

Springsail Coaching Clinic Schedule

Monday 19th Sept - 2016

8am – 9am	Sailors Arrive Rigged and ready for 8.45am Welcome
8.30am	Coaching Briefing with Mike Williams (coaches only)
8.15am	Registration in the Cadet Building – see map
9am	YV Welcome / Home Group
9.10am	Warm up Exercises with Warrick Pearson VIS/AST Physio
9.30am	Briefing / On Water Coaching
12.30 – 1.30pm	Guest Speaker
1.30pm	On Water Coaching
4pm	Return to Shore / Debrief
4.45pm	BBQ Dinner and Guest Speaker *Guest speaker will be speaking during dinner time starting at 5.15pm
6.00pm	Home Time

Tuesday 20th Sept - 2016

9am	Rigged and Ready Warm up exercises in Home Group
9.15am	Briefing / On Water Coaching
12pm – 1pm	Lunch – Guest Speaker
1pm	On Water coaching
4pm	Debriefing / Return to Shore