

2015 Windsurfing Clinics



All clinics are **free** for Select members and open to non-members at £85 per session (members will get a 20% discount)

28th March - Intermediate: Warm up for the summer, kit set up and harness work. 1300-1700.

Looking at how to set up and tune your kit and focus on getting into the harness for the first time or give yourself more confidence.

26th April - Advanced: Warm up for the summer, kit tuning and waterstarting! 1300-1700. This clinic is for those who want to take the beachstart to deeper water and start sailing on lower volume boards in stronger winds and save uphauling in those choppy conditions. The entry level skill to sailing on the coast.

31st May - Intermediate: Fast tacking and non-planing carve gybe. 1300-1700. For anyone progressing onto intermediate kit wanting to perfect the tack and gybe in all conditions. Progressing your transitions into a faster more fluid turn on lower volume boards.

6th June - Advanced: Planing carve gybe. 1300-1700. For those who are planing, still trying to master the gybe. Take what you have learnt in the non-planing carve gybe into this faster maneuver. De-code the basic parts of this move in the clinic by breaking the gybe into bite size chunks.

19th July - Intermediate: Getting going and how to control planing. 1300-1700. This is the fun part! How to get the board flying across the water. The best feeling in our sport which will get you hooked for life.

19th September - Advanced: Gybe variations. 1300-1700. For those who are trying the carve gybe or mastered the gybe and want to try something new. We will look at the duck gybe, slalom/laydown gybe, high wind/survival gybe, the strap to strap gybe and more.

10th October - Intermediate: Footstraps and blasting control. 1300-1700. Once you have got going and felt the board take off, almost literally! Gain control of the board, lock and load, blasting around in comfort.

7th November - Advanced: Waterstarting and jumping. 0930-1330. Grow yourself some wings! For those comfortably planing in both footstraps. This is easier to learn than a planing gybe! We will look at how to pick the right chop and pop the board.

All advanced clinics will be confirmed no later than 3 days before depending on forecast.

With use of GoPro video coaching on-water and de-briefs at the end of the session we can push your windsurfing to the next level.