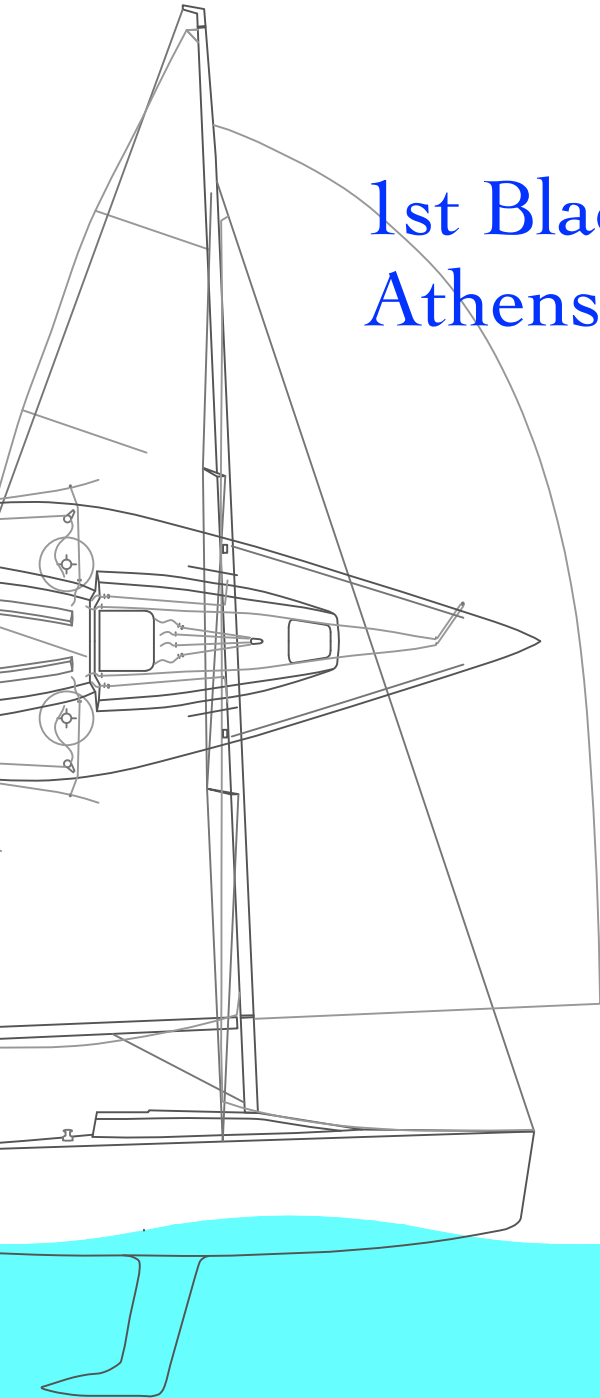


1st Black Sea Wolf Athens Bootcamp 2019



PLATU 25



No78

Welcome aboard to No78

No78 is more than just a nautical club; it's an open group of people, an idea, and a way of life. Our goal is not just to certify licenses but the sustained education in all areas of sailing. No78's program gives the opportunity for additional knowledge and experience to his graduate and members so they can be ready to open sails around the beautiful inland and set course across the seas.

Schedule

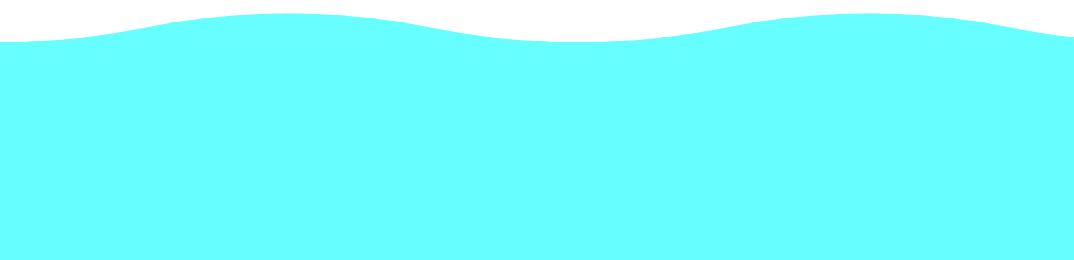
Friday

- 09:30 Registrations.
- 10:00 - 11:30 Theory, Basic Sailing.
- 11:30 - 15:00 Practice, Basic Sailing, maneuverings (Take your lunch with you).
- 15:00 - 16:30 Theory, Trimmings.
- 16:30 - 19:00 Practice Trimmings, maneuverings.
- 19:30 BBQ Time.

Saturday

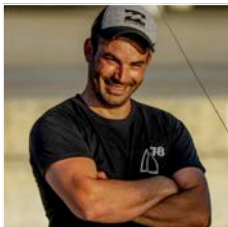
- 09:30 - 11:30 Theory, Basic Tactics, Start, Strategy and maneuverings
- 11:30 - 15:00 Practice, Trimmings, maneuverings (Take your lunch with you).
- 15:00 - 16:00 Theory, Racing Rules.
- 16:00 - 19:00 Practice, Start maneuverings.
- 20:30 Dinner & Drinks (See the location at information section).

