Welcome to the DOSC
Back To The Front Keelboat Coaching Day

16th September 2023

The Morning there will be 2 talks to choose from:

- Intro to Keelboat Racing talk, this is for those new to racing and want to get involved with the commodore's cup. This is also suitable for crew or sailors currently involved in the Wednesday night Pursuit race.
- Intermediate level racing talk, for sailors currently racing and wishing to improve their results. Topics might include, Starting, Strategy, Boat handling Manoeuvres etc.

Talks will start at 11am.

The afternoon will be a practical coaching session on the water.

Keelboat Sailors Briefing will be 13:30 in the Tentola

First practice start will be at 15:00pm

Please come to the briefings rigged and ready to go.

There will be a debrief after racing with some video footage of the day.