Summer PROGRAMME

HEAD-COACH: FLOR CERUTTI

FK WINDS.com

- Sailing Services -

DATES: JULY 26-31
PLACE: BARCELONA
CLASS: LASER RADIAL
PRICING: 345€

*Limited number of places available. BOOK YOURS NOW!
at: fkwinds@gmail.com

GOALS

Our main goal is to improve our sailors skills. We understand that each sailor has their own challenge and we want to be part of their tools for achieving their own goals. Our philosophy is to work hard, with passion and seeking the excellence. We want to help you to prepare your future perfromances in upcoming events.

THE PILLARS OF FKWINDS PROGRAMME

We understand that success occurs with determination, motivation and ambition. Let us steer your path:

1. Set Your Goals
2. Technical Sailing
3. Tactics Strategy
4. Performance Analysis
5. Technical Talks
6. Fitness
7. Race Assistance

CHALLENGE YOUR LIMITS

WHAT DO WE OFFER

We organize high level sailing trainings around the world and at our base in Barcelona. You will find a great opportunity to improve your sailing, fitness and mental skills. Our clinincs includes physical training, training on the water, theory, video analysis and racing assistance for teams or individual sailors.

COACHING

The service includes coaching assistance during trainings and regattas. Logistic organization for the events where the athlete is participating with us. Daily report and access to our audiovisual data base. Each sailor will be able to get their videos and tracking that we have recorded and saved during races and trainings. To offer you the best coaching service we follow our "sailors ratio policy". There is a maximum limit number of sailors accepted per event. As soon as we complete the team, there won´t be more places available.

FITNESS PREPARATION

Every Laser sailor must pay attention and follow a fitness routine. This sailing Class it's not only technical, it's also very physical. We take care of this and during our events we plan activities for this area of the preparation.

TRACKERS

In order to improve our sailors safety & technical conditions we have started to work with Sail Racer Trackers. With these small devices the coach can track our sailors on the water, know everytime where they are & get technical information as their speed, VMG, tactical decitions and agle between other information.

Furthermore, coach and sailors can analyze the data collected during the session on order to get more accurate feedback. Last but not least, our sailors will have the possibility to share their tracking online and streaming with friends and family.

BARCELONA
INTERNATIONAL SAILING CENTER

BISC Barcelona International
Sailing Center | Parc del Forum
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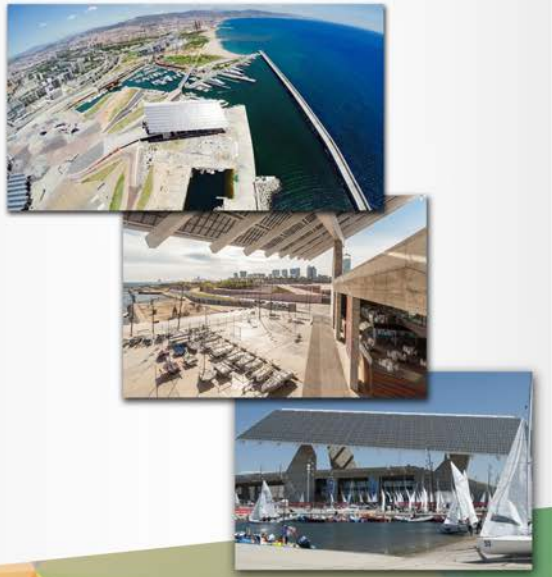
(Photovoltaic panel)
08930 Sant Adria del Besos
(+34) 93 35 638 58
info@bisc.cat
www.bisc.cat

ACCOMMODATION

Our Sailing venue is fantastic. We are based in the Barcelona International Sailing Center, one of the best sailing centers in Europe and the world. It's a place with the very best connections. The BISC is 25 minutes away from the Barcelona International Airport, the city center and the Port Terminals are 15 minutes away each. You can choose between several options like: subway, train, tram, biking service and car.



Furthermore, BISC is an innovated concept in sports facilities, designed to meet the specifics needs of water sports athletes taking part in high level competition, and for the young ones fighting to reach their goals. It counts with an specific sailing gym, drier room, sauna, video and briefing rooms, changing rooms, an spacious boat parking area and a great hotel and restaurant where any sailors or teams can stay and eat.

Otherwise, sailors can choose other accommodations options in Barcelona and they can count on our advices to pick up another place to live in the city. Likewise, our best suggestion for every sailor it's the Barcelona International Sailing Center.
For other events not in Barcelona, we try to book at hotels or apartments next to the sailing venues. Cost are split between the team members.