

# GOLD WINDS SAILING MANUAL

WE WANT TO SEE YOU LEARN.



Vol 1.

## GOLD WINDS SAILING MANUAL – COURSE GUIDE

**W**elcome to the **Gold Winds Sailing Manual**. This **guide** will help you **understand** how the course **works**, what you will **learn**, and how to **access** additional services like mentorships.

This program is **designed for sailors** of all levels who want to take their sailing **to the next level** through a structured, **multi-disciplinary** training approach. The **content** is **accessible** through our **online platform** and includes self-paced **video modules**, **downloadable materials**, and optional live **mentorship**. *Crafted by Champions Mastered by YOU.*



### COURSE MODULES:

#### **Strategy**

- WIND TYPES
- CURRENTS
- WAVES
- RACE ROUTINE & KEY STEPS

#### **Tactics**

- FIRST METERS AFTER START
- MODE MANAGEMENT (VMG & SPEED/ANGLE)
- WINDWARD MARK APPROACH
- LEEWARD GATE APPROACH
- GATE SELECTION
- STRATEGIC USE OF COMPASS

#### **Specialized Modules**

- SAILMAKING WITH ONE SAILS
- RIGGING WITH ONE SAILS
- COMPOSITES WITH ONE SAILS
- METEOROLOGY WITH METEOMED
- SPORTS PSYCHOLOGY WITH MIQUEL SALOM
- NUTRITION WITH PLAN COOPER
- PHYSICAL PREPARATION WITH PLAN COOPER

#### **Starts**

- LINE POSITIONING
- CHOOSING THE FAVORED SIDE
- RISK MANAGEMENT
- TACTICAL ADJUSTMENTS BY WIND STRENGTH
- FIRST METERS AFTER START
- MODE MANAGEMENT (VMG & SPEED/ANGLE)
- WINDWARD MARK APPROACH
- LEEWARD GATE APPROACH
- GATE SELECTION
- STRATEGIC USE OF COMPASS

#### **Opti Technique**

By the moment we only have Optimist sailing technique

- BODY MOVEMENTS
- COORDINATION WITH THE WAVES
- MANEUVERS (TACKING & GYBING)
- RUDDER MOVEMENTS



### *Specialized Modules*

- SAILMAKING WITH ONE SAILS
- RIGGING WITH ONE SAILS
- COMPOSITES WITH ONE SAILS
- METEOROLOGY WITH METEOMED
- SPORTS PSYCHOLOGY WITH MIQUEL SALOM
- NUTRITION WITH PLAN COOPER
- PHYSICAL PREPARATION WITH PLAN COOPER

### **HOW TO ACCESS THE COURSE:**

#### *Online Store Purchase (Card Payment)*

When purchasing the course via our website using a **credit** or **debit** card, access is granted **automatically** to the **account** used in the **purchase**.

#### *Bank Transfer*

If you choose to pay via **bank transfer**, access will be granted once the **payment** is **confirmed**. You will receive an **email** confirming your **access** once the funds have been received.

### **MENTORSHIP PROGRAM:**

Mentorships are only available to enrolled students.

#### *How to Book a Mentorship:*

1. Be an **active student** in the **course**.
2. **Choose your mentorship** type (1-on-1 or group) via our online store or inside the platform.
3. **For 1-on-1 sessions:** Select your coach, choose your plan (monthly, 6 months, or yearly), and define your goals.
  - You'll receive an **email** to coordinate the first session and share **your goals** and any supporting **material**.

#### **4. For Group Mentorships:**

WE WANT TO SEE YOU LEARN.





- Choose the **format** and **topic**.
- Complete the **group registration form** with the **full names** and **emails** of **all participants** (all must be **enrolled students**).
- We **recommend bank transfer** for group mentorships to **ensure** all **payments** are **confirmed** before scheduling.

### Pricing

(2 mentorships per **month**, each **45 minutes**)



Format	Monthly	6-Month Pack (2 x 6)	Annual Pack (2 x 12)
1 vs 1	300 €	1700 €	3200 €
2 participants	200 €	1100 €	2000 €
3-5 participants	100 €	550 €	1000 €
6-10 participants	75 €	400 €	700 €

*\*For EU countries the corresponding taxes will be added (VAT).*

### 2025 CONTENT ROADMAP:

Stay on course with **monthly content** drops carefully designed to help you grow, step by step.

Every **1st of the month**, we release **8 to 10 new video** lessons across the key **modules**: Strategy, Tactics, Technique, Equipment Setup, and Specialized Topics.

You'll start with a **solid foundation**, the first **launch**, includes **9 core lessons** covering all main themes.

To keep your learning fresh and focused, content **from two months prior will be rotated out**, allowing you to continuously access new and relevant training.

**Specialized modules** (One Sails, physical prep, psychology, nutrition, etc.) **vary** each **month** to keep the content dynamic and well-rounded.

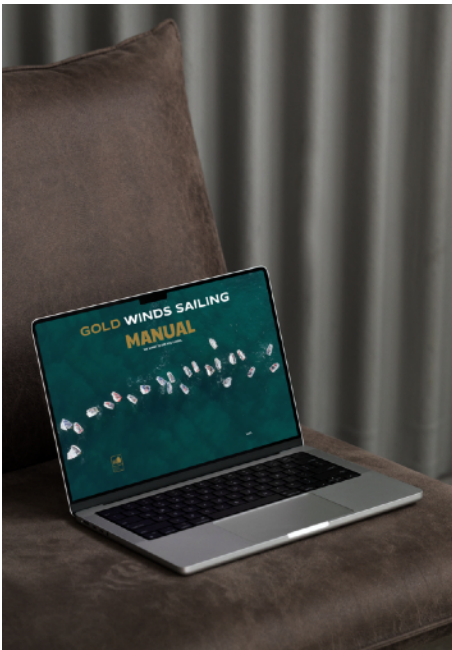




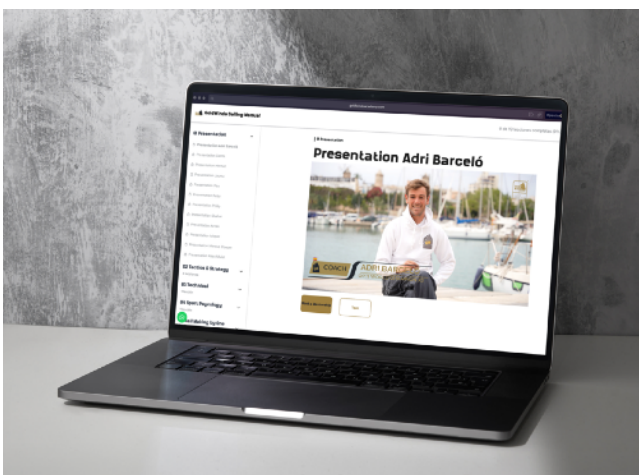
## YOUR LEARNING SPACE:

Preview the **Manual**, a dynamic and user-friendly **platform** designed to enhance your **learning experience**.

You'll find a **clean, intuitive interface** with the module titles listed on the left, allowing **quick access** to each video. The main screen showcases the **content** in **high resolution**. Booking **mentorships** is seamless through dedicated **buttons**, and there's a space to **ask questions**, share doubts, or leave comments, all within the same **environment**.



Designed to keep you **focused**, **connected**, and **progressing** in any device you want.



WE WANT TO SEE YOU LEARN.