

## North and East Scotland Sailing

Winter Race Training 2014/15



### Dates & Venues:

**1<sup>st</sup> & 2<sup>nd</sup> November**, Forfar Sailing Club

**21<sup>st</sup> & 22<sup>nd</sup> March**, Peterhead Sailing Club

**Cost:** £45 per sailor per weekend.

**Open to:** Junior Sailors sailing the pathway classes (toppers, optimists, fevas) or similar. If you have a different type of boat and would like to take part, please email [angie@aberdeenshiresailing.org](mailto:angie@aberdeenshiresailing.org) before booking to check our coaches can accommodate you. Sailors need to be stage 3+ standard (able to sail round a triangle and have started to race).

**Booking:** By returning the application form and payment by the closing date (either email / bank transfer or post / cheque). Emailed forms to go to [angie@aberdeenshiresailing.org](mailto:angie@aberdeenshiresailing.org). Cheques to be payable to North East Scotland Sailing. Bank Details are as follows:

Royal Bank of Scotland, Burnside Road, Dyce, Aberdeen  
Account no: 00727285  
Sort code: 83-28-41  
Account name: North East Scotland Sailing

**Closing dates:** Booking closes a week before so we can arrange the right number of coaches and rescue boats.

Forfar weekend booking closes **23<sup>rd</sup> October 2014**  
Peterhead weekend booking closes **13<sup>th</sup> March 2015**

**What you will need to bring:** Your boat, tool kit, warm sailing kit (ideally drysuits and woolly bear underneath), warm clothes for rigging, notepad and paper, lunch including flask of something hot to drink. Please also bring food for on the water, and refuelling nutrition for when you step off the boat.

**If you don't have your own boat:** Please contact [angie@aberdeenshiresailing.org](mailto:angie@aberdeenshiresailing.org) to see if a club one is available.

**If we have to cancel:** If we have insufficient bookings to cover the costs, or if we have adverse winter weather which will prevent the race training from running, we will cancel the race training and give you as much notice as possible.

**Note to parents:** Parents are welcome to help at the start and finish of the day to make boat set up & pack up faster, and likewise help with any repairs, but we ask that for the rest of the day, you leave sailors in the capable hands of our coaches to encourage independence.

