

## **"TIPS" (Training to Improve Performance in Sailing)**

New this season. This is members helping members based training with tips of all kinds from rigging lowwind/highwind strategies. The schedule for this will be posted at the bulletin board in the club website. Check it regularly to see what's new. If you are an experienced windsurfer and would like please contact [twc\\_tips@torontowindsurf.com](mailto:twc_tips@torontowindsurf.com).

A clinic may start with a quick on land session and continue out on the water. Each person running decide, on the day what format their session will take, based on the conditions of that day etc.. It is aimed at the intermediate sailor who may be just getting into the harness, or may never have had footstraps etc.

On the day of the "Tips" clinic please look for the person in the orange "TIPS" shirt at 2pm. Let us know you are there to join in on the clinic.

## **"TIPS" and Pro Tips combined 2007 schedule (check often for changes)**

**Sun June 10:** Dan Thomson - Talk on "The Gorge" 1pm; followed by tips clinic for members 2-4:30pm. *himself as "wave/freestyle guy" he is a educator and enthusiastic windsurfer that spends his summer in the Columbia "Gorge", Hood River, Oregon.*

**Sun June 17:** Steve Hill - Rigging Clinic, Sunday Afternoon June 17 2-4:30pm at the beach. He will give his rigging tips and techniques for getting the most out of your sail in all conditions, and will help you. Bring in your own sail and have Steve help you fine tune it!

Please look for our own Steve Hill in the orange "TIPS" shirt and let him know you are there.

**Sat June 23:** Pete DeKay - Talk on "Windsurfing as an exciting lifestyle" 1pm; Getting into the water 4:30pm. *Pete DeKay is the new editor at WindSport Magazine. After years as an ABK instructor to hundreds of students everything from uphauling to jibing to fin-first reverse monkey tacks (well, almost) he brings enthusiasm, tenacity, and great attitude to the windsurfing magazine ("My goal is to present wind*

*exciting lifestyle to keep people feeling young and alive" Pete told the Puffin in an exclusive inter*  
Please look for Pete in the orange "TIPS" shirt and let him know you are there for the clin

**Sun June 24:** Pete DeKay - Talk on "Windsurfing as an exciting lifestyle" 1pm; harness line setu  
4:30pm

Please look for Pete in the orange "TIPS" shirt and let him know you are there for the clin

**Sat June 30:** Duke Duyck - Upwind/Downwind cruising 2-4:30pm

Duke was head instructor for over 10 years at TWC. He has personally taught over 400 st  
this time he has seen windsurfer boards evolve from lonboards to their current shorter wi  
designs. Duke will talk about the Pros and Cons of these designs. There will be a short Q  
He will be showing tips on the simulator and in the water following that.

Please look for Duke in the orange "TIPS" shirt and let him know you are there for the clin

**Sat July 7:** Bryan Phillips - Waterstarting 12:30-2:30pm

Bryan is an enthusiastic windsurfer who has come up with a "bullet proof" method for wat  
pending) that he would like to share with all our members. Please join Brian as he reveals  
all important startup technique.

Please look for Bryan in the orange "TIPS" shirt and let him know you are there for the cli

## SPECIAL MIDWEEK SESSION

**Thursday July 12, 6.30 pm::** Norah Hunter- Tips for Women, getting into racing 630-9pm

Norah would like to share her experiences of windsurf racing with other women who are c  
now, or would like to get involved but haven't quite signed up yet. Beach side talk will incl

about equipment for women, gearing up mentally for racing, competitive issues and do you to jibe?

Norah Hunter has been windsurfing in Maui HI where she and her husband Ted have been each year. Events include the Maui Race Series (slalom), US Nationals (2006), the Navman Challenge, and the Maui to Molokai Challenge. Norah won the grand prize at the US Nationals new slalom board custom shaped for her by Mark Nelson. The process of discussing and successful custom deck has been a great learning experience.

