



Youth Laser Winter Coaching 2017/18

Dates:

- 11/12 November 2017
- 2 December / 10 December 2017
- 13/14 January 2018
- 3/4 February 2018
- 10/11 March 2018

Coach

The Race Coach – Andy Kerr, will deliver this coaching. Andy has taken the previous laser winter training with consistent success.

Eligibility

All participants need to be current QM club members.

As the coaching is aimed at refining your racing skills, you must already have basic racing experience. The winter months can be challenging – in temperature as well as breeze. All participants need to be capable of sailing confidently in a moderate breeze (F4), and have the correct clothing to protect against the cooler temperatures.

Any participant who has not sailed a laser before is required to chat through their suitability for this training with the QM team prior to booking on.

All participants need to have access to a laser and rig size suitable for their skill and the likely conditions. A maximum of 2 QM club lasers are available to hire at £20/day, this does need to be confirmed with the QM office prior to booking on.

Timings & what to expect

Saturdays: 0930-1630

Boats need to be partially rigged ready for the days briefing for 0930

Mixture of land based theory/drills and onwater practical sessions

Sundays: 0930-1500

Boats need to be partially rigged ready for the days briefing for 0930

Participation in 1 or 2 of the weekly Club races, onwater sessions followed by debrief of the race and/or weekend.

Booking a place

Please book your place through the QM office – 01784 248881 or through the website – <http://bookings.queenmary.org.uk/club-member-trng/>

Jackets

A youth squad jacket is available to purchase at £30 per jacket for all participants. Details of this will follow once your place has been confirmed.

Cost for the 10 days training - £225