



WINDSURF
COACHING

EL MÉDANO: *INTRO TO WAVES*

27 FEB - 6 MAR / 6 -13 MAR / 13 - 20 MAR 2021

The Place: El Médano is a charming village with a real surfy, laidback atmosphere, great food and most importantly epic sailing. It is an extremely popular windsurfing destination and it's not hard to see why. Spanish bars, restaurants and surf shops line the harbour and boardwalk, which is always quietly busy with people making use of the public exercise equipment and tranquil spots for some morning yoga.

Coaching: Coaching runs Sunday to Friday, with change over day on Saturday at a cost of £400 per week. On this clinic we coach people from their first time out in the waves, to getting comfortable jumping and wave riding. We aim to spend as much time on the water as possible and will be focussing on wave sailing technique. In light wind we also have the option of training light wind core skills, foiling and wind SUP. We use a mixture of on water action, on land theory and video coaching sessions. With patience, enthusiasm and an eye for spotting errors in technique and kit set up, Colin and the team can take your sailing and enjoyment on the water to the next level.

Level: Intro to waves - we ask that you are able to sail a wave board, be comfortable in the harness and footstraps and waterstart.

Conditions: El Médano bay is the perfect place to start or improve your wave sailing experience. Sailing here offers a great teaching area and playground for those learning to launch and get comfortable in the waves, the harbour wall provides a step up and some good wave riding and jumping. During the intro to waves week we will be sailing in the Bay and perhaps at the Wall.

Travel: Fly to Tenerife South airport. Once you arrive, Medano is only 10 minutes by taxi from the airport and costs around 10 – 15 Euros

Temp: At this time of year the average daytime temperature is around 25 degrees, and the water is a bit cooler after winter, so a wetsuit is definitely recommended, a long summer suit or a shortie (for the more hardy amongst you). Also the evenings can be a bit chilly so it's worth packing a hoody and some jeans.

What else the town offers: Cycling, both road and mountain biking is big here so pack your lycra if that's your thing. There are also lots of excursions such as trekking mount Teide or the giant water park; Siam Park in Las Americas.

Insurance: We recommend VDWS insurance for all of our clinics, they charge an annual premium of 39 Euro and cover you worldwide for windsurfing and other sports and are totally worth it!

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