

**AGENDA FOR
SABRE TRAINING WEEKEND
2103**

<i>SATURDAY</i>		
8.30AM	Arrive and Rig Up	
9.00AM	Introduction – boat setup/ mast rakes etc open forum regarding setups in boat park around boats	
9.15AM	Session 1 As above	
10.00AM	<i>BREAK</i>	
10.15PM	Session 2 On the water – focus on boat handling Tacking and gybing drills, pre start manoeuvres etc	
12.30PM	<i>LUNCH</i>	
13.30PM	On the Water - Practice racing Debrief when off the water	
16.00PM	Ashore and pack up	
16.30PM	Finish	
<i>SUNDAY</i>		
9.00AM	Morning briefing	
9.30AM	<i>AGM</i>	
11.00AM	Break	
11.15AM	<i>Break</i>	
11.30AM	Session 5 : REFLECTIONS OF A NATIONAL CHAMPION	ph
12:30PM	<i>LUNCH</i>	
13:30PM	Focus on boat speed – 2 boat tuning Short course racing	
15:30PM	Ashore	
16:00PM	Debriefing	