

FISA Para Development Camp - Gavirate, ITA - May 12-19, 2019

	<u>Sunday, May 12</u>	<u>Monday 13</u>	<u>Tuesday 14</u>	<u>Wednesday 15</u>	<u>Thursday 16</u>	<u>Friday 17</u>	<u>Saturday 18</u>	<u>Sunday 19</u>
Breakfast 7-9		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
AM Row 9:30-12:00		boat rigging & testing till 11:00h	Tech Focus: Finish	TF: Recovery	TF: Catch/Drive	"broken 2000m" race simulation	Regatta all day	REGATTA AM
Lunch 12-13:30	LUNCH	From 11:00h capsized drill/swim test	LUNCH	LUNCH	LUNCH	LUNCH		derig, clean boats & lunch
PM Row 14:30-17		capsized drill/swim test	Race Focus: Starts	RF: body of the race, pacing	RF: finish sprint/last 250m of race	REGATTA STARTS		departures for home!
Dinner 18:00-19:30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
Evening Talk/Activity 19:30-20:30		dryland session in the gym - Akram	video technique review - coaches available	managing yourself during competition, on the day of the Regatta	coaches available to talk race plans/strategy	coaches available to talk race plans/strategy		
	arrivals all day	capsized drill day	classification all day, different slots					departures after 13:00

regatta competition

Coaches	Jill - Head Coach (CAN)	Luca (ITA)	Sara (ITA)	Sandra (USA/GUA)	Akram (TUN)
English + speaks ...	German, understands French	Italian	Italian	Spanish	Arabic, French