

# TWS PRO SLALOM TRAINING

winter 2022



TENERIFE  
WINDSURF  
SOLUTION



## JOIN OUR PRO SLALOM & FOIL TRAINING SEASON 2022!

The 2021 TWS Pro Slalom Edition has been a great one! With some PWA and IFCA events happening again we are really proud to see the names of the riders that have been training with us up in the rankings. Once again the TWS Pro Slalom Training has showed its strength in being one of the best winter trainings around.

The 2022 season will be exciting! With everyone pushing the abilities of the foil we have minimised the loss of trainings and we are excited to see the fin v.s. foil racing continue. Besides the training in El Medano South Bay we are preparing to do races in the industrial harbour of Granadilla again so we will be training in both wavy and flat water conditions.

Are you ready to push your game? Because we are back and full of energy with a new edition! Upcoming winter the 2022 TWS Pro Slalom & Foil Training season will be held from 03-01-2022 until 04-04-2022.

### **Rules regarding COVID19 during 2022 training season**

Fortunately the situation in the world is getting better so we hope to see many of you back with us in Tenerife again. Nonetheless there are still some COVID measures we need to take into account. We will try and keep you updated through e-mail and Whatsapp on radical changes in the measures. We kindly ask you to follow the restrictions to avoid problems and big fines. When not following up the safety measurements we can expel you from participating in the trainings.

### **El Médano – South Bay**

The south bay of El Médano offers choppy conditions, flat-water, nice wave conditions with strong and sometimes gusty winds. This combined with the nice and relaxed atmosphere in town, many restaurants, bars and our fully equipped windsurf center we are proud to offer you the most complete training package available.

### **Granadilla Harbour**

Up north from El Médano you can find the Granadilla Harbour which has really nice flat water conditions. After a lot of good feedback from the riders we will be trying to go up to Harbour once a week and mix up the training circumstances.

### **Z-FINS test center**

All TWS Pro Slalom & Foil Training competitors will be able to make use of our Z-fins collection. The fins are available to be tested during the training period. In collaboration with Z-fins we are happy to offer you all kind of sizes and models for your small, medium and big board to order at reduced prices. Please note that in case of any damage on the outline of the fin or fin surface the competitors have to buy the fin for a discounted price.

### **Finish fins**

Due to succes we are bringing back the Finish Fins to the center and can be tested during the winter trainings. The Finish Fins are made of Textreme Carbon and developed by Jordy Vonk. Everyone interested can test the several fin combinations with your board and sail. So, go and try to be as fast, or even faster, then Jordy!

### **TWS Outletshop in Cabezo**

In January 2020 we opened our outlet shop in Cabezo. In this shop you will find everything from wetsuits, harnesses, clothing and of course everything you need for your windsurfing quiver. Also we have our WingFoil test centre located in the shop so if you are interested in trying our WingFoiling make sure you pass by the shop to get all the information you need to know. If you would like to stay updated about our outlet shop make sure you follow @tws.outletshop on Instagram or Facebook.

### **Repair shop**

You went a bit too tight on the jibe mark and damaged your board? Pavle Dujic, who worked at Flikka Customs before, is running the TWS repair shop and does all kind of pro repairs on boards and other repairs like boom regripping. So, you can go full throttle on the race course and if something gets damaged Pavle is the man to go to. Plus, we offer a high-end sail repair service as well, just give your sails to Pavle and he will sort it for you.

### **Physiotherapy**

The weeks are full of hard training so this year manual- physiotherapist and osteopath i.s. Mary Vonk will be in El Medano and available for treatments to help you with your recovery after going full power on the course. In case you want to book an appointment just walk by the TWS center and we will provide you with further details!



## PARKING OF CARS IN THE STREET NEXT TO CASA MEDANO

If you come with your own vehicle, we have to follow some rules to make life nice and easy for both you as rider and the local community. You are allowed to drive down the rigging street next to Casa Medano and unload the gear you need during the day but you need to do it before 09:30 am. Make sure you keep your equipment behind the streetlights on the left side looking up so the rest of the street is clear. After unloading your gear your vehicle has to be parked up on the street above since it is not allowed to park on the way to the beach. If your vehicle is parked during the day you will run the risk of getting a fine and a tow away and we might exclude you from the trainings as we cannot have the local community complaining about the vehicles.

## COMMUNICATION

Communication of the TWS Pro Slalom Training will be done by using a Whatsapp group. The WhatsApp group is a platform exclusively for competitors to discuss all issues concerning the training. We ask you to check this group daily to not miss out on any useful information.

