

## SPRING CLINICS

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Laser sailing



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### Clinics program

8-11 June : **Open** “progression” clinic in Kinsale YC

12 June : **Open** event with video debrief in Kinsale YC

13-16 June : **Open** “next gear” clinic in Kinsale YC

21-25 June : **Open** “prep summer” clinic in Kinsale YC

Invited classes : Laser 4.7, Laser radial, laser standard. *Rooster 8.1 sailors welcomed.*

All level and all age catered for. The training concept of these clinics is towards **improving technique** in order to **improve speed** and facilitate **tactical decisions**. Each session will be adjusted to the level of the sailor, video will be used as well as demonstrating best practice on shore drills and using the better sailors ( or the coaches) to show the better skills...

A typical day would start around 10am and finish around 5 or 6pm. *Fitness sessions in a local gym may occur after dinner : introduction to fitness for laser (sessions TBC)*