

BECOME THE ELITE OF THE FLEET

QUEENSLAND DEVELOPMENT CAMP

TUESDAY 21 - THURSDAY 23 SEPTEMBER 2010 - KEPPEL BAY SAILING CLUB , YEPPPOON

BE TRAINED BY THE BEST OF THE BEST CAMP COACHES



Michael Fletcher has been an icon of the Olympic sailing arena for nearly three decades. He has participated in every Australian Olympic Team since 1972, several times as Head Coach and has personally coached crews to four Olympic Medals including the Silver medal won by Tornado pair Darren Bundock and John Forbes at the Sydney 2000 Olympic Games. In the last year in his capacity as Australian Sailing Team Tornado Coach he coached Darren Bundock and Glenn Ashby to Gold and Silver medals at several ISAF Graded events including the ISAF World Sailing Games, the Tornado World Championships in Argentina, the Miami Olympic Class Regatta and most recently the Princess Sofia Trophy.

Adrian Finglas Having represented Australia as a triathlete and sailor at World Championship level, he later became a sailing coach, first coaching Australian teams to gold at the 1997 World Youth Championships and bronze at the 2001 World Youth Championships then coaching the national sailing teams of Myanmar and Singapore. He led the Australian Yngling class team to silver at the 2008 World Championships and is currently Australian Paralympics coach in the Skud class.

Yet Finglas enthusiastically took up an ASC scholarship citing one of the biggest benefits as 'meeting other coaches' from a range of sports. 'Being able to sit down with those people and hear about their experiences as well as giving me a pool of coaches to call on to speak to my athletes about different skills or motivations, well, that's invaluable.'

Finglas says he has a lot to live up to when it comes to the quality of sailing coaches in Australia. 'It surprises me all the time, especially when I'm travelling, that the group of coaches in our program are at a really, really high level.' He cites National Coach Victor Kovalenko who he calls the 'medal maker' and eight-time Olympic coach 76-year-old Mike Fletcher as coaches he admires.

'The thing about coaching in our sport is that it's experienced-based,' Finglas says. 'It takes a long time to acquire tactics and skills and you can have longevity as an athlete and as a coach.' Finglas says he'll continue to strive for that same longevity in his own coaching career.

