



MARINA
MILITARE

NASTRO ROSA®
IL GIRO DELL'ITALIA A VELA *tour*

DOUBLE HANDED ACADEMY

SSI
sports & events



DIFESA
SERVIZI



THE OFFSHORE ACADEMY by NASTRO ROSA

The Figaro3 is the first monotype monohull with foil as standard. It measures 15.22 m high by 10.89 meters long.

The boat is designed for long solo regattas and is now an international standard and is also the protagonist of the Marina Militare Nastro Rosa Tour and the EUROSAF Mixed Offshore European Championship.

The Figaro3 is the boat of choice for the 2022 Academy.


For more technical details on the boat consult:

<https://www.beneteau.com/en/figaro-beneteau-3>

BENETEAU FIGARO3



COURSES

-  WORLD SAILING CERTIFICATION FOR RACES GRADE 1 and 2
- METEOROLOGICAL ANALYSIS COMPARED TO ROUTING
- TOOLS AND MANAGEMENT FOR ON-BOARD MEDIA CONTENT CREATION
- SPONSORSHIP
- SAIL REPAIR TECHNIQUES IN NAVIGATION
- ELECTRONICS AND ON-BOARD TECHNOLOGY
- ENGINE MAINTENANCE AND REPAIR OF FAILURES AT NAVIGATION
- EMERGENCY REPAIR OF THE HULL AND EQUIPMENT AT SEA
- MENTAL COACHING - KNOWLEDGE AND TECHNIQUE FOR SLEEP RECOVERY
- THE NUTRITIONAL ROLE - PHYSIOLOGY AND ATHLETE NEEDS
- PHYSICAL PREPARATION
- DOUBLE HANDED OFFSHORE TECHNIQUE



THE PROGRAM





THE PROGRAM

GENOVA | 5 - 10 APRIL 2022

- **TUESDAY**
09:00 Opening of works
Program presentation,
Emergency management course at sea with issue of World Sailing approved certificate for grade 1 and 2 regattas
- **WEDNESDAY**
Course + Workshop
+ night navigation
- **THURSDAY**
Course + Workshop
+ practice at sea
- **FRIDAY**
Course + Workshop
+ night navigation
- **SATURDAY**
Course + Workshop
+ practice at sea
- **SUNDAY**
Practice at sea + Workshop
+ Closing Academy



N.B. Program subject to change based on weather conditions

THE TUTORS



RICCARDO SIMONESCHI

Sponsorship and Sailing Course

Active sailor with more than 40 years of personal and business experience, he has sailed in different Sailing Classes at a professional level World Title, World Ranking and Europe, 3 Italian Titles, 9 times on the podium at the World and European Championships in the Offshore, Olympic and International Classes and 10 National Titles in 8 different countries in the Olympic and International classes one design. Race. He collaborates with Gazzetta dello Sport, Difesa Servizi (a company of the Italian Ministry of Defense). Member of the Direction Team at the Sport Academy Europe in Brussels (BEL), an institution that works in collaboration with several International and National Federations in various sports.



RICCARDO RAVAGNAN

Marine Meteorology Course

Geologist and sailor, Riccardo Ravagnan has managed to apply the geological approach to the world of sailing since his early career, especially to regattas. The study of meteorology, important for a winning racing strategy, has allowed him to turn to professionals who need a 360-degree environmental understanding for their business.



GUILLERMO ALTADILL

Routing Techniques Course

He has participated in ten Around the World Races, including the Whitbread, Volvo Ocean Race, Jules Verne Trophy and Barcelona World Race. In total he has traveled more than 450,000 nautical miles in regatta, as well as participating in Olympic and America's Cup teams.



PAOLO VIANSON

World Sailing course Certification



Federal Instructor for both the Derive and Offshore sector with no. 1964 he collaborates with the IVF for the training of Instructors and with ISAF for the training of the Safety at sea "Offshore Personal Survival Training Course", necessary for participation in ocean regattas. He sailed throughout the Mediterranean along many miles.



MAURO MELANDRI

Media and Web on board Technical Course

Mauro Melandri is one of the most internationally known sailing journalists and photographers. In business since 2003, he has collaborated, and still collaborates today, for some of the main realities of sailing competition, such as the America's Cup, of which he was spokesman for Italy during the 34th edition. In 2008 he founded Zerogradinord, contributing decisively to making it one of the most consulted newspapers dedicated to the world of sailing in Italy and one of the most appreciated communication and multimedia content production agencies in the sector.



MICHELE CANNONI

Boat maintaining Course

Boat Captain of Luca Rossa, Michele Cannoni is a multipurpose sailor: he was a bowman, drizzista, commander, trimmer, rigger. He has been seven times world champion in the Maxi, Maxi 72, RC 44 classes. Winner of RORC 600, Transpac and Middle Sea Race offshore regattas. In 2009 he was the winner of the Louis Vuitton Trophy - Nice with Azzurra.

THE TUTORS



LUCA PARISI

Physical preparation course

Luca Parisi is an IVF athletic trainer. With a clear and simple approach to training, its methodology is based on exercises to improve water performance, to prevent injuries and to reduce, increase and maintain one's body weight in relation to the class to which you belong.



PAOLO MONTALBANI - NORTH SAILS

Sail Repair Course at Sea

In North Sails since 1986, Paolo Montalbani has designed the sails and designed the details and delivered, installing and testing at sea, the sails of thirty boats in the Wally fleet, 28 Perini, some Baltics (including the unfortunate My Song), Southern Wind and Swan between 60 and 229'. He has raced with many of these in the Mediterranean and Caribbean area.



