



Ardleigh Sailing Club

Cathy Foster Sunday 18th July

ONE DAY SAIL TRAINING



BRUSH UP YOUR TECHNIQUES WITH CATHY FOSTER ONE OF THE BEST IN THE BUSINESS

Cathy and her team will be organising a full days sail training covering sailing techniques and all aspects of racing.

Cathy has been coaching for over twenty years now, she has been to the Olympics, won 19 titles inc 2 worlds.

Starting at 10am you will be split into groups according to ability & craft. The course has no specific experience entry level.

£15 per person

Groups

- Junior improvers
- Adult single handed and non-spinnaker double handed
- Spinnaker double handed

The day is aimed improve you boat handling ready for racing

If there are specific areas you wish to cover please make us aware prior to the event

We have limited spaces so post or email your application to the club

Email alec.mumford@yahoo.co.uk

Contact Alec : 07983 520644

Application forms are available from the Galley or online : www.ardleighsc.com, under the training tab.





Tel: 01206 230703 (most Sundays)
www.ardleighsc.com

SAIL TRAINING WITH CATHY FOSTER; SUNDAY 18TH JULY 2010

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|---|--|
| Name of entrant and crew, if applicable | |
| Class of dinghy | |
| Racing experience, e.g. open meeting, club, novice | |
| Contact address | |
| Email address | |
| Payment [£15 per person] | |
| Sailing Club | |

Participants are reminded that dinghies should be rigged and crews should be ready to begin the session at 10 a.m. Buoyancy aids must be worn when on the water.

Refreshments will be available before and during the event. Lunches can be ordered on the day.

Entrants should hold Third party insurance of up to £2 million.

Acceptance of this entry is subject to the application being acknowledged by email from Ardleigh Sailing Club prior to 10th July and receipt of the entry fee of £15 per person [cheques made out to Ardleigh Sailing Club].

Ardleigh Sailing Club reserve the right to decline entries which are in excess of the limit for the event [30]. Cheques will be returned where places are not available.

Reply to Ardleigh Sailing Club at the above address and clearly mark the envelope:

"Cathy Foster Training Day"

Please email alec.mumford@yahoo.co.uk to confirm that that an entry has been posted.