

Australian Laser Masters Championship 2022 at Western Port YC, Vic.

Pre regatta 2-day coaching camp

Date 22nd & 23rd February 2022.



A coaching camp will be held prior to the regatta with a focus on maximizing performance by understanding the local tidal current & wave patterns. Also, time will be spent sharpening starting skills.

The coaching sessions will be conducted by VIS coach Brody Riley & VLA head coach Rhett Gowans. To ensure each sailor receives attention & value the numbers will be limited to 24 max. First come, first served.

On Tuesday the 22nd after completion of the on-water sessions Gavin Dagley** will give a talk to the group on how he prepares for major regattas. Each participant will receive a complimentary copy of Gavin's latest book 'ILCA Racing Performance for Masters Sailors'

Camp cost \$150 enter here: <https://www.clubops.com.au/event/GHJQQ>



** Gavin works as a consulting psychologist, researcher, and executive coach. Gavin returned to Laser sailing in 2012 after a 30-year absence. Between 2013 and 2020 he won six national championships in the Grand Masters Laser standard rig. He won the ILCA GM world championship, Mexico, 2016.