

**GRAN CANARIA TRAINING WORLD CLASS TEAM
AECIO TROPHY**

Training : 21 / 26 December (6 days training)

Aecio Trophy : 27 / 29 December 83 days racing

Coach for training and race : Simone Ricci

Where : Las Palmas de Gran Canaria - REAL CLUB NAUTICO DE GRAN CANARIA

Daily training program : From morning till late afternoon with briefing, water, debriefing.
The goal is to work very hard upon handling, waves, start, strategy and tactic, mental tips to sail at top level.

Price for Charter boat : 50,00€ per day (till 5 days of charter) 40,00€ per day if more of 5 days.

Coaching : 50,00€ per day included gasoline and other expense.

Entry for the regatta : 50,00€

Level : The Level is medium High with some of the athletes who participated to European and World Championship in gold fleet and with Medals.

Accommodation and food : Not included. Las Palmas of Gran Canaria is full of apartment and hotels and you can find easily on Airbnb and booking a good accommodation. For food is very very full of restaurants, tapas bar and supermarkets.

Can i train less days or come only for the race? : Yes, you can decide how much you want to work.

Climatic Conditions : In Canary islands is never Winter and also in December you can stay with shorts and join the perfect climatic conditions and sail big waves and perfect wind.

Event website : <http://regatas.rcngc.com/en/default/races/race/text/xxxiii-edition-aecio-trophy-for-optimist-en>

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