



“The benefit of one on one northern winter training with Stavros is clear for me, Toogara [my Dragon] won the Sydney 07/08 Dragon racing season. Next time I will bring my crew to Cascais and gather even more expertise from a truly professional coach.”

R. Alpe – AUS 175

“Winter training with Stavros upped my personal skills, and knowledge of how to make a Dragon go fast. On-the-water race coaching, imparted by a consummate teacher, sharpened my helming, improved my tactics, and gave me a better grasp of crewing procedures. I’ll be back, but the next time with my crew.”

Tony Singer – GBR 718

“Our two hours sailing together with Stavros the day before East Coast Championships last year was the catalyst to my understanding of how to make the Dragon go fast.”

The Irish National Champion. Martin Byrne – IRL 201.

“After racing Dragons for about 8 years it was really hard to improve, but training with Stavros proved me wrong. An ex-school teacher, Stavros, knows how to teach and coach. We learned some huge and many small, but important handling tips. Stavros made Dragon racing understandable and less complex again.”

Bart Fock – NED 333



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Stavros
 Dragons
 We sail



Keelboat clinics with Stavros

Hone your racing skills on the beautiful waters around Cascais

We offer individual and team clinics over one, two or three days
Lead by top coach & tactician Stavros, aka Martin Payne who has been tutoring keelboat sailors for over 19 years and has been at the top in the Dragon fleet for over 15 years

Based at Club de Naval, Cascais, clinic's typically run for three days, culminating in a Cascais Winter Series race on October 23-25, November 13-15, December 4-6. Then in 2013: January 22-24, February 12-14 and March 5-7. From April 15 onwards clinics can be booked in Villamoura.
Non-racing weekend's can also be arranged.

A typical three day clinic can comprise:

Day 1) Learn all the basic skills and manoeuvres, who does what and when, mark rounding's, lay lines and general boat handling to the highest standard.

Day 2) Learn about integrating two boats, speed testing, crossing and dipping, covering and protecting a favoured side, holding a lane etc...

Day 3) With two or more boats (max 4), we practice start's and learn about time and distance, rules, overlap's, small fleet, match & team races.



We have four Peticrow Dragons: 'El Gringo' (2000), 'Hombre' and 'Finito' (2008) and 'Bear' (2011).

During the winter they're based in Cascais, Portugal. They can also be chartered and we can deliver them anywhere in Europe in the summer.