Please look for Norah in the orange "TIPS" shirt and let her know you are there for the clinic

**Sun July 15:** Dave Marshal - Clinic on step gybe, tacks and transitions. 12:30-2:30pm

Come ask Dave to help unveil the mysteries of these key skills for any level of development. Whether you are new to the sport or a pro, Dave can help you improve at whatever level you are. Dave is the owner of Windsurfing Kingston now working at Silent Sports, he is very knowledgeable. During his previous senior coaching experience at Windsport clinics and as past equipment editor for Windsport Magazine. Now as current equipment editor for SBC Kiteboard Magazine, Dave's coaching background is more valuable than ever. Even if you have it all figured out already, come anyway and meet Dave proud yellow Labrador owner.

Please look for Dave in the orange "TIPS" shirt and let him know you are there for the clinic

## SPECIAL MIDWEEK SESSION

**Thursday July 19, 6.30 pm:** Ted Hunter- Never mind, I'm still faster than you 6:30-9pm

Try and break Ted's speed record by listening to his tips on increasing your speed on the water. From his practical experience in Maui conditions, Ted has learned how to break through to the next level of speed sailing. His discussion this evening will include; technique, gear, tuning and speed

Ted Hunter has been slalom racing in Maui HI for the past 6 years, finishing in the medal events. In 2006, Ted finished in the top 10 overall in the Navman Speed Challenge, after completing several events! While not racing in Maui, Ted is a teacher at OCAD and is inventor of the patented Skateboard Deck Kit.

Please look for Ted in the orange "TIPS" shirt and let him know you are there for the clinic

**Sat July 21:** Mike Tindal - Pumping onto a plane or Hi-wind tips (dependant on wind conditions)

Mike, despite his busy schedule as TWC VP, Mammoth event organiser and keen racer, time to will help you with, either lightwind tips (pumping onto the elusive plane) or Highwind (alternatives to hanging on and praying) depending on what the windgods bring us. Please wear the orange "TIPS" shirt and let him know you are there for the clinic.

**Sun July 29:** TBA 12:30-2:30pm

**Sat Aug 4:** Bryan Phillips - Waterstarting 12:30-2:30pm

Bryan is an enthusiastic windsurfer who has come up with a "bullet proof" method for waterstarting (pending) that he would like to share with all our members. Please join Brian as he reveals all important startup technique.

Please look for Bryan in the orange "TIPS" shirt and let him know you are there for the clinic

**Sun Aug 12:** John Darling - Talk on Sail Numbers and Windsurfing Canada events across Canada

John, a.k.a Windsurfing Canada will fill us in on the all important sail numbers that anyone racing needs to have. He'll bring us up to speed about events across Canada (past, present and future) and share some of the highlights with us.

Please look for John in the orange "TIPS" shirt and let him know you are there for the clinic

**Sat Aug 18:** Duke - Upwind/Downwind cruising 12:30-2:30pm

Duke was head instructor for over 10 years at TWC. He has personally taught over 400 students. This time he has seen windsurfer boards evolve from lonboards to their current shorter wideboards.

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**Sun Aug 26:** TBA 12:30-2:30pm

**Sat Sept 1:** TBA - 12:30-2:30pm

**Sat Sept 8 :** Bruce Johnston - How to pick equipment that's right for you 12:30-1:30pm

Bruce Johnston owner of Silent Sports <http://www.silentsports.com/store>, is one of the nicest knowledgeable people we know. Come meet Bruce and hear how to best match up the rig yourself, at any level from beginner to pro. Bruce will be happy to answer all your questions about equipment.

Please look for Bruce at 12:30pm in front of the clubhouse in the orange "TIPS" shirt and are there for the clinic.

**Sat Sept 15:** TBA - 12:30-2:30pm

**Sun Sept 23:** David Hayes - Talk on Olympic training, followed by Q&A and clinic 12:30-2:30pm

Our very own "Olympic hopeful" David Hayes will talk about his summer windsurfing training pro the country and around the world. Feel free to ask David questions about windsurfing and how to racing.

Please look for David in the orange "TIPS" shirt and let him know you are there for the clinic