

Individual Coaching Lake Garda/CVArco

with the foiling boats SKEETA and ONEFLY
September 22 to November 2, 2025
PROGRAM & REGISTRATION



Facts about the offer:

Event: Lake Garda, Circolo Vela Arco

Individual Coaching from September 22 to November 2, 2025

Who organizes and leads the trainings?

You will train with Stefan Hess

What does the training offer include?

- Basic knowledge about foiling boats
- Boat technique (Dos and Don'ts)
- Foil settings
- Sail and boat trim
- Tips and tricks for early take-off
- Maneuver training
- Regatta training

Before each training session there will be a briefing and afterwards a de-briefing, supported by video analysis.

All participants will be equipped with radios to ensure communication and safety.

The idea

Lake Garda is therefore my base from mid-September to early November. You can book with me at any time, from individual training to group training everything is offered. You can choose the following boats this time: The SKEETA, the ONEFLY

Depending on the wind a boat selection is also possible. If the wind is perhaps too strong for the ONEFLY, it is also possible to sail with the Skeeta or also with the Quant 23. Individual coaching is almost certainly the most effective form of coaching.

In my opinion a 5 day course is the most effective.

If the course participant decides on a longer period, e.g. for 10 days, training breaks (3rd day, 6th day) are almost certainly necessary or advisable. This prevents fatigue and minimizes the risk of injury. Also, the learning ability is decisively maximized with the training breaks.

So, if you want to book an ultimate foiling course at Lake Garda, don't hesitate to sign up.

The best way to register is by email: hess_sailcoaching@icloud.com, by phone +436765108988 or ONLINE www.hess-sailcoaching.com

Safety for the participants

The participant(s) in the trainings will be accompanied and supervised by inflatable boats.

Minimum number of participants per event

1 participant

General participant guidelines

Participation is at your own risk. The organizers, the course management as well as the trainers are not liable for damages and accidents that may occur due to improper boat handling, failure to follow instructions or negligent behavior. The charter boats are subject to liability insurance (of at least 1.5 million €). The private boats are also subject to liability insurance of at least 1.5 million €.

In case of repeated violation of instructions given by the course management, the latter reserves the right to exclude the participant in question from further participation in the event and to demand the specified deposit of € 750.00 in case of willfully caused damage to the boat. With the registration I accept the conditions of participation.

The participant (in case of minors: parent or legal guardian) declares with his/her signature that participation in the training camp is exclusively at his/her own risk. The organizing authority and/or the sailing coach do not assume any liability for property damage or personal injury or death occurring in connection with or before, during or after the training camp.



Offer and conditions of participation Please tick the desired one

Skeeta/ ONEFLY - Individualcoaching Lake Garda: Sept. 22 to Nov. 2, 2025				
My choice	Offer (EUR)			
	Obligatory basic fee per day			
		Per day	Number of days	Total EUR
<input type="checkbox"/>	Obligatory basic fee/ person/ day (club, infrastructure and motorboat)	25,00	<input type="text"/>	<input type="text"/>
Training costs - for boat owners (Skeeta/ Onefly) who want to take part in the training				
		Cost	1 day	Total EUR
<input type="checkbox"/>	Training with professional trainer/person 1 day	150,00	<input type="text"/>	150,00
		Cost	2 days	Total EUR
<input type="checkbox"/>	Training with professional trainer/person 2 days	300,00	<input type="text"/>	300,00
		Cost	3 days	Total EUR
<input type="checkbox"/>	Training with professional trainer/person 3 days	450,00	<input type="text"/>	450,00
		Cost	4 days	Total EUR
<input type="checkbox"/>	Training with professional trainer/person 4 days	600,00	<input type="text"/>	600,00
		Cost	5 days	Total EUR
<input type="checkbox"/>	Training with professional trainer/person 5 days	750,00	<input type="text"/>	750,00
		Cost	6 days	Total EUR
<input type="checkbox"/>	Training with professional trainer/person 6 days	900,00	<input type="text"/>	900,00
		Cost	7 days	Total EUR
<input type="checkbox"/>	Training with professional trainer/person 7 days	1050,00	<input type="text"/>	1050,00
Training costs & BoatCharterCosts for Skeeta/ Onefly - for those sailors who do not have their own boat				
		Cost	1 day	Total EUR
<input type="checkbox"/>	Training and charter fee* for Skeeta and Onefly	230,00	<input type="text"/>	230,00
		Cost	2 days	Total EUR
<input type="checkbox"/>	Training and charter fee* for Skeeta and Onefly	410,00	<input type="text"/>	410,00
		Cost	3 days	Total EUR
<input type="checkbox"/>	Training and charter fee* for Skeeta and Onefly	590,00	<input type="text"/>	590,00
		Cost	4 days	Total EUR
<input type="checkbox"/>	Training and charter fee* for Skeeta and Onefly	770,00	<input type="text"/>	770,00
		Cost	5 days	Total EUR
<input type="checkbox"/>	Training and charter fee* for Skeeta and Onefly	920,00	<input type="text"/>	920,00
		Cost	6 days	Total EUR
<input type="checkbox"/>	Training and charter fee* for Skeeta and Onefly	1070,00	<input type="text"/>	1070,00
		Cost	7 days	Total EUR
<input type="checkbox"/>	Training and charter fee* for Skeeta and Onefly	1220,00	<input type="text"/>	1220,00
* Boat may be used only by the registered person.		Prices exclusive of travel, meals and accommodation		

My registration:

Name:

First Name:

E-Mail:

Tel.No.:

Legally valid signature and date:

Please send the registration form to Stefan Hess: hess_sailcoaching@icloud.com