

BENEFITS

- Train under decorated Olympian Derrick Menezes and his highly experienced team of sailors
- Learn how to use the sailing equipments and improve your windsurfing skills
- All equipments will be provided for windsurfing
- Competitive windsurfing races to test the skills learnt
- Program is certified by the Goa Yachting Association
- Sport of windsurfing increases cardiovascular endurance as several body muscles are used
- Sport of windsurfing helps in strengthening body core
- Sport of windsurfing helps burn upto 1000 calories per hour
- Visit famous tourist spots, sight-seeing and learn about local culture
- Medals and certificates will be awarded on completion of the program

SPORTSFORT

WINDSURFING CAMP GOA, INDIA



SPORTSFORT

 **7208592162**

Our Other Sports Travel Programs



 sportsfort
 sportsfortacademy
 info@sportsfort.in
 www.sportsfort.in



Derrick Menezes
Program Partner

PROGRAM INCLUSIONS



ACCOMMODATION
HOTEL & RESORT



MEALS AS
PER PLAN



REQUIRED GROUND
TRANSPORTATIONS



TEAM COORDINATOR
AVAILABLE AS PER PLAN



SIGHTSEEING AND
CULTURAL ACTIVITIES



FIRST AID &
MEDICAL FACILITIES



TRAVEL
ASSISTANCE



SOCIAL MEDIA
COVERAGE



PRE- ARRANGED
WINDSURFING RACES



MEDALS &
CERTIFICATES



TRAINING
ANALYSIS



SESSIONS BY
PROFESSIONAL TRAINERS

WHO IS IT FOR ?



SCHOOL

LEARN A UNIQUE
& SOPHISTICATED
INDIVIDUAL SPORT



COLLEGE

LEARN A UNIQUE INDIVIDUAL
SPORT ALONG WITH A
TASTE OF GOAN LIFESTYLE



INDIVIDUAL/FAMILY

EXPERIENCE ETERNAL
SPORTING MEMORIES
WITH YOUR FAMILY



CORPORATE

SELECT AN EXOTIC
TEAM RETREAT FOR
YOUR ORGANIZATION

TOUR ITINERARY

COURSE	COURSE CONTENT	ABILITY AFTER COURSE
BEGINNERS 3 DAYS	Teaches you the basics of windsurfing using the right equipment	Along with learning about all equipments and balancing on water on a surfboard, also sail to a chosen point on the water and return to where you started in light winds
INTERMEDIATE 3 DAYS	Improve your technique and confidence through new skills including the beach start and an introduction to harness. Program would also include Fast Tacking and Gybing to the next steps of Blasting Control, using the Harness and Foot Straps	Able to sail on all points of the wind in a variety of conditions using faster tacks and the harness. As you progress through the level, you will also be able to use the footstraps and get planing
ADVANCED 3 DAYS	Dynamic transitions, advanced planing techniques and waterstarts. Carve Gybing and other advanced skills such as advanced carving and bump and jump	Improved Blasting control to aid early planing, tacking on a variety of boards in varying conditions. Master the waterstart and planing Gybe

EXCURSIONS INCLUDED

- Half day sightseeing – Old Goa
- Exotic Goan Dinner at upmarket restaurant
- Sundowner at upmarket beach shack
- River Cruise on The Mandovi
- Trip to enjoy night life of Goa