

Race Training 2012

**OPEN
TO ALL!**

**Need to get into racing? Need to improve your skills?
Come along to a race training session!**

	Course 1	Course 2	Course 3
Briefing & Intro	29/04/2012	08/07/2012	09/09/2012
Start & 1st beat	13/05/2012	22/07/2012	23/09/2012
Windward mark & Reaching	20/05/2012	29/07/2012	30/09/2012
Downwind & tactics	27/05/2012	05/08/2012	07/10/2012
Race practice & debrief	03/06/2012	12/08/2012	14/10/2012

**All other weeks will be practice weeks with general coach /
instructor assistance**

**Sessions will start at 9.30am and finish at approx 11.30am
You need to have your own kit and own boat or arrange to sail with
somebody else taking part.**

You may attend a session more than once if you feel you need extra help.

**Sessions are weather dependant although all will have some theory
elements which can be extended to fill the session**