Sunday

- 10:30 - 11:00 Skipper Meeting
 - 11:30 - 14:30 Racing
 - 14:30 - 15:00 Closing boot camp
- 

Head coach

Stelios Noutsos



Born on 12/11/1982 in Athens. Stelios always liked the high speed dinghy. He sailed the 29er where he won many national and international regattas. He also sail in offshore racing, where he won the National Championship 3 times in a row. For the last years he is sailing the 49er high performance sailing dinghy with the ultimate goal of going to the TOKYO 2020.

Coach

Panagiotis Kampouridis



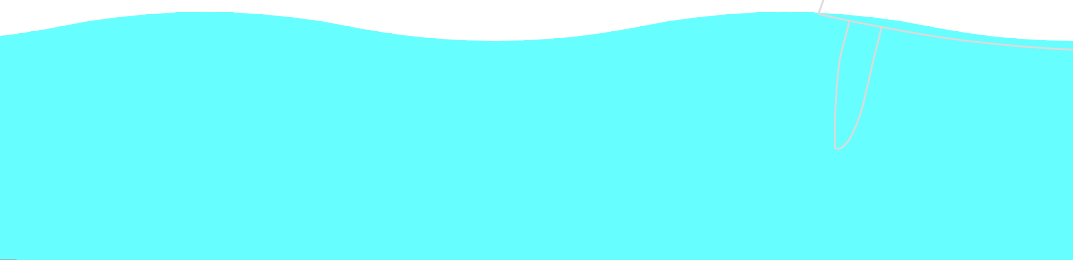
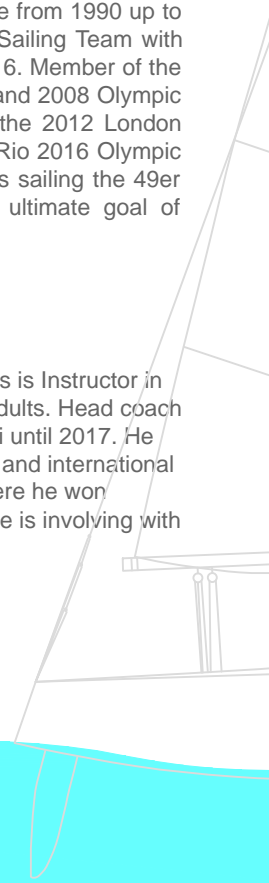
Born on 17/03/1983 in Athens .Panagiotis is an Athlete-member of the Yacht Club of Greece from 1990 up to nowadays. Member of the Greek National Sailing Team with unceasing participation from 1997 up to 2016. Member of the pre - Olympic 470 class team for the 2004 and 2008 Olympic Games, member of the Olympic team for the 2012 London Olympic Games and first substitute for the Rio 2016 Olympic Games. For the last years with Stelios he is sailing the 49er high performance sailing dinghy with the ultimate goal of going to the TOKYO 2020.

Coach

Andreas Paleras



Born on 16/03/1982 in Thessaloniki .Andreas is Instructor in dinghies for 420 & 470 and in Platu 25 for adults. Head coach for the sailing in Sailing Club of Thessaloniki until 2017. He sailed the 470 where he won many national and international regattas. He also sail in offshore racing, where he won National Championship. For the last years he is involving with the yachting.



Dimitris Lekakis

Born on 16/05/1980 in Thessaloniki. Dimitris is Instructor in dinghies for children, from 6 up to 15 years old, and in Platu 25 for adults. Head coach for the sailing academies in Sailing Club of Piraeus, National head coach for Malaysian 420 & 470, 2013-2014. The last years is head coach Malaysian Yachting Federation for the Olympics, Training Greek and Hungarian and Indian 470-420 and Optimist crews in terms of personal training.

Coach



Sotiris Apostolakis

Born on 11/11/1982 in Athens. Sotiris is Instructor on offshore boats and platu25. An expert instructor at aerodynamics and navigation. He sailed offshore boats and platu25 for national and international regattas as a Bowman. He has passion with the traditional wooden boats. For the last years he is involving with the restoration of traditional sailing boats.

