

Youth and High School Sailing Coaches' Clinic II

Presented by Mitch Brindley, Head Coach Old Dominion University

Date: September 26, 2019 6:00 – 8:30 pm

Who should attend?

- High School Sailing Coaches
- Youth Sailing Coaches
- Parent Volunteers
- Program Directors
- High School Athletic Administrators

Topics Include:

- Practical steps to a more fun and effective practice
- Evaluating practice and performance
- Communication and a consistent, reliable messaging
- Developing the (more) complete high school athlete
- Managing student and parent expectations, what are we doing this for anyway?
- Fuel the passion
- My favorite drills
- What is in my coaching bag?

Cost: \$20 per person, Advanced Registration will be available at www.bigbluesailingacademy.com or click here now: <https://bigbluesailing.wufoo.com/forms/high-school-and-youth-sailing-coaches-clinic-ii/>

Location: Old Dominion University Sailing Center
 4551 Powhatan Ave, Norfolk

For more information, contact Mitch at 757-683-3387, or mitch@bigbluesailingacademy.com