

# 2017 Springsail Coaching Clinic Schedule

## **Monday 25th September, 2017**

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8am – 9am	<b>Sailors Arrive</b> Rigged and ready for 8.45am Welcome
8.00 – 8.15 am	<b>Coaching Briefing with Mike Williams- safety/weather (coaches only) in McAllister Room</b>
8.15am – 8.45 am	<b>Registration in the Main Clubhouse</b>
9.00am	<b>AS Welcome Regional Manager - Gavin Wall</b> <b>Coach Introduction in clubhouse - Adrian Finglas</b>
9.20 am	<b>Sign on with Coach Briefing /</b> <b>Warm up Exercises – coaches in groups - Clubhouse</b>
9.30am	<b>Coaching session</b>
12.20 pm	<b>Sign off with Coach</b>
12.30 – 1.30pm	<b>LUNCH (Stay on site) / debrief</b>
1.30pm	<b>Sign on – Coaching Session</b>
4pm	<b>Return to Shore / Debrief</b>
4.30 pm	<b>Sign off (Parent/ Athlete) in Clubhouse</b>
4.45pm	<b>BBQ Dinner and Guest Speaker - Will and Sam Phillips</b> *Guest speaker will be speaking during dinner time starting at 5.15pm
6.00pm	<b>Home Time</b>

## **Tuesday 26th September, 2017**

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8.15 am	<b>Coach briefing / weather safety McAllister Room RGYC</b>
8.30 am	<b>Sign in (Parent/athlete) – Main Clubhouse</b>
9am	<b>Rigged and Ready</b> Warm up exercises in Home Group
9.15am	<b>Briefing / Coaching Session</b>
11.50 am	<b>Sign off with coach</b>
12pm – 1pm	<b>Lunch - Coaches conversation /debrief</b>
12.30 pm	<b>Local Advertiser – Photo opportunity / Interview Coach / participants</b>
1pm	<b>Sign on with coach/ Coaching session</b>
4.00 pm	<b>Return to Shore/ debriefing by Coach</b>
4.30 pm	<b>Sign off (parent/ athlete) Main Clubhouse</b>
	<b>Home Time</b>