



## Attention RS800 and RS400 sailors

Prepare for the Grafham inlands - Don't miss the coaching session on **Saturday 1 October** and enjoy windward-leeward races on Sunday 2 October.

**Our coaches on the day will be:**

**Will Crocker** will be coaching the RS800s (2014 Nationals winner)

**Coach for 400's tba**

The sessions will start at ...10am with a quick overview of the boats and tuning tips, followed by on the water training that could include:

- Starts – lining up and pulling the trigger
- Upwind and downwind techniques
- Mark roundings

All sessions will be videoed and at the end of the day there will be a full debrief and the opportunity to download the video clips.

On the Sunday there will be 3 back to back races in the morning and three back to back in the afternoon in the afternoon, providing you with the ideal opportunity to put in practice those new found skills before the Inlands.

### **The cost**

Saturday coaching session only: £65.00 (which includes day sailing fees)

Saturday coaching session and Sunday racing: £80.00 (which includes weekend sailing fees)

As places are limited deposits of £15.00 are required to secure your place, and please confirm your attendance by contacting either:

RS800 – Ian Paterson. [iwpaterson1@gmail.com](mailto:iwpaterson1@gmail.com)

RS400 – Andrew Johnson. [Andrew@banksend.co.uk](mailto:Andrew@banksend.co.uk)

**Deposits** can be made via the office at Grafham Water Sailing Club ( [office@grafham.org](mailto:office@grafham.org) ) or Tel 01480 810478