



TECHNO 293 UK

JUNIOR WINTER OPEN RACE TRAINING

WPNSA, Weymouth

4th & 5th Dec 2010



Where: WPNSA, Weymouth

When: 4th & 5th December

Who: All Techno Sailors with sea windsurfing experience

Skills: Board handling

Entry Fee: £45 payable via Sailracer – Limited to 16 places

Coaches: RYA Head Coach, Cat Potter & Assistant Coach, Paul Sibley

Contact: info@techno293.org.uk

Website: www.techno293.org.uk

The Techno Class Association (TCA) are offering the opportunity to access coached winter training with RYA Head Coach, Cat Potter and Assistant Coach, Paul Sibley at the excellent training venue of WPNSA on 4th & 5th December.

The training is aimed at Techno Sailors with experience of sailing on the sea. The focus for the weekend will be improving board handling skills, with both days starting at 9.30 and finishing at 4.30pm. The training will follow the usual formula of a mixture of land, classroom and water based exercises and ending with a final debrief on Sunday at about 3.45 - 4.30pm. The coaches will adapt the programme to suit the conditions. Winter sailing gear will be compulsory and a Techno board is preferred. On Saturday sailors will be expected to be dressed for warm up exercises (not in wetsuits) and to be partially rigged at 9.30am.

The TCA are grateful to the RYA from whom we secured funding for this event which has allowed us to offer the training at a subsidised cost of £45 for the whole weekend. *Places are limited to 16. However if there is insufficient demand then the TCA may cancel the training.* Pre-entry essential at www.sailracer.co.uk/events/event.asp?eventid=67352 and the closing date is 28th Nov.

There is overnight camping facilities (no tents) for Fri & Sat at the sailing academy. This must be pre-booked via racing-09@ukwindsurfing.com. There will be a charge for this. The new RYA accommodation building, Portland House offers excellent facilities www.rya.org.uk/contactus/portland/Pages/RYAHouse-Portland.aspx or see Sailracer for alternative accommodation. There is an excellent canteen at WPNSA which overlooks the training site. For further information contact Nikki at info@techno293.org.uk or look on Sailracer for more details.