

Youth and High School Sailing Coaches' Clinic

Presented by Mitch Brindley, Head Coach Old Dominion University.

Date: February 21, 2019 6:00 – 8:30 pm

Who should attend?

- High School Sailing Coaches
- Youth Sailing Coaches
- Parent Volunteers
- Program Directors
- High School Athletic Administrators

Topics Include:

- Practical steps to a more effective practice
- The efficient flow of practice
- Communication and a consistent, reliable messaging
- Empowering the front of the boat
- The difference in coaching practice and coaching competition
- Developing the (more) complete high school athlete
- The best way to get into and sail for the college of your dreams
- What is in my coaching bag?

Cost: \$20 per person, Advanced Registration will be available at www.bigbluesailingacademy.com by February 1.

Location: Old Dominion University Sailing Center
4551 Powhatan Ave, Norfolk

For more information, contact Mitch at 757-683-3387, or mitch@bigbluesailingacademy.com