

Garda Camp Europeclass Denmark



Garda with pulse!

We look forward to seeing you at this year Garda regatta, where we have an even more complete training program ready for you than before. The program includes both training on the water, physical training on the shore and lots of fun.

Program

Saturday 31.03.12 First training day

12.45 Briefing and training on the water

16.30 Debriefing and restitution run

17.00 Physical training

Sunday 01.04.12 regatta

2 hours before first warning signal: Briefing of the day

15 min after the protest time has ended: Debriefing and restitution run

Monday 02.04.12 regatta

2 hours before first warning signal: Briefing of the day

15 min after the protest time has ended: Debriefing and restitution run

Tuesday 03.04.12 regatta

2 hours before first warning signal: Briefing of the day

15 min after the protest time has ended: Debriefing and restitution run

19.00 Dinner and party

Wednesday 04.04.12

Lay day

19.00 Theoretical training

Thursday 05.04.12

08.30 Briefing of the day

09.00 Training on the water

12.00 Lunch

12.45 Briefing and training on the water

15.00 Garda cup

17.00 Debriefing and restitution run

Friday 06.04.12

08.30 Briefing of the day

09.00 Training on the water

12.00 Lunch

12.45 Briefing and training on the water

17.00 Debriefing and restitution run

Saturday 07.04.12

08.30 Briefing of the day

09.00 Training on the water

12.00 Lunch
12.45 Briefing and training on the water
15.00 Garda cup
17.00 Debriefing and restitution run
18.00 Prize ceremony and goodbye.

The Place

The Regatta and training camp is held in Torbole Harbor in Lake Garda. Lake Garda is known for its great sailing conditions, with a light northern wind in the morning and a southern sea breeze in the afternoon.

Coaches

There will be a 10-12 sailors per coach ratio. Should there be many participants from Sweden, Norway or any other country additional coaches will be hired.

Training concept

The camp will be focusing on training on the water, but will include two small physical training sessions. The physical training will focus on how you can keep your body in balance, during a long regatta or training camp. At the welcome meeting you will be divided into teams of about 10-12 sailors.

The teams will be divided after your national ranking and the coaches' assessment. This ensures a high profit for all.

We know and recognize that language can be a barrier for some, but we have, based on input from sailors, decided that the benefit of being a big group outweighs the disadvantage of minor and limited language problems. In order to reduce language barriers each team will have a trainer talking your local language (Danish) and English depending on your personal preference. All practical group messages will be in English, while training will take place in a local language (Danish) or English.

Each coach will have an area of focus and will rotate between the teams. Two or more teams may be merged into one big group, if the training session requires it. An example could be start training.

Focus areas:

- Speed and sail setup
- Tactic and strategy before and after the start
- Maneuvers and techniques
- Start training

In order to make the camp as profitable for you as possible, we would like you to write your expectations for the camp, and most importantly what you want to improve. If you give the Coach team some specific things to look after (that could be anything from how to move in the waves to how much angle your rudder should have) we can assure you, your output from the camp will be so much bigger! If you need help specifying your goals, feel free to contact the coaches.

After you sign you up for the training camp you will receive an email from the coach team and they will start a one-to-one communication with you about your specific preferences for the training camp.

Team leader

The team Leader and organizer is Michael Cholewa.

Family chores

In order to make the Regatta and training camp a success, each family will be assigned one chore during the regatta and trading camp. The distribution of the chores will be sent to you by email after the registration deadline.

Should your parents no be able to complete the task, they are responsible for finding a replacement. The cores will be posted on the official notice board before the welcome meeting.

We would like to call on all parents to help and take care of all the sailors, should they need it.

Social perspective

Even though the main reason for attending Garda is to improve one's sailing skills, the social aspect is very important. Garda camp has long traditions for a dinner and party the night before the lay day.

Alcohol policy

We wish that the sailors are well rested and motivated for training each, and we will not accept a mix of alcohol and sailing.

Dinner and Party

The Dinner for all sailors and parents is held Tuesday the 3rd of April. Sign up; time and place will be published on the official notice board.

Physical training

During the training camp, there will be a minimum of 2 physical training sessions; the quantity will be depending on the weather conditions. Should the sailor not be able to participate, a medical certificate stating that the sailor is unable to run ect. is required 😊

Remember to bring running shoes and training outfit.

Garda Cup

The Garda Cup is a small training regatta, which will be held during the training camp. The sailing instructions will be publish on the notice board. There will be a total of five races, if the conditions allow it.

To do's before the Regatta

- ✚ Check for wear and tear: bolts, ropes, blocks, pins, dagger board, rudders, sails, wires ect.
- ✚ Receipt for payment of the regatta.
- ✚ Check parents chores
- ✚ Running shoes and training outfit
- ✚ Notebook
- ✚ Toolbox with the necessary spare parts.
- ✚ Extra: A bike makes you independent and it is easy to and from the Harbor

Transportation

The sailors are responsible for their own transportation and the coordination of it, but should you need advice feel free to contact us.

Coach boat

The camp is dependent on parents or sailing transporting the coach boats from Denmark to Garda and back again. A compensation of 900 DKK (120 €) each way will be provided. We expect to need a maximum of 6 coach boats. Should your sailing club be able to provide one or more coach boats please contact the Team Leader. Information is located in the bottom.

Registration for the Regatta only

Registration on Torbole Sailing Club homepage <http://www.circolovelatorbole.com>

Sailing Documents

Remember to bring your documents'. Like any other international regatta you will not be able to participate if you don't have them.

The required documents:

- All measurement papers (boat, mast, boom, sail, rudderblade, rudderstock, dagger board and documentation of personal sail number should you have one.)
- Valid insurance.
- Sailing club membership documentation
- Class origination membership.

Accommodation

Each sailor must arrange their own accommodation, but should you need advice feel free to contact us.

Price for the training camp

Member of Europe Class Denmark: 1700 DKK (Regatta fee excluded)

Non-members: 250 € (Regatta fees excluded)

Open registration for the training camp

Registration on www.europeclass.dk

Provide:

Name

Nationality

Sail number

Club

Mail

Mobil phone number

Do you bring your family

Parents or relatives contact information

The registration is not complete before all of the information is provided and payment is made.

Go to www.europeclass.dk and registrar.

Last entry and payment is Monday the 1st of March.

Late entry: Should you want to register later than the 1st of March an additional entry fee of 300 DKK is charged.

Team leader and coach contact information

Team leader and board chairman for Europe Class Denmark

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