



HOSTED BY : Liquid Sports Penghu

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This document is the corner stone of the athletes' information requirements for the 2016 RS:ONE WORLD CHAMPIONSHIPS TRAINING CAMP and contains important information about the program.

Liquid Sports Penghu are offering the Training Camp to encourage and assist athletes in their pursuit of improvement in the sport of windsurfing and at this camp is concentrated towards the RS:One Class and preparation for the 2016 RS:One Worlds.

This Handbook is intended to provide all athletes, coaches and support staff with all the key information required to ensure the Training Camp presents correctly and performs in a professional, efficient and successful manner.

All information contained in this Handbook is subject to change at any time and should be treated with the appropriate discretion.

## PROGRAM

The program will consist of four core areas:

- Personal preparation – fitness

You can expect a fitness session at least once each day and this will include bicycle riding, gym and Power Yoga. With Micheal Cosby

- Practical skills development – sailing

You can expect to sail almost every day and on some days there will be multiple sessions

- Equipment tuning and understanding its function

- Regatta development – racing

You can expect to participate in at least two small regattas.

- Knowledge development – theory

You will be given lectures on a range of topics in the evenings on most days in English with Chinese Translation. Including a de-briefing of the daily on water sailing sessions.

- NOTE : The camp is restricted to Athletes only - coaches or other personel may not attend training and theory sessions.

THE PENGHU 2016 RS:ONE WORLD CHAMPIONSHIPS TRAINING CAMP



## AIMS

The aim of the Training Camp is to provide internationally proven training techniques to Asian athletes.

### GOALS

The primary goal of the Training Camp is to increase the athletes' abilities so they may perform well in the coming RS:ONE Worlds and also look towards qualifying for the Asian Games in 2018

### PERSONNEL OF THE PROGRAM:



Alex Mowday  
(Coach / coordinator)  
(2008.2012 Olympic  
Chinese Taipei  
windsurf coach)



Bruce Kendal  
( Head Coach)  
( Olympic Gold and Bronze  
Medalist)



Micheal Cosby (fitness /medical) (HK Olympic Team  
Physical Conditioning Coach / Rehab and injury  
assessment)

If you have any queries, please contact Alex Mowday.  
During the camp, please contact either of the coaches in  
the first instance

### Contact Details

Alex Mowday : [alex.mowday@gmail.com](mailto:alex.mowday@gmail.com) Tel: +886 988292402

## INSURANCE

Athletes are required to obtain their own travel and medical insurance.

## MEDIA

A number of promotional and sponsor based activities are scheduled for the Camp You may be photographed, interviewed and filmed. A full briefing will be provided before each media commitment.

You may be required to wear specified (supplied) uniforms when directed by coaches , to actively promote THE PENGHU 2016 RS:ONE WORLD CHAMPIONSHIPS

## TRANSPORT

You will be driven by a team vehicle or you have the use of a bicycle under the direction of the team coaches for your transport during the program.

### AIRPORT PICK UP AND DROP OFF

You will be collected from the airport by accommodation staff

## CLOTHING:

You are required to bring:

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- RS:ONE sailors NEED to bring own harness, control lines and downhaul.
- Exercise clothing and footwear such as trainers/joggers (bicycle riding, running and gymnasium workouts)
- Swimming attire -
- Casual clothing for around camp and rest days – both warm and cold weather clothing.
- Personal clothing and underwear
- Sailing underclothes
- Footwear
- Wet weather (non sailing) clothes  
We strongly encourage you to clearly name your clothing. Any other clothing items you feel you will need, remembering luggage restrictions for your international flights.
- Camp Specific / Branded clothing may be supplied and should be worn during media occasions.

## ACCOMMODATION AND MEALS

The accommodation and meals will be provided for you for the duration of Program.

The majority of accommodation will be either Double, Quad share.

Daily meals are provided at the Liquid Sports B&B with attention to the athletes Nutritional needs under physical conditioning

- Simple linen is provided
- En-Suite Bathrooms for each room
- Access to laundry facilities is included

All meals will be provided by the B&B and it is critical that all health and dietary requirements are detailed on the Athlete Information Form. Meals at camp will be served in a common dining area and prepared exclusively by B&B staff.

The consumption of alcohol during this program is not permitted. Athletes are, and will be, strongly discouraged from smoking and smoking is prohibited in the B&B



## WEATHER EXPECTATIONS

- The weather September in Penghu is warm .
- Average minimum temperature: 22 degrees Celsius
- Average maximum temperature: 31 degrees Celsius
- Although this time of year it is dry , there could be a small chance of rain.
- Average wind strength: 8 – 15 knots
- General sun risk: very high

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There will be a detailed weather briefing as part of the lecture series. Please check the forecast for Penghu before your departure to ensure you are comfortably dressed upon arrival.

### MANAGEMENT

The Camp management structure will attend and control proceedings. The management team and coaches are there to support the athletes and so your cooperation is requested.

### PROGRAM

The detailed program will be issued closer to your arrival.

Arrival in the Penghu shall be between 0800 03 Sept and 1600 03 Sept and departure will be 12 or 13 Sept 2016.

A typical day will consist of 3 sessions: fitness, theory and on water activities. Some days will have two on water sessions.



## COSTING :

Includes: 10 Nights Accommodation and all meals @ Liquid Sports B&B  
Transport while in Penghu to and from sessions and functions.  
use of RS:One equipment. (NOT including downhaul/outhaul  
and harness lines)

Based on Twin Share : US\$1500

As there are only max 20 places at the camp , spaces will be based on first come, first serve basis , you are encouraged to make early confirmation for the camp. A 50% deposit is required with confirmation.

## GETTING TO PENGHU:

International Flights can Arrive at Kaohsiung or Taipei Taoyuen (CKS) airport.

You will need to take a local flight to Penghu - the average return ticket costs US\$130 and there are many available flights during the day - is is advised to arrive in the morning in order to get a good connecting flight.

We are happy to assist you in the booking of flights and transfer information to the local airport ( 30 minutes in Taipei - Kaohsiung does no require shuttle to the local terminal as it is the same airport).

Please contact Alex : [alex.mowday@gmail.com](mailto:alex.mowday@gmail.com) for more information.

## OUR PARTNERS:

