**2016 Youth Coaching Plan**

These plans are for a rough guide and will be adapted for the sailors attending and weather conditions.

**Start Racing**

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| --- | --- | --- | --- |
| *Date* | *Main sailing Focus* |  | *Other topics* |
| 12 Mar | As required |  |  |
| 23 Apr | Boat handing | Rules |  |
| 22 May | Boat handling & Upwind | Rules | Sail controls and shapes (Basic) |
| 4 Jun | Starting & downwind | Rules | Physical Preparation |
| 26 Jun | Speed + Mark Rounding | Rules | Sail Controls and Boat Preparation |
| 10 Jul | Strategy, Tactics & Racing / starting (Prep for Dinghy Week) | Rules | Strategy & Meterorology |
| 3 Sep | Boat Handling & Mark rounding | Rules |  |
| 15 Oct | Recap as needed | Rules |  |
| 29 Oct | As required |  |  |

**Intermediate Racing**

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| --- | --- | --- | --- |
| *Date* | *Main sailing Focus* |  | *Other topics* |
| 12 Mar | As required |  |  |
| 23 Apr | Boat handing | Rules |  |
| 22 May | Upwind & Starting | Rules | Physical Preparation |
| 4 Jun | Downwind & Mark Rounding | Rules | Mental Preparation, |
| 26 Jun | Speed | Rules | Sail theory, Sail controls and shape, & Boat Preparation |
| 10 Jul | Starting & Tactics (Prep for dinghy week) | Rules | Starting techniques and theory |
| 3 Sep | Strategy & Tactics, (Team racing?) | Rules | Meteorology, Strategy Tactics |
| 15 Oct | Recap, reserve | Rules | Strategy Tactics |
| 29 Oct | Winter Prep? |  |  |