Base Manager



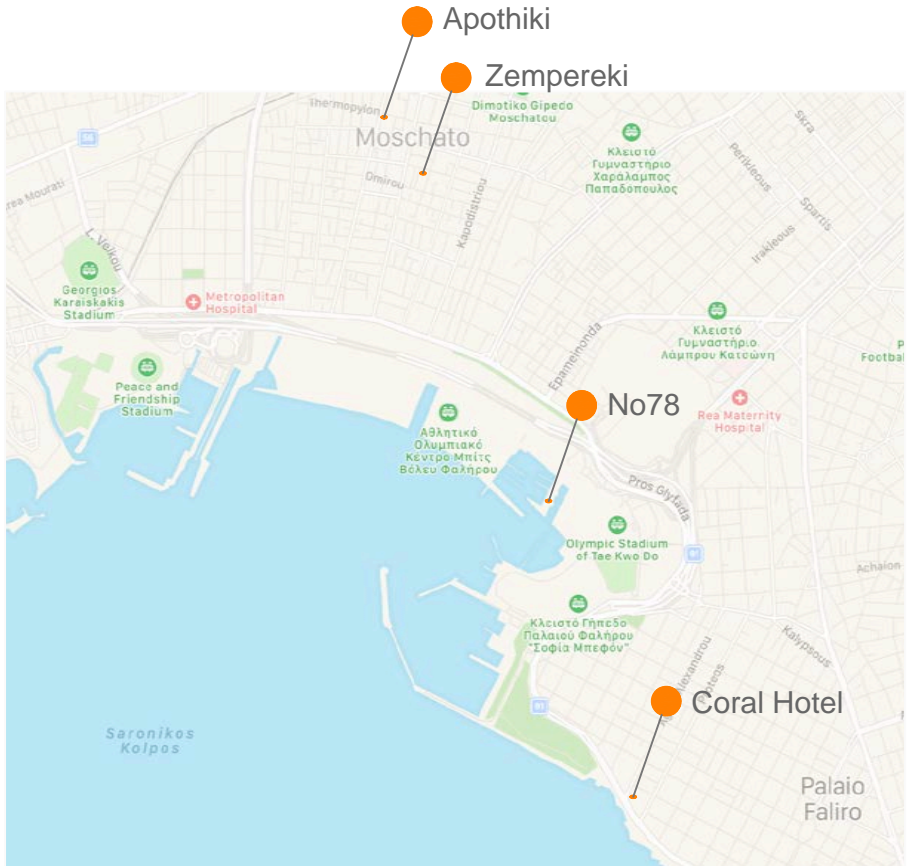
Stauros Kouris

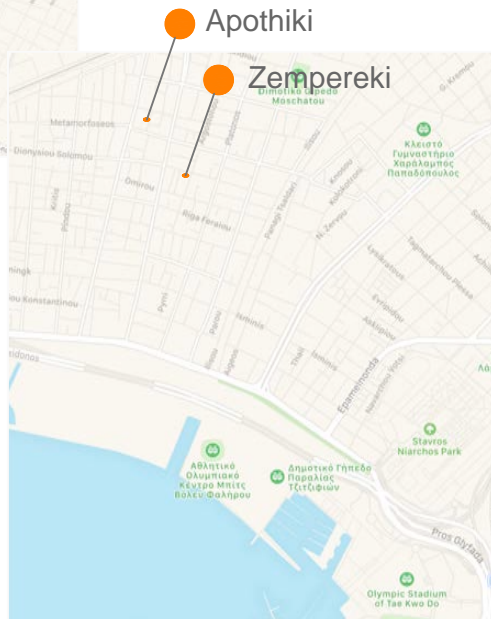
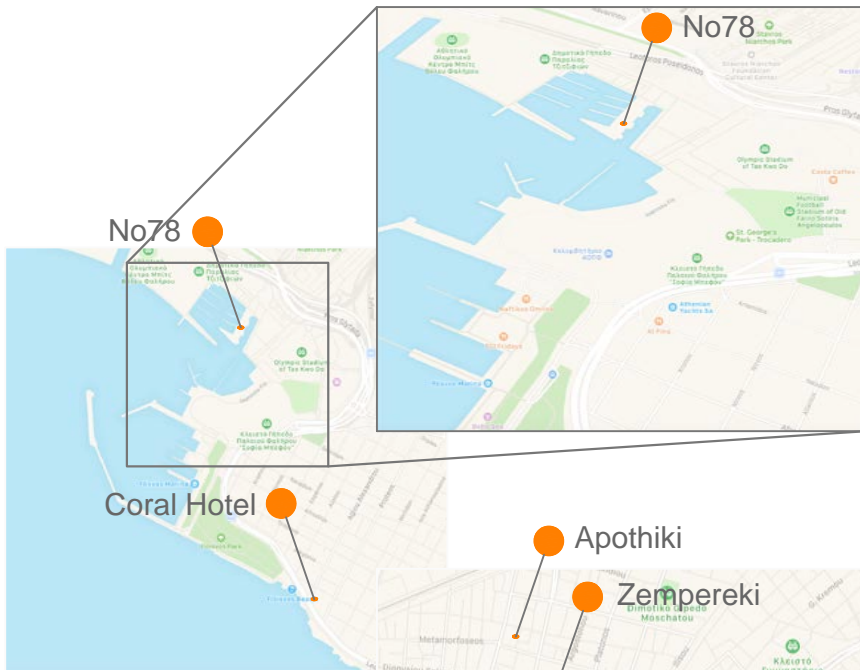
Stauros is an international judge since 2016 from then he has been in International Juries and Protest Committees on major Worlds and Continental Championships in almost all Olympic and International Classes. Also I have been in various Match Racing events as an Umpire in Greece and all over the world. The last 2 years I collaborate with various athletes from Greece, but also from abroad, helping them in major regattas as a Rules Advisor.

International Judge



General info





- Dinner at Zempereki
arrive time 20:30
Dionysiou Solomou 92,
Moschato 183 45
- Drinks at Apothiki
Thermopylon 49,
Μοσχάτο 183 45

The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.

William Arthur Word

