills (boat control techniques)
1600-1700: de-rig, debrief, and refuel
1700: dinner at the Marine Park

Wednesday, July 6: Boat Handling

0900-1000: rigging
1000-1045: onshore discussion (tacks, gybes, mark rounding)
1045-1230: on-the-water drills (tacks, gybes, mark rounding)
1230-1300: lunch on the beach*
1300-1600: on-the-water drills: (more boat handling)
1600-1700: de-rig, debrief, and refuel

Thursday, July 7: Starts & Acceleration

0900-1000: rigging
1000-1045: onshore discussion (Pick end of a line- pre-start timing and fleet control)
1045-1230: on-the-water drills (Start acceleration and line control)
1230-1300: lunch on the beach*
1300-1430: on-the-water drills (Full start drills)
1600: de-rig, debrief, and refuel

Friday, July 8: Strategy & Tactics

0900-1000: rigging
1000-1045: onshore discussion (strategy planning)
1045-1230: on-the-water drills (tactics, starts, strategies)
1230-1300: lunch on the beach*
1300-1430: on-the-water drills (more winning strategies)
1600: de-rig, debrief, and refuel

*Lunch times will be variable as groups cycle through. Schedule subject to change at coach's discretion and the fate of the winds...