

470 CLINIC WITH DOUBLE OLYMPIC MEDALLIST: NATÀLIA VIA-DUFRESNE

From 12th to 14th December
in Barcelona International Sailing Center

Intensive 3 days clinic to improve your sail level getting experience in every type of sailing weather conditions.

Our main goals:

- Improve control of boat at starting line and routing marks
- Upwind and downwind speed
- Analyse possible tactical mistakes in the race
- Have access to good training partners
- Introduce fitness training at your daily routine
- Debrief video analysis of your sailing
- Informal discussion or advices from Natalia Via-Dufresne and Sandra Azón, Olympic experiences after training sessions or over.

The clinic daily schedule will combine theory, tuning and fitness on shore with on water exercises offering. Just before Christmas Regatta in Palamós!

Fee for 270€/per person all included

(accommodation, full board, access gym and sauna, free parking and boatyard)



High level clinic directed by Natalia Via-Dufresne, double silver medallist, 5 Olympic campaign and podium at World Championship in Europe and 470 class

BECAUSE WE DO TRAIN IN WINTERTIME!