Pro Slalom Training WhatsApp group:



## ENTRY TERMS AND PROCEDURE

Every competitor has to register through a Google Docs Form. You can follow the link in the email. If you have any problems registering through the Google Docs Form please send an e-mail to [sara@tws-windsurf.com](mailto:sara@tws-windsurf.com).

Only after a confirmation e-mail your registration will be completed. Note that if you don't register the exact dates, we cannot schedule you in. To avoid trainings being too crowded we ask all riders to register prior to your arrival! If you sign up before 15 October you get a 10% discount on the trainings and if you join for the month of January you will get a 10% discount on the month fee for January. We can't guarantee a place without registration, so if you know friends, team riders or others that would like to join the training, please inform them to register online!

## ARRIVAL

On location it is mandatory for every rider to fill in the entry form at the TWS center together with the payment in cash before heading out for your first training.

The address of the TWS center is:  
Tenerife Windsurf Solution  
Paseo de Nuestra Mercedes de Roja 56  
38612 El Medano, Canarias, Spain  
T +34-922179401 Email [info@tws-windsurf.com](mailto:info@tws-windsurf.com)

## SAFETY

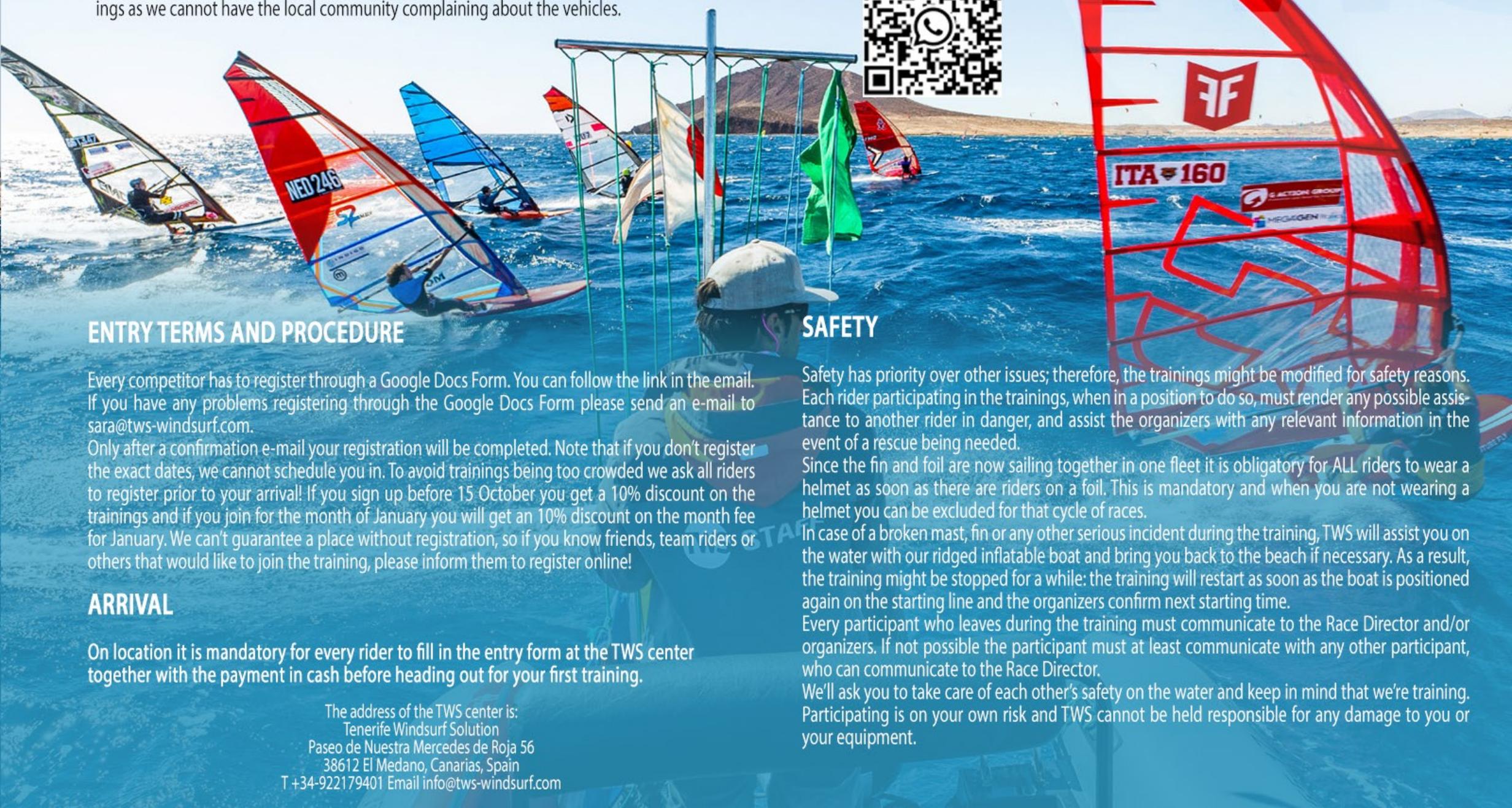
Safety has priority over other issues; therefore, the trainings might be modified for safety reasons. Each rider participating in the trainings, when in a position to do so, must render any possible assistance to another rider in danger, and assist the organizers with any relevant information in the event of a rescue being needed.

