

WORLD CHAMPION COACHING



Sail Equipment Australia and C-vane Sailing are pleased to present the opportunity to learn from the world's best, develop new techniques, and maximize your sailing potential. Let us share our world-class knowledge with you.

SERVICES AVAILABLE

- Private & team coaching
- Coaching at local, national and international events
- Clinics and training camps
- Boat speed development camps
- Strength and conditioning training
- Program development

All training and coaching sessions are prepared and targeted exclusively for age, skill, and experience levels.

Do not miss out on this opportunity for top-level instruction for you or your team. Register your interest with Brendan or Ryan now to secure dates during the coming season or to learn more about the services offered.



BRENDAN CASEY

- 2 times Laser Radial World Champion
- 5 times Australian Laser and Finn National Champion
- 2006 North American Laser Champion



RYAN ERIC MINTH

- Laser Radial World Champion Coach, 2006
- US Sailing Team – Laser, 2005
- Two-time NA Grand Prix Radial Champion



HAYDEN COWIE

- Five years sailing specific strength and conditioning coaching
- Former US Army Master Fitness Trainer, Medic, & OR Tech
- Former two division Kickboxing World Champion

Brendan +61417604648 Skype - brendan312353 or **email** brendancasey@hotmail.com or **Ryan** 212 292 7245 Skype - ryanericminth or **email** ryan@c-vane.com

PRE-ORANGE BOWL PERFORMANCE SAILING CLINIC

21-23 December 2008 / MIAMI FL

FAST TRACK YOUR SAILING

Learn from Olympic Silver Medalist ZACH RAILEY, age 24

- 2008 Olympic Silver Medal – Finn
- 2003 Laser North American Grand Prix Champion
- 1996 Opti Worlds – 6th

- Primary coaches: Brendan Casey, Ryan Minth, and Zach Railey
- Special Rate Accommodations provided by The Mutiny Hotel, Miami
- Team Meetings and Briefings at The Mutiny Hotel's Conference Room
- Schedule Sunday through Tuesday, 21-23 December 2008
- Laser Charters available through The Tackle Shack
- Opti Charters available through Landfall Navigation

**JOIN THE WORLD
CHAMPION COACHING TEAM
OF BRENDAN, ZACH, AND RYAN FOR THE REGATTA**

**REGISTER
TODAY**
space limited



Full information and registration through C-vane Sailing
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