

# 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

 **7208592162**

### Our Other Sports Travel Programs



Cricket    Football    Badminton    Squash    Basketball    Handball    Skiing



Swimming    Dinghy Sailing    Kite Surfing    Scuba Diving    Sea Kayaking    Stand up Paddle

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Derrick Menezes  
Program Partner

# SPORTSFORT

## WINDSURFING CAMP GOA, INDIA



# 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