

Sprint 15 Teach In & Race Training

Draycote Water Sailing Club 5 – 6 May 2007

Tel: 01788 811153 www.draycotewater.co.uk

Kites Hardwick, Dunchurch Nr Rugby, Warwickshire, CV23 8AB

The training is aimed at new and novice Sprint 15 helms who wish to learn base skills in order to competently & safely sail their catamaran, along with those who wish to enhance their sailing skills / techniques for race development. The two day training will be coached by Nick Dewhurst and team.

Day 1 syllabus will be associated with Sprint 15 rig set up, safe launch & recovery, capsize drill, understanding of the controls, trim and knowledge of some key racing rules.

Day 2 joining in with Draycote Water Sailing Club racing, with instructors on the water to give some friendly go faster coaching.

Objectives of the training are:-

- Learn to safely sail your Sprint 15
- Gain knowledge to efficiently sail your Sprint 15
- Meet some of the regular Sprint 15s
- Have some fun

Contacts:-

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