Since the fin and foil are now sailing together in one fleet it is obligatory for ALL riders to wear a helmet as soon as there are riders on a foil. This is mandatory and when you are not wearing a helmet you can be excluded for that cycle of races.

In case of a broken mast, fin or any other serious incident during the training, TWS will assist you on the water with our ridged inflatable boat and bring you back to the beach if necessary. As a result, the training might be stopped for a while: the training will restart as soon as the boat is positioned again on the starting line and the organizers confirm next starting time.

Every participant who leaves during the training must communicate to the Race Director and/or organizers. If not possible the participant must at least communicate with any other participant, who can communicate to the Race Director.

We'll ask you to take care of each other's safety on the water and keep in mind that we're training. Participating is on your own risk and TWS cannot be held responsible for any damage to you or your equipment.



# PRICES

The TWS Pro Slalom & Foil Training fee's for 2022 are:

PERIOD	TRAINING	STORAGE
3 months:	€ 975,-	€ 375,-
2 months:	€ 750,-	€ 275,-
1 month:	€ 410,-	€ 199,-
3 weeks:	€ 375,-	€ 135,-
2 weeks:	€ 299,-	€ 105,-
1 week:	€ 199,-	€ 65,-



All prices are in euros. Payments needs to be done in cash at the TWS Center before your first training. For those who sign up for the whole month of January you will get an extra 10% discount for the fee for January.



## AIRPORT TRANSFER (ONLY TENERIFE SUR Airport, airport code TFS)

Airport Transfers for windsurf material can be arranged for € 35,- per rider, one way. If you are travelling without windsurf gear, we recommend you to take a taxi as it's only 12-15 euro from the airport to the El Médano bay.

If you want an airport transfer we ask you to send all your flight details and phone number to [sara@twswindsurf.com](mailto:sara@twswindsurf.com) at least 5 days in advance so we have time to organise the transfer. The day before arrival you'll receive a detailed e-mail with the pick-up location.

We do not offer transfers from the Tenerife North Airport (airport code TFN) so please book your flight to the Reina Sofia Airport in the South, airport code TFS

## STORAGE

We offer several storage places. We highly recommend you to be on time with booking your storage place as we only have a limited amount of storage places available this season. One storage place can fit three boards, 6 sails and the necessary masts and booms.

If you want to make use of the storage facilities, we ask you to send an email to [sara@twswindsurf.com](mailto:sara@twswindsurf.com)

## APARTMENTS

We are having good contacts with real estate agents in El Médano and are willing to help you out with organising your stay. If you would like to book an apartment you can send all your information and needs to [sara@twswindsurf.com](mailto:sara@twswindsurf.com) and we'll do our best to find you a good and comfortable stay. Be aware that El Médano is getting more popular as a winter windsurf destination, so do not wait too long with organising your accommodation. We can provide you with some contacts to sort out your apartment.



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## TRAINING TERMS AND RULES

A regular week of training contains between 2 and 4 training days depending on the conditions. We will announce the expected racing days one week ahead and at 20:00 the night before the training will be confirmed or cancelled via the WhatsApp group. We're always aiming to do 4 trainings days a week and might have days on stand by.

### - TRAINING DAY:

Last season we have been experimenting by doing 2x 7 races back to back and 3x 5 races back to back. Depending on the situation we want to choose the scenario that fits that day best. The following racing schedules may be used and will always be communicated up front.

