



# **TECHNO 293 UK**

## **JUNIOR OPEN RACE TRAINING**

### **BCYC, Axbridge**

### **20<sup>th</sup> & 21<sup>st</sup> Feb 2011**



**Where:** Bristol Corinthian Yacht Club, Axbridge (Cheddar reservoir)

**When:** 20<sup>th</sup> & 21<sup>st</sup> Feb 2011

**Who:** All Techno Sailors

**Skills Focus:** Improving Board Handling

**Entry Fee:** £50 payable via Sailracer

**Coaches:**

**Contact:** [info@techno293.org.uk](mailto:info@techno293.org.uk)

**Website:** [www.techno293.org.uk](http://www.techno293.org.uk)

Supported by the UKWA and the RYA, the Techno Class Association (TCA) are offering the opportunity to all Techno Sailors to access coached training with RYA Coaches (TBA) at the excellent training venue of Axbridge on 20<sup>th</sup> & 21<sup>st</sup> February. Pre-entry essential at [www.sailracer.org/events/event-v2.asp?eventid=67352&usr=541390453](http://www.sailracer.org/events/event-v2.asp?eventid=67352&usr=541390453)

The focus will be on improving board handling skills with both days starting at 9.30am and finishing at 4.30pm. On Saturday sailors will be expected to be dressed ready for warm up exercises (not in wetsuits) and rigged for 9.30am. 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 may be compulsory and a Techno board is preferred.

This event is non-residential, however there is overnight camping, no electric (no tents) is available Saturday night only and must be pre-booked via [info@techno293.org.uk](mailto:info@techno293.org.uk) or Sailracer for alternative accommodation.

There is a galley at BCYC so hot and cold drinks will be available as will lunch (**lunch must be pre-booked at registration**).

For further information contact Julie at [info@techno293.org.uk](mailto:info@techno293.org.uk) or look on Sailracer for more details.