

Pelican Power Up - SoPYC 2019

Monday 7th October 2019

15:00 hrs Camp ground open

Tuesday 8th October 2019

09:00 Boats rigged and ready
 Welcome to SoPYC
 Opening Briefing and Coach Introduction
 On water drills, boat handling, evaluation

12:00 Lunch Break
 On water drills and Evaluation Race
 Rules of Racing

16:30 Finish

Wednesday 9th October 2019

09:00 On shore fitness
 Boat preparation and settings
 Presentation on sail trim (controls and rig setup)
 On water settings exercises

12:30 Lunch
 Keelboat activity
 Keelboat presentations

18:30 Finish

Thursday 10th October 2019

09:00 On water skills
 Adventure sail activity

12:30 Lunch
 Races 2x
 Presentations and Coaches Awards

17:30 BBQ and social activities

Friday 11th October 2019

10:00 SoPYC camp ground closes