

Iceland Keelboat Clinic 2025 Plan

Overview

The outcome of this camp is for everyone to have a positive experience that will allow them to have more confidence in themselves on the race course no matter the conditions and the number of boats on the course.

The clinic is going to be broken up into 4 days focussing on the specific elements of a sailing race. These elements are Starting, Upwind and Downwind. The last day will consist of a fun coached regatta. Each of these days will consist of a sailing session and a video/theory session. A key point for this clinic is that all participants feel they can ask me any question at any stage of the 4 days if they want to know something completely different or more specific.

All video and other content will be made available to everyone post clinic and this is sometimes found to be just as useful and insightful as taking part in the actual clinic itself.

Day 1- Upwind

Morning AM

- Introduction to the clinic, overview of what's to come and talking to participants and specifics they would like to get out of the clinic
- Introduction to upwind sailing principles. Boat set up and boat handling the two key points to discuss. Also discussing crew roles and responsibility's

Mid-morning/Midday

- Circle wars warm up drill
- Upwind line ups
- Tacking on the whistle
- Tacking till you drop drill
- Upwind speed and set up work (individual coaching time)

Evening PM

- Video debrief session, discussion with Will (maybe a clinic dinner??)

Day 2- Downwind

Morning AM

- Downwind discussion, how to go fast downwind, basic downwind boat handling principles (gybes, sets and drops) also focussing on specific roles on each boat

Mid-morning/Midday

- Depending on weather conditions a long downwind leg to begin with focussing on downwind speed
- Gybing on the whistle
- Long upwind focussing on upwind speed again

- W/L course set up for remainder of downwind work
- Sausage course focussing on crews sets and drops and gybes

Evening PM

- Video debrief session, (open section after the debrief if there is something you guys would like to do or discuss)

Day 3- Starting

Morning AM

- Theory session on starting covering all basic principles. What does a good start look like, how can this be executed?

Midday

- On water session begins
- Time on distance drill
- Box drill
- Slow boat handling drill
- 5 minute rolling starts
- Short races at end of session

Evening

- Off water video session and debrief

Day 4- Regatta

Morning AM

- Briefing on how the racing will operate, discussion on racing rules of sailing and any other specific topics participants decide on

Mid-morning

- Launch and warm up drills before racing begins
- 6x Medium length races

Afternoon

- Time for boat specific questions and work, Will can go and work with any individuals on any questions they may have
- Debrief on the racing and the clinic