



Royal Lycoming Yacht Club



WINTER RACING FORUMS

THURSDAY 21ST OCTOBER – PREPARING TO WIN
THURSDAY 25TH NOVEMBER – STARTING
THURSDAY 9TH DECEMBER – UPWIND
THURSDAY 27TH JANUARY – DOWNWIND
THURSDAY 24TH MARCH – PLAY THE GAME
THURSDAY 14TH APRIL – RULES OF THE GAME

NEW Racing Forums

Starting Thursday 21st October 18:00- Island Room

With Olympic Coach Hugh Styles - Preparing to Win

ALSO SHOWING ON ZOOM!

[CLICK FOR ZOOM MEETING AND TO SIGN UP](#)

Fresh off the back of Olympic Coaching success helping the Swedish Sailor Josefin Olsson win a Silver medal Hugh Styles will share insights into preparing to win at your target event in 2022. The session will be an interactive discussion, the aim being to provide racing sailors with tools and techniques to help them in planning a successful in 2022 season. Be prepared to share your own past experiences and be open to discuss and learn from others.

At this talk you can expect to work through a campaign planning exercise which will guide participants through the process:

1. A What It Takes To Win analysis
2. A performance profile for the team
3. The subsequent Goals strategy bringing the above two together
4. Training and event planning to deliver the desired goals



Royal Lycoming Yacht Club

Royal Lycoming Yacht Club is one of the world's finest yacht clubs; a warm and welcoming home of yachting, dinghy sailing and motor boating.

At RLymYC you'll find a warm welcome, excellent facilities, first class training, expert waterside services, a thriving social programme for all ages both ashore and afloat and our popular bar and restaurant managed by the world-renowned Mosimann's dining club.

Find out more in our website: rlymyc.org.uk



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