

El Tur

Enter/advanced: March 22nd - 29th, April 26th - May 3rd

In Spring '09 I am running 2 one-week coaching clinics in El Tur, Egypt. The intermediate clinic is first on 22 March and then on April 26 we have the advanced clinic. If you wish to enhance your stance, starts, gybes, transitions, freestyle, wavesailing and all-round sailing skills at this great venue then please book early as it will fill quickly.

The action (the coaching will be relevant to the ability level for that week)

- Waterstarts – learning and improving
- Stance – Getting in the straps, sailing faster, up and downwind
- Carve gybes – From first time gybers to improving and getting that elusive planing gybe.
- Tacking – nailing this useful and fundamental skill
- Freestyle – introduction and improvement in lots of new and useful tricks
- Jumping and riding – experience your first airtime and get into some waves, either at the point or at the nearby wave beach.

- Looping – work towards, learn or refine this massive move.

I will be coaching through use of simulators, on-water coaching and video coaching. Please feel free to give me feedback on how it is going for YOU at any time so I can give you the best opportunity to develop.

- Your ability – To get the best out of this clinic participants will need to in the footstraps or as near as and be making some waterstart and looking to carve gybe. All moves can be worked on for the the advanced riders.

Accommodation

We will be staying at the Moses Bay Hotel twin rooms which have just been refurbished. The package is half board with a generous breakfast and evening meal available. Wireless is now available at the centre and in the hotel reception. The beach bar is now up and running and has an excellent menu and of course refreshments for those all important cold ones at apres surf time.

Windsurfing kit

It is a very high quality set-up with excellent customer service, alongside lovely RRD boards powered along by EZZY and tushingham sails. When booking your board through Sportif I recommend the below boards or a suitable alternative.

- Lower intermediates and Heavy Intermediates Z RIDES 133 - 146
- Intermediates and Advanced Intermediates Z RIDES 110 - 120 or BIG FSWS, 110, 115.
- Lighter or more Advanced people - FreestyleWaves - 95 - 105 or Twintips freestyle boards.

The sailing

Wind: Thermal, cross offshore from the left over the sandbar, sideshore from the right at the point and in the open ocean swell outside of the centre sailing area. Cross on from the right at the wave beach - 5 minutes away.

Water state

Flat water with wind chop and a protected inside area. Small waves and rolling swell at the point / outside area. Lovely and easy waves at the wave beach which is the best and only decent wavesailing in the red sea.

The social

The evenings will revolve around us meeting up for some well earned drinks and having dinner together in the restaurant. Then we can retire to one of the bars or lounge on cushions in true Egyptian style. There may be an option of an evening out to Sharm or a trip to the local fish restaurant followed by egyptian tea/ coffee and the traditioanl shisha. It is all pretty relaxed and we have some great chat and share a good laugh at our daily stunts and the apres surf is focussed around the beach bar.

The travel

Sunday morning flights from Gatwick.

Other activities

There is volleyball, and fantastic snorkelling. Or visit the world famos Mount Sinai or the nearby Ras Mohamad national park.



Unlock your potential



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