

Get Ready for 2019 Baltimore Adventure



NO MATTER WHATS YOUR SAILING LEVEL YOU CAN WORK AND PREPARE YOUR OWN BOAT



Ask for help from your teammates



Ready to go !!!



Your Adventure will start soon.....

Firstly, we need you / to be safe / all the time



**Prepare your
Boat
Equipment !!**



**To enjoy more
creative time
On water**



**Don't worry ..
Your coach in
Baltimore is going
to help you always
on this Part**



**Before traveling :
Check with your
parents or your
club Coach the
following tips**



**Buoyancy bag: You need them full
of air all the time. Your boat will
be safe now at all weather
conditions.**



**Bailer & Paddle: Be sure that you
have both of them in good
condition & well attached in your
boat with a 1 meter slim rubber**



**Joint rubber: The joint should be in
good condition without any cut
around the surface. Your driving
will be more safe now!**



**Centercase Rubber: The rubber
should be in good condition and
workable for up & down
of centerboard. Danger for capsize
is less now**



AlmostReady

Check the last tips for packing with your stuff



Mast/boom/sprit



Foils



Ropes & sail ties



Mast Locker



Wind Indicator



Snap Shackle



Blocks



Timer



Life jacket



Lunch Pack



Last moment



**Check your sail for repairs and roll it carefully
PREPARE SAILING BAG WITH YOUR BEST
CLOTHING EQUIPMENT FOR SAILING**

PACK YOUR BOAT + TROLLEY

Sign your name in every personal part



Have a safe trip



REMEMBER Professional Coaches Always Ready to help



**When you arrive check for your group colour and
find your Coach**

**Your are in the same group with sailors
from the same level**

**It doesn't matter which colour you are
BUT**

How fast you can work and have fun as a team



STAY ALWAYS READY FOR FUN



**We have rules even when we play
Enjoy
By following Coaches Instructions**

Give all of your efforts and power while on water
People around you , are proud of what they see !!



**STAY
ALWAYS READY FOR FIGHT**



Make new friendship Discover new people & ideas



One Coach is always looking at you



**If you feel sick or need any type of help
call immediately or use your whistle**



Your Coach

**Is here to teach you the easy way –
no matter how hard you believe it is
Ask him about everything while on
water or land**



**Follow the Timetable in
order to help the coach, the
Team and yourself**



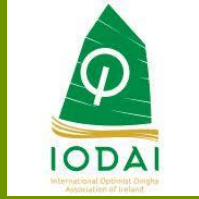
**Take part in all theory
lessons**

**Solve your Questions by
asking your coach**

Stay for prize giving on last day !!
Make some noise for the winners
Maybe YOU will be one of them !!



Session Plan



Fleet Race



Team race



Match Race



Learn How to Race

Learn the most beautiful game and try to lead your team

Use your opti and Race like Senior. Match race is a game which you learn how to be specific in everything

IODAI Baltimore spring camp 2019

	Sunday 17/2	Monday 18/2	Tuesday 19/2	Wednesday 20/2	Tuesday 21/2	Friday 22/2
9:30	Preparations (ribs/marks/groups) & coach meeting	rigged & ready	rigged & ready	rigged & ready	rigged & ready	rigged & ready
10:00		short Briefing	short Briefing	short Briefing	short Briefing	Races
11:00		Match Race Training	Fleet Race Training	Fleet Race training/ Team Race	Fleet Race training	
12:00		lunch Break	lunch Break		lunch Break	
12:30						
13:00	rigged & ready	Fleet Race Training	Team Race Training	Break	Team Race Training/Fleet Race	
14:00						
15:00	Match Race Training			Rules Talk		
16:00						
17:00						
17:30	Debriefing	Debriefing	Debriefing		Debriefing	