RACE TRAINING	
5 races back to back	
	30 minutes break*
5 races back to back	
	60 minutes break*
5 races back to back	

OR

RACE TRAINING	
7 races back to back	
	60 minutes break*
7 races back to back	
	60 minutes break*

\*duration of break can be changed

### - GROUPS

In case of less than 12 competitors attending a training, competitors will race and train in one group. In case of more than 12 competitors per stint the competitors will be divided in two groups, group 1 and group 2. In case of 25 riders and more the competitors will be divided in three groups. The groups will be communicated in the WhatsApp group the morning of the training day.

### - STARTING PROCEDURE:

The starting procedure will be the same as the PWA starting procedure, so a 4 minute sequence:

4 min.	Red Flag Up
3 min.	Red Flag Down
2 min.	Yellow Flag Up
1min.	Yellow Flag Down
Start	Green or General recall Flag Up

On the boat will be signaled (visual with 1 or 2) which group is about to start.



### - OVER EARLY:

A general recall will be made in case somebody goes over early. At the boat the person will be called over early and needs to skip the re-sail of the race, just like a real race. In the general recall you'll have 1 minute less than the normal starting sequence. ATTENTION: Two general recalls in a row counts as one race! So after the second general recall we either move on to the next group that races or start a new race. In case you're over early in the second try you'll miss that upcoming race.

### - BE ON TIME

We expect the competitors to be on time for the races. In case a rider misses the first race the competitor will not be allowed to do that cycle of back to back races. We ask you to respect this rule and not refuse orders of the Race Director. Exceptions can be made in case of material breakage; we hope we can trust riders and expect them not to make disabuse of this exception.

### - TRAINING FORMATS

Beside regular racing we can decide to do more specific training. Any suggestions are always welcome and we're open for any kind of training to make you better.

### - ANALYSIS

All starts will be filmed and also jibes or full races can be recorded. We'll like to organise video analyse sessions to extend our training facilities off the water. If you can't make it to join the video analyse session you can also bring a USB so we can transfer the starts you were not able to see to your USB device.

### - NOTICE BOARD

A notice board will be placed at the TWS center, information about the training that day, groups or any notes can be found there if not already communicated via WhatsApp.

## TRAINING SCHEDULE

Every week we aim to conduct 4 training days. Every week a schedule will be made based on the latest wind forecast. The official and final decisions can be found in the WhatsApp group.

Every training day the first start will be at 11:00, in case the starting time will be postponed the race director will let the competitors know by using the WhatsApp group.

## SUITABLE CONDITIONS

The Race Director will make the decision if conditions are suitable for training. The compatibility of air density, wind speed, wind direction, wave size, currents, weather and temperature will be considered when determining suitable conditions for training.

## MEDIA

Professional pictures and videos will be made during the trainings and published on our Facebook page for promotion [www.facebook.com/ProSlalomTraining](http://www.facebook.com/ProSlalomTraining). Publications of footage is free to use for all riders taking part in the trainings with the associated copyright tag which can be asked at the TWS staff. (©TWS/photographer).

Private photo/video sessions can be arranged with Bartek Jankowski/7Pixels.





## CREW AND INFORMATION



**Guillermo Fernandez Mendez** is the Race Director of the TWS Pro Slalom Training. Guillermo will be responsible for the training on the water and the organization of the video analysis. Guillermo can be contacted via the Whatsapp group, during video analysis or by email: [guille@tws-windsurf.com](mailto:guille@tws-windsurf.com)



**Sara Wennekes** is the product manager of the TWS Pro Slalom Training. Sara will be responsible for your registration and will help you out with all your needs for a stay in El Médano. You can contact Sara via the WhatsApp group or by email: [sara@tws-windsurf.com](mailto:sara@tws-windsurf.com)



**Thomas van den Heuvel** will be helping Guille in doing race preparations and is the main man for the airport transfers.



**Jordy Vonk** (Ned-69) will be spokesman for race- and training related issues and will communicate closely with Guillermo and Sara. Sara takes over his administrative and logistic tasks.



**Matteo Iachino** will be advising on the Foil race and IQFoil trainings and as a member of the TWS Pro Slalom Team he will be with us all winter to give you a hard time on the course :)



**Pavle Dujic** is running the TWS repairshop for your boards, booms and sails repairs.

If you have any questions, suggestions or like to book your training. Please send an email to [sara@tws-windsurf.com](mailto:sara@tws-windsurf.com)  
We are looking forward having you training and racing with us this winter in Tenerife!

