

After the experience of last year we decided with Tymoteusz Bendik to run the training again and I would like to invite you! Tymoteusz will run 3 days training in Campione del Garda that will cover:

Boat handling

- Upwind (upwind foiling depending on conditions)
- Downwind foiling

Optimizing boat settings

- Rudders rake
- Daggerboard rake
- Mast rake and mast bend

Manoeuvres

Tymoteusz will provide:

- Videos from on board and from the rib
- Onshore video analysis
- Walk through rudders setup
- Test sailing on the boat

About Tymoteusz.

Current vice World Champion with a lot of other titles such as Polish and German vice champion, Polish Champion on F18, Nacra 17. Closely cooperating with Exploder and Bryt Sails what gives great insight in the newest technology and development in the class. Official A-class and F18 Polish measurer. Graduated in Physics at Gdańsk University of Technology and work there as the lecturer for a year. Right now, focused on Olympic campaign on Nacra 17.

About the training.

Start 22nd of March.

Finish 24th of March.

Price is 300€.