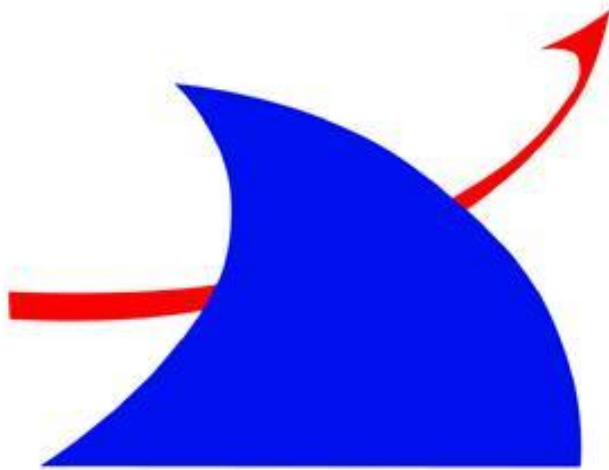




ZOOM 8 – Winter-Trainingscamps with Stefan Hess in Palamos/ Spain



HESS *sail* **COACHING**

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Schedule of Trainingsweek:

- Week 1: 26th of December – 31st of December 2011
- Week 2: 2nd of January – 8th of January 2012
- Week 3: 5th of February – 11th of February 2012
- Week 4: 12th of February – 18th of February 2012
- Week 5: 19th of February – 25th of February 2012
- Week 6: 26th of February – 3rd of March 2012
- Week 7: 4th of March – 10th of March

Hess Sailcoaching

29.07.2011

International ZOOM 8 – Winter - Trainingscamps with Stefan Hess in Palamos/ Spain

Organizer and Coach: Stefan Hess – Hess Sail Coaching, Austria.

Basic concept: Experience shows, that winter-training is one of the most effective and efficient ways to prepare young and ambitious sailors for the next sailing season. ZOOM 8 – Sailing Camps in Palamos/Spain will be organized and performed by Stefan Hess.

Participants will be challenged with all senses. Training schedule is tight and includes all necessary facets to achieve individual substantial progress.

The group consists of 8 to max. 12 sailors.

Boat rental will be offered at an attractive rate. The boats are almost new (BB boats) and fully equipped. The sailors should only bring their own sails. If this is not possible, also sails in top-quality will be available.

Location: The meetings will take place in Palamos/Spain. This location offers an ideal training location with easy access to International Barcelona airport or Girona airport which is even closer. The Costa Brava is one of the most attracting tourist areas around the Mediterranean Sea. This infrastructure is also available in winter at a moderate price level.

Programme: A sound programme was put together which includes Technical-Training, Course-Training, Race-Tactic-Training, Basics and Special Knowledge of Rule, Video analysis , Strengthening of mental and physical condition

Schedule:

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Week 6:	26 th of February – 3 rd of March 2012
Week 7:	4 th of March – 10 th of March 2012

Entries: Entries shall be made on the official entry form by e-mail to the following address: stefan.hess@a1.net, deadline for entries: 15th of November 2011

The trainings camps will be held with a minimum of six participants.

Fees: **Boat charter-fee (w/o sail):** € 430,-- per boat per week
Payment in advance is required; boat insurance included,
additional deposit of € 200.-- per sailor for potential damages

Training-fee: € 200,-- per sailor

Accommodation and travel costs are not included. Sailors should make their own arrangements.

Weekly schedule:

Day 1: Arrival of participants, welcome and introduction in agenda,
training goals and methods; allocation of the charter boats

Day 2 – 6: training sessions (normally due to excellent wind conditions
schedules can be followed as planned); end of day 6: return of
boats and equipment, departure

Day 7: departure (individually)

Typical agenda of a sailing day (example):

8.00 - 9.00	Breakfast
9.00 - 9.45	morning meeting, daily goals and programme
10.00 -13.00	morning training session
13.00 -14.00	lunch break
14.00 -17.00	afternoon training session
17.00 -18.30	individual relaxing phase
18.30 -20.00	dinner
20.00 - open end	evening meeting including analysis of the day

<p style="text-align: center;">Registration Form Stefan Hess Zoom8 Winter-Training-Camps 2011/12</p>

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I will participate in the Zoom8 – Winter-Training-Camp 2011/12 in Palamos/Spain as marked above.

NAME:

ADRESSE:

EMAIL-ADRESS:.....

DATE OF BIRTH:

Planned arrival date:

Planned departure date.....

Term of registration:

Registration is required as soon as possible but latest 15th of November 2011

Disclaimer of Liability

Sailor (in case of non age:parent or legal guardian) declares with his signature that sailor participates in the Training Camp entirely at his/her own risk. The organization authority and/or the sail coach will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during or after the Training Camp.

Date and Location: Signature: