



“Sailing’s” Coach & Meteorology

prof. ing. Alessandro Pezzoli

Sen. Lecturer in Hydrology and Meteorology – Politecnico di Torino (Italy)

MeteoSport – R.U. Sport Psychology – Research Center in Sport Science – University of Turin

Meteorologist (Austrian Sailing Federation, OSV)

- The uncertainty in the “weather forecast”
- Example (Laser European Championship, Cartagena, 10/08/2005)

- The meteorological models and the effect of the sea breeze
- Example (Buenos Aires race zone: case studies)

- Fronts and air masses
- The clouds

- The Weather Pattern and the “Strategical Rules” (Exemple of Qingado 2008)
- The Mistral wind in the spring season in the Gulf of Lion and Hyeres race zone

- Internet references



EXAM

Coaching, Training & Performance...

