

## Techno Summer Camp 2010

The Techno Support Group will be running an Open Race Training Summer Camp at Northampton Sailing Club (Pitsford Reservoir) from the 16th-19th August 2010.

Cost £165 per sailor

The event will be led by RYA National Coach Ian Roberts

Training will follow the usual race training format, with a mix of water and shore based sessions, including debriefs and individual sailor feedback.

Sailors will be in small groups to ensure training is tailored to individual needs

The camp will cater for all ability levels from T15 to National Squad sailors.

Overnight camping (vans, caravans & tents) is included in the sailor fee, with club facilities accessible at all times.

This camp is non residential though we are encouraging everyone to stay on-site

No dogs are allowed on site (this is water board rule)

Breakfast, Lunch and Evening Meals will be provided for all sailors

Non- sailors can pre book meals at £10 per day.

Please advise if you have any special dietary requirements and we will try to accommodate.

### **Important Note:**

**The coaches are only responsible for participants on the water during the specified period of the training (from early morning fitness training until evening debrief)**

**Parents must remain on site, or nominate another adult to act in loco-parentis, for the entire duration of the camp**

**Pre-entry essential – limited places available on a first come first served basis**

**Postal entry only – confirmation of a place on receipt of completed forms and payment**

Please contact Nikki for further information and application forms at [info@techno293.org.uk](mailto:info@techno293.org.uk)