

## Augusto Poropat -- Coaching Proposal

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I'm a 20 year old sailor from Italy and have been sailing for many years in a range of boats (Optimist, 420 and bigger ones). Over the last two years I've sailed the 29er participating in national and international races (Eurocups, Europeans and Worlds). Through sailing, I've met many people who were involved in AC projects and Olympic campaigns and who really taught me a lot about sailing and life. My coach in the 29er was a guy that has done two Olympic campaigns in the 49er and who helped me to obtain great results in this class. I have already helped my coaches Dragan Gasic coach Optimists in my yacht club, Società Velica Barcola-Grignano, and Tristano Vacondio coach 29ers in Fraglia Vela Riva, Lake Garda. After all these years, I would be very proud to have the opportunity of sharing what I've learned from these people.

My project is to train a 29er team for a couple of weeks (or even more) in the period of August- September with the purpose of helping new crews lay the foundations for the future and of improving technically the crews that already have affinity with 29er. I don't want to be paid, I only ask the reimbursement for board and lodging and travel.

I have a clear plan of what to do over two or more weeks of training, which is:

- First of all, together with the team, **make sure the boat is set up correctly**;
- During training on the water I will take **videos** so that I can review them with the team once we come back from the training to identify what must be improved;
- Before each training, I illustrate to the guys what kind of exercises we will make, evidencing the problems that will probably occur and explaining the techniques that should be used;
- Every day before the training, I will show and do some exercises for **athletic training** that is essential for the 29er (in particular strength and agility ones);
- If the weather conditions prevent us from sailing we will do lessons in theory and athletic training.

These are the things that from my point view are fundamental for permitting the crews to learn as more as possible, to be able to sail in any condition and to be satisfied of the training.

Moreover I note that there are various championships in late July and August and this training would be a great opportunity to prepare for these events.

Augusto Poropat, born in Trieste 01/08/1991, speaking English fluently, student of Dentistry.

Curriculum and most important results:

- Opti World Championship 2005
- .4<sup>th</sup> place at Team Racing World Championship
- Opti European Championship 2006
- 1<sup>st</sup> place at Team Racing Italian Championship 2006 with 420
- 4<sup>th</sup> place at Kiel Eurocup 29er 2008
- 4<sup>th</sup> place at Match racing Italian championship 2008
- 4<sup>th</sup> place at Garda Lake Eurocup 29er 2008
- 1<sup>st</sup> place at the Italian championship 2009
- 2<sup>nd</sup> place at Lake Garda Eurocup 29er 2009
- 13<sup>th</sup> place at World Championship 29er 2010 Bahamas
- Italian national team from 2004 with Optimist, 420 and 29er.