



NEW YEAR TRAINING CAMP

DIRECTED BY:

ANNA LIVBJERG

7 TIMES WORLD CHAMPION

2018 KUHLUNGBORN (GER)

2017 BLANES (ESP)

2016 TORBOLE (ITA)

2015 ARENDAL (NOR)

2014 LA ROCHELLE (FRA)

2013 SONDEMBORG (DEN)

2012 L'ESCALA (ESP)

COACH AND ORGANIZER OF LAKE GARDA TRAINING CAMP 2015-2018



CHRISTIAN RINDOM

2007 EUROPEAN CHAMPION L'ESCALA (ESP)

2007 4TH WORLD CHAMPIONSHIP

DANISH NATIONAL COACH EUROPE CLASS 2008 TO PRESENT

DANISH OLYMPIC LASER RADIAL COACH 2015

ORGANIZER AND COACH OF LAKE GARDA TRAINING CAMP

2 – 5 JANUARY

IMPROVE YOUR OWN TECHNIQUE, TACTICAL CONCEPTS
AND STRATEGY WITH THE BEST!!!

OPEN TO ALL EUROPE SAILORS OVER THE WORLD

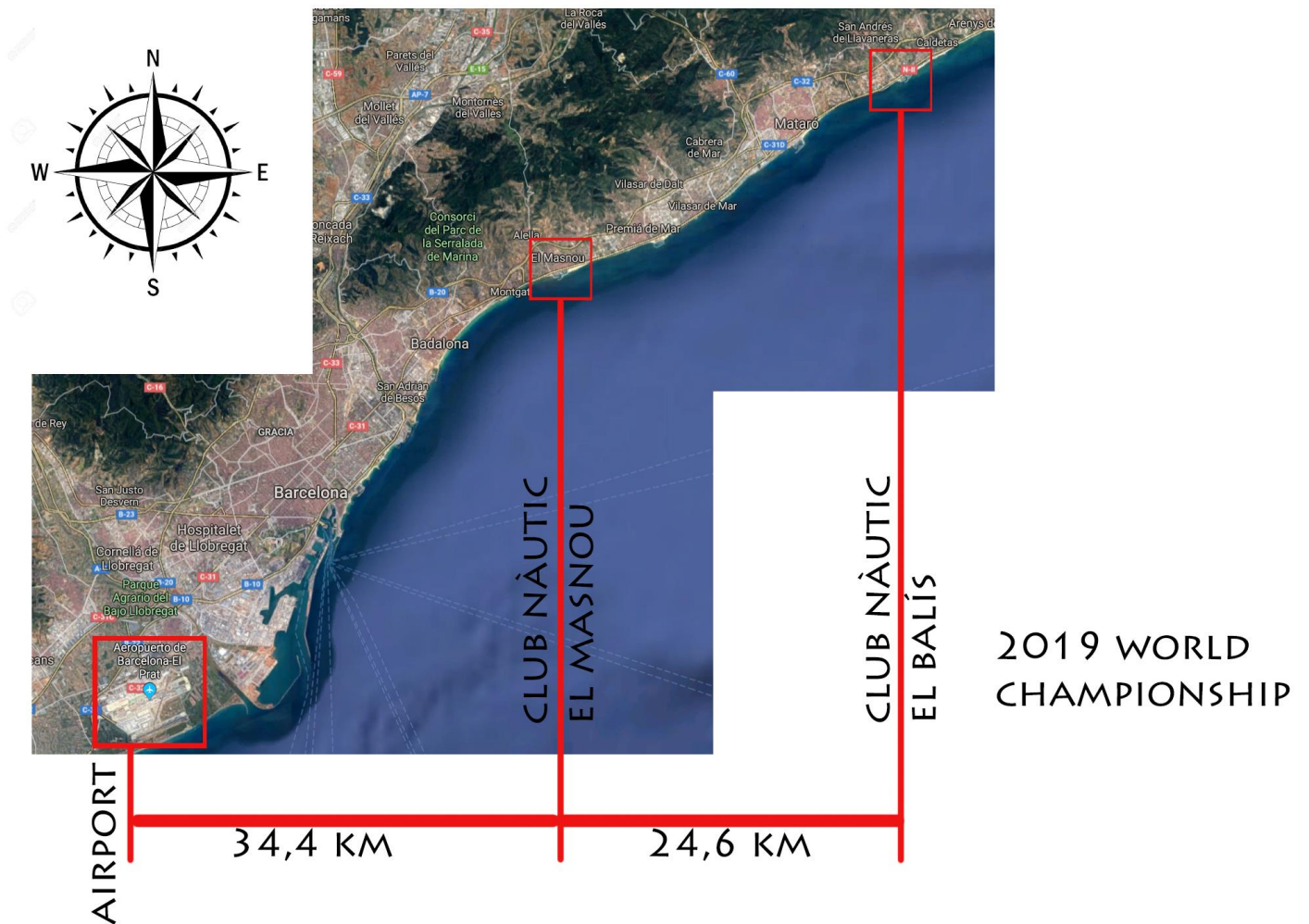
SPORTS GOAL FOR A TRAINING CLINIC

Our coaching philosophy is highly integrated with well proven learning strategies. The sailor is encouraged to take responsibility for their own learning and use the coach as a facilitator.

The sailors are involved in the training and encouraged to share personal experiences with fellow training partners. Being involved in the training insures a higher learning outcome than being told what to do. We believe in the right balance of work, play and a competitive atmosphere. The relation between the sailors is important to create a good team work in order to keep pushing each other. Therefore, our camps always include teambuilding elements to build up the teamwork within the group. We expect sailors to be serious about their training and always be well-prepared.



WHERE WE ARE



WHERE TO SLEEP

CAMPING MASNOU <http://campingmasnoubarcelona.com/2015web/index.php/es/>

HOTEL TORINO <https://www.hoteltorinoelmasnou.com/ca/>

HOTEL-RESTAURANT LLAR DE CAPITANS <http://www.hotelllardecapitans.es/>

HOTEL ARREY ALELLA <http://www.hotelarreyalella.com/>

GAVINA MAR <http://gavinamar.com/>

LYDIA'S NAUTIC & PORT <https://www.booking.com/hotel/es/lydia-39-s-port-nautic-amp-beach.es.html>

GRUS APARTAMENTS EL MASNOU <http://www.grusapartments.cat/>

INFORMATION

PASSEIG MARÍTIM S/N 08320 EL MASNOU – BARCELONA

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WWW.NAUTICMASNOU.COM

ENTRY FORM

250€

FILL YOUR ENTRY UNTIL DECEMBER 21

LATE ENTRY 290€

<https://nauticmasnou.com/producte/inscripcio/>

CHARTER BOATS AVAILABLE WINNER@WINNER.ES

