

ILCA WIND Clinic 2024

Day 1 – Upwind

9:00-10:30

Arrival, check in, get boats ready (DO NOT PUT UP SAILS)

10:30-11:30

Welcome Coach Introductions

WIND Clinic introduction to venue and rigging demonstration

Explanation of drills for Day 1 – Focus for the day is upwind speed and boat handling

Short break for sailors to make any adjustments needed to sailing equipment

11:30-12:00

Lunch and dress for afternoon sailing

12:30-1:00

Sailors complete rigging their boats

Each sailor must receive clearance from a coach that their rigging is correct

Once checked off sailors will have a coach write their name on tape on the back of their boat

1:00-4:00

Launch and sail drills with focus on upwind speed and boat handling

Group will sail as one to split fleet into smaller groups

Drills will be explained on land in morning briefing

4:00-5:00

De-rig, small group debrief, hydrate and refuel, coaches will confirm Day 2 schedule

Day 2 – Downwind

09:30

Arrive, get boats ready (DO NOT PUT UP SAILS)

10:00-10:30

Morning full fleet briefing

Focus for Day 2 – down wind speed and boat handling

All coaches will conduct briefing on downwind sailing in windy conditions

10:30-11:00

Split into small groups from Day 1 for drills briefing

Short physical warm up in full group after drills briefing

11:00-12:00

Lunch

Dress/Rig Boats to launch at 12:00

12:00-3:30

Launch and Sailing

Whole fleet will start with short-course boat handling warm-up drill
Split into small groups from Day 1 unless otherwise instructed

3:30-4:30

De-rig, small group debrief, hydrate and refuel, coaches will confirm Day 3 schedule

Day 3 – Starting and Strategy

9:30

Arrive, get boats ready (DO NOT PUT UP SAILS)

10:00-10:30

Morning full fleet briefing

Focus for Day 3 – Starting and ILCA strategy and tactics

All coaches will conduct briefing on starting in windy conditions and current

10:30-11:00

Split into small groups from Day 2 for drills briefing

Short physical warm up in full group after drills briefing

11:00-12:00

Lunch

Dress/Rig Boats to launch at 12:00

12:00-3:30

Launch and Sailing

Whole fleet will start with short-course boat handling warm-up drill

Split into small groups from Day 2 unless otherwise instructed

3:30-4:30

De-rig, small group debrief, hydrate and refuel, coaches will confirm Day 4 schedule

Day 4 – Putting it all together – LUNCH ON WATER AS IF A RACE DAY

09:30

Arrive, get boats ready (DO NOT PUT UP SAILS)

10:00-10:30

Morning full fleet briefing

Focus for Day 3 – Practice Racing

All coaches will conduct briefing on race day preparedness

10:30-10:45

Short physical warm up in full group after drills briefing

10:45-11:15

Dress/Rig Boats to launch by 11:30

11:30-2:30

Launch and Sailing

Whole fleet will start race practice races together

2:30-3:30

De-rig, final debrief