ING. FRANCESCO FARINA - MATTEO RUSTICALI

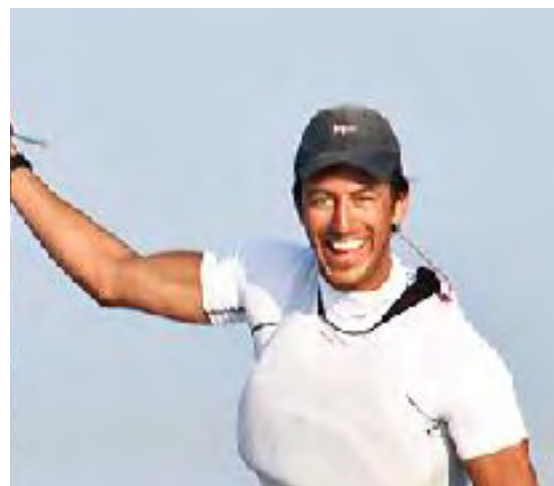
Electronics and on-board Technology Course

Ambassador B&G Matteo Rusticali, skipper from Romagna and sporting director of the Circolo Nautico del Savio, who on board his Mini 6.50 Spot ITA 444, participated in the 21st edition of the Mini Transat, the solo ocean crossing.



Engine maintenance course

The course will be taught directly by experienced factory technicians.



EDOARDO BIANCHI

Hull Repair Course at Sea

Edoardo Bianchi is a former Italian sailor, specializing in the multihull class. He was named one of the best sailors in the country in the mixed multihull catamaran for two consecutive Olympic editions (2004 and 2008). He is to date and one of the most established naval engineers in the industry



LORENZO MARCONI

Mental Coaching Course for Sleep Deprivation

Specialized in the management of high-level stress and pressure, in 2014 he founded Sport Power Mind together with Roberto Re, a company specialized in mental coaching for professional athletes. He has worked with several athletes implementing their physical performance through specific mental techniques including sleep deprivation.



PIETRO D'ALÌ

Corso di Double Handed Offshore

Pietro D'Alì is the only Italian sailor to participate in the Around the World, the Olympics, the Louis Vuitton Cup and the America's Cup final and countless world, European and national championships in the most disparate classes. He was also the only Italian in history to win a stage at Solitaire du Figaro. In 1988 he won the Italian title class J24; in 1989 he was 1st in the Italian Championship and the Asso 99 European Championship. Pietro participated in two editions of the America's Cup with the Prada team. In 2000 he was a Red Moon randist in the America's Cup final. Since 2005 he has been racing on the Figaro Beneteau monotype class for solo and pair regattas, very popular in France.



Course The nutritional role - physiology and needs of the athlete

The course will be taught directly by a nutrition doctor.

INFO AND COSTS




PRE-REGISTRATION: 200€

FINAL PAYMENT BY 20-03-22

IBAN: IT91Q0521601614000000014070


For entry fees and details visit
www.nastrorosatour.it

SPORT FORMULA 2500 €

- Nastro Rosa Membership Fee
- Access to all Academy workshops in the Academy
- Paired use of Beneteau Figaro3 for the duration of the Academy
- Assistance during offshore navigation by Academy coaches.
- **World Sailing Certificate** of Attendance and Certification for Grade 1 and 2 Regattas 
- Teaching material in digital format
- Discount bonus worth 500€ for registration for the 2022 pink ribbon navy events
- Creation of dedicated, royalty-free posts and videos that will be published on the social platforms Nastro Rosa
- Marina Militare Nastro Rosa Academy Sweatshirt
- **It is not allowed to sleep on board, all competitors shall provide for their housing**

ENTRY FREE

COMFORT FORMULA 3000 €

- Nastro Rosa Membership Fee
- Access to all Academy workshops in the Academy
- Paired use of Beneteau Figaro3 for the duration of the Academy
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- Creation of dedicated, royalty-free posts and videos that will be published on the social platforms Nastro Rosa
- Marina Militare Nastro Rosa Academy Sweatshirt
- Agreement at the 4-star hotel check-in 5 April and check-out 10 April

N.B. All participants must be in possession of accident insurance coverage

NEXT EVENT

FEMALE OFFSHORE MEDITERRANEAN CHAMPIONSHIP

*GENOVA / FRANCE / LA MADDALENA Sardinia
10 - 15 April 2022*

ENTRIES and N.O.R. on www.nastrosatour.it

The first women's offshore regatta in history!

An intense women's regatta in the most historic waters of the Mediterranean, which will combine the beauty of the coasts with the first ever full female ranking.



THE CALENDAR OF NASTRO ROSA EVENTS

CALENDAR 2022	
ACADEMY GENOVA	5 - 10 APRIL
DOUBLE HANDED WOMEN MEDITERRANEAN RACE	11 - 14 APRIL
EUROSAF MIXED OFFSHORE EUROPEAN CHAMPIONSHIP 4th edition	11 - 15 MAY
DOUBLE HANDED MM NASTRO ROSA - IL GIRO	11 JUNE - 8 JULY
DOUBLE MIXED OFFSHORE - WORLD CHAMPIONSHIP	19 - 24 SEPTEMBER
DOUBLE HANDED MM NASTRO ROSA - IL VELOCE	7 - 18 NOVEMBER

For more info visit www.nastrorosatour.it



Organization by



Associazione Sportiva Dilettantistica
Nastro Rosa Tour

With the participation of



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