

Swarkestone Sailing Club

The Gravel Pits, Ingleby Lane, Swarkestone, Derbyshire, DE73 1JB



Sailing For All

Race Training

Friday 3rd September 2010

9.30 'til 4.00



Coaching Topics Include

- + Improve your starts
- + Boat Tuning
- + Adding *Tell-Tales* and their use
- + Which way up the first beat
- + Rules
- + Mark Rounding
- + Video Assessment

For further information regarding

- + Accommodation
Camping available from 5.00pm
Thursday
- + Directions
- + 2010 Access Nationals

PLEASE DON'T MISS OUT !!

www.swarkestonesc.co.uk
or enquires@swarkestonesc.co.uk