



Attention RS800 and RS400 sailors

Don't miss the coaching session on **Saturday the 6th May** and enjoy 4 upwind downwind races on Sunday 7th.

Our coaches on the day will be:

Roger Phillips will be coaching the RS800's (2014 National winner)

Mark Reddington will be coaching the RS400's. (Top 400 sailor)

The sessions will start at **10.00am** with a quick overview of the boats and tuning tips, followed by on the water training that will include:

- Starts – lining up and pulling the trigger
 - Upwind and down technique.
 - Mark rounding.

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 2 back to back races in the morning and 2 back to back in the afternoon, providing you with the ideal opportunity to put in practice those new found skills.

The cost

Saturday coaching is: £45.00 (which includes day sailing fees) (£20.00 club members)

Saturday coaching session and Sunday racing: £70.00 (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

RS400 – Andrew Johnson. Andrew@banksend.co.uk

Deposits (non-refundable) to be made via the office at Grafham Water Sailing Club

office@grafham.org or Tel 01480 810478