

Planning to Sail in 2018??

Ask yourself a few questions using the form below

Bring the answers with you to the session on Friday (or better still - forward them to mckee_family@talk21.com beforehand)

Come and be coaxed and coached to a successful and enjoyable season

1. How long have you been sailing? (e.g. Three days, three years, three decades)

2. And where? (e.g. Rivers, lakes, seas, oceans) Of these, which do you prefer?

3. Which sailing/training courses have you done? Any qualifications?
(e.g. Taster day, RYA, Race-training)

4. Which boats have you sailed? As helm or crew?

5. Do you have your own boat? What would you like to sail?

6. How many times did you sail last season? (e.g. One weekend, every weekend, once a month?)

7. What is your sailing aim for this year? (e.g. to sail more often, to improve your sailing skills, to race, qualify for a series, win a prize)

8. What do you think you need to achieve your goal? (e.g. someone to sail with, help with rigging your own boat, a training course, personal coaching)

9. What would be your sailing aim two years from now? (e.g. sailing every weekend, winning races, become an Instructor, National Champion in your class)

10. How will you achieve your goal? (e.g. fitness programme, more sea practice, new gear, training – tactics, boat settings)

11. Sailing aim five years from now?

12. Ultimate dream?