

29er

The following is the outline for the training Camp on July 28th to 31st

The camp and the 29er Canadians will be held at KYC in Kingston, Ontario.

Rob Frost will be leading the training Camp.

Sail Canada High Performance director Mike Milner will be joining us on the 28th

On the 29th Ross Cameron will be doing a morning and afternoon session of starts which will be video for the coaches to use in their debrief sessions.

On the 30th training and 31st will be practice racing

Here is the break down for the training camp.

July 28

9 - Meet at Boat Park, go over rigging and tuning

1030 - On shore lesson / briefing

1 - 4 - On water training

430 - Debrief

July 29

830 - Optional fitness

9:30 - Meet at Boat Park get ready for starts on water with Ross and crew

12- On shore lesson / briefing

1-4 On water training w/ starts with Ross and crew

430 - Debrief / video

July 30

830 - Optional fitness

10 - Meet at Boat Park

1030 - On shore lesson / briefing

1-4 - On water training / practice racing

430 - Debrief / video

July 31

830 - Optional fitness

10 - Meet at Boat Park

1030 - On shore lesson / briefing

1-4 - On water training

430 - Debrief / video

The coach session will be put into the regular camp and cover the following:

Rigging and tuning

Understanding the podium pathway

Building a HP program

On water training plans

Using video to maximize debriefs

Athlete debrief / video

The cost per sailor is \$150.00 for the 4 days. This includes a lunch and pasta dish after the on water sessions. The 31st after the practice racing there will be BBQ for sailors and the coaches.

Parents or others may join us for the BBQ for \$20.00 per person.

For other coaches wishing to learn how to coach 29ers the cost will be \$50.00 per day also includes lunch and end of day pasta.

For sailors and team to sign up, please email me at kevinbfrost@gmail.com with your name, club, and contact info no later than July 23, 2018, as I need to confirm the numbers for KYC for the food.

I will be at the KYC on the afternoon of the 27th and the morning 28th.
Collecting the training camp fees.

Thank you

Kevin Frost Canadian 29er Class President 613-816-4746