

Springsail Coaching Clinic

25-26 September 2017, Royal Geelong Yacht Club

Head of State Coaching Victoria

Adrian Finglas

- Adrian Finglas has a life time of experience in the sport from Olympic level of coaching to professional sailing.
- Adrian has the ability to coach a cross section of classes at the highest of levels.
- Working for Australian Sailing from the period of 2007 to 2012 Adrian was able to guide some of our best young youth sailors along a pathway to Rio.



9er Coach

Rod Hagebols

- Over 20 years coaching experience at State, National, World and Olympic level.
- Preparing teams for 2000, 2004, 2008 and 2012 Olympic Games in Laser, Soling and Star class.
- Recently returned from 2017 Junior 49er Worlds in Kingston Canada where he coached 4th Place Manton/ Goodfellow.
- 37 years of racing Dinghy, One design Keelboat and Offshore experience



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Laser Coaches

Rhett Gowans

- Rhett is the current Laser Radial Champion 2017
- 2017 Vis Squad athlete Laser Full Rig Class campaigning towards 2020 Olympic Games
- Victorian Laser Team Coach – performance Coach Program
- Passionate coach with his eye on developing youth



Mark Toner- Joyce

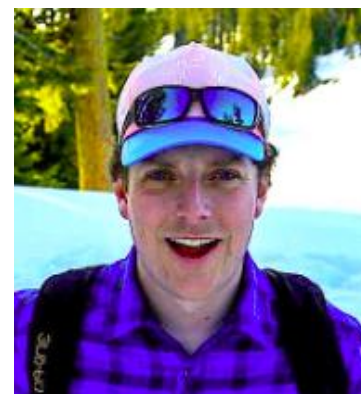
- Mark is a world class Laser coach who has been involved in the class for a life time
- Mark has been an National Level Olympic campaigning athlete during the late 1990,s
- Many years' experience in developing youth to Olympic Level athletes.



Minnow Coach

Paul Rogers

- Started coaching at Blairgowrie Yacht Club in 2005. Head Coach in the Victorian Minnow Association 2012 - present.
- Sailing Background - First boat was an old Minnow, sailed minnows for 4 years before moving onto Lasers. Followed the YV pathway program and then moved into 14ft Skiffs for a number of years.
- Highlights / Achievements - Successfully coaching 5 sailors into the top 10 at the Minnow Nationals over the past 4 Nationals. I am also proud to see the Minnow class holding strong as a sailing community filled with wonderful sailors and supportive parents.



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International Cadet Coaches

Tony Bull

- Experience- 45 years of sailing experience on all forms of vessels from Dinghies to Ocean racers and worked as sailmaker for 38 years.
- 2013 - current Australian head coach Cadet Class
- One (1) world championship as coach
- Nominated as "Coach of the year" at 2014 Yachting Australia Awards
- Three (3) years coaching International Cadet class- 2 Australian titles and two (2) state titles



Pat Hutton

- Started at the age of 6 coming up through Opti into a Cadet, 420 then 470 with many opportunities provided along the way, I love giving back to the sport of sailing by coaching.
- Represented Australia at 7 Cadet World Championships (4 as Crew & 3 as Helm) & International Cadet Australian Champion in 2003-04 (Helm).
- International 420 Worlds - Gran Canaria, Spain, 2006 (Helm).
- **Coaching** experience of several classes - Opti, Laser 4.7 & Radial, International Cadet and 420;
- Head Sailing Coach at Mordialloc Sailing Club – February 2013 to April 2014.
- Tasmanian District Laser Association Coach - 2014
- Junior Development Squad Coach at Sandringham Yacht Club - 2009-2011 & October 2013 to the present.



Looking forward to working with all of the sailors at SpringSail in 2017!

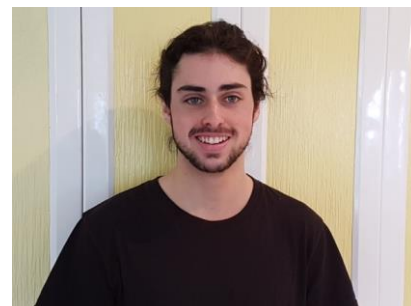
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Open Bic Coach

Tryone Gowans

- Coached Opti's, Open Bics, Lasers and Sabres.
- Currently Coaching at a number of clubs around the bay in a wide range of classes
- Sailing experience consists of sailing optimists nationally and internationally getting into AOST 3x, Laser 4.7 2014 Australian youths 3rd and the following year 2nd, sailed laser radials nationally.



Optimist Coaches

Sam McKay

- Sam comes to us from New Zealand with a wealth of experience, including top 3 placings at the NZ Nationals in each of the Optimist, P Class, 420 and Starling classes.
- Member of the Nations Cup winning NZ team at the 2007 Optimist Worlds and placed in the top 20 in the 2008 Optimist Worlds.
- Sam has been coaching since 2009.
- As Head Coach at Worser Bay Boating Club, Sam designed the program that saw the club achieve its best ever NZ Nationals result in 2015, including the National Champion.
- Sam has been the Victorian Optimist State Coach for the past 18 months and spends the winter months coaching race teams on the east coast of the USA.



Mel Hitchen-Haw

- Club opti coach at Mornington Yacht club
- Enjoyed coaching for VIODA over the past 3 seasons
- I have coached at a range of clubs around the Bay, including BRYC, ASC, APYC, SYC, MYC, DBYC,
- Coached at many coaching regattas over the last 9 years
- Recently worked in QLD at Royal Queensland Yacht Squadron



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420 Coach

Craig Cobbin

- Australian 470 Champion.
- British 470 Champion.
- Coached 420 team straight out of Optimists to 14th in the World Championship in only 9 months.
- 25 years' experience as a professional coach.



Cat Coach

Gordon Hyde

- Current Australian Mosquito Catamaran Champion
- Victorian Youth Catamaran Coach
- Senior Instructor dinghy/ keelboat/powerboat
- Sydney – Hobart skipper/ tactics/navigator

