



TECHNO 293 UK CLASS ASSOCIATION

JUNIOR OPEN RACE TRAINING SUMMER CAMP

Northampton Sailing Club, Pitsford Reservoir

1st – 4th Aug, 2011



Where: Northampton Sailing Club, Pitsford Reservoir

Date: 1st – 4th Aug (A Start Windsurfing course will be run at the same time)

Who: A coached event for junior Techno Sailors, from T15 to NJS.

Skills: Tailored to individual needs

Cost: £170 payable or deposit of £50 by 30th April & the balance by the closing date: 4th July - www.sailracer.org/events/event-v2.asp?eventid=71237 Limited entry.

Coaches: Led by RYA National Coaches Cat Potter & Lucy Horwood

Contact: Julie at info@techno293.org.uk **Website:** www.techno293.org.uk

The TCA would like invite all Techno Sailors from T15 to NJS, to its annual Summer Camp at Pitsford Reservoir from 1st – 4th Aug 2011. 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 entry fee covers all meals (breakfast, lunch & evening (please of special dietary requirements), and onsite camping, with access to club facilities at all times. This camp is non-residential though we are encouraging everyone to stay on-site.

Please note:

- No dogs are allowed on site. This is a Water Authority rule and must be observed.
- Non- sailors can pre book meals at £ 13 per day or £50 for the four days.
- Pre-entry essential: limited places available on a first come first served basis
- Parents must remain on site, or nominate another adult to act in loco-parentis, for the entire duration of the camp.

Please contact Julie for further information at info@techno293.org.uk



ukwindsurfing.com



TECHNO 293 UK CLASS ASSOCIATION

RYA LEVEL 1 START WINDSURFING COURSE

Northampton Sailing Club, Pitsford Reservoir
1st – 2nd Aug, 2011



Course: RYA Level 1 - Start Windsurfing

Duration: 2 days

Date: 1st -2nd August;

Course times: 10:00 - 16:30

Where: Pitsford Sailing Club, Northampton.

Cost: £129 (payable via PayPal on www.northamptonwatersports.com or by calling the office with card details.

Kit: Old pair of shoes & towel (wetsuits, buoyancy aids, boards & rigs provided)

Accommodation & Food: Overnight camping available (no electric). Bring packed lunch (or food may be available via the club if booked in advance).

Contact: jonsweet@northamptonwatersports.com,

Pitsford Sailing Club, through the On-Board Scheme, are offering parents & children the opportunity to access the RYA Level 1 Start Windsurfing Course during the first 2 days of the TCA Summer Camp.

This is a course for complete beginners however a degree of water confidence is required. You will have the opportunity to learn the basics of windsurfing using modern wide boards.

The course includes: *basic rigging, safety, background knowledge and plenty of on-the-water practice, as well as learning to sail in all directions, including upwind and downwind, and gaining an understanding of when to tack and gybe. After the course you will be able to sail to a chosen point on the water and return to where you started from.*

Jon Sweet: RYA OnBoard Development Officer, Northamptonshire & South Warwickshire, Northampton Watersports Centre Senior Instructor
Tel: 07533 206917





TECHNO 293 UK CLASS ASSOCIATION

JUNIOR SUMMER CAMP INFORMATION

Northampton Sailing Club, Pitsford Reservoir

1st – 4th Aug, 2011



Address: Northampton Sailing Club, Pitsford Reservoir, Brixworth, Northants, NN6 9DG.

Telephone: 01604 880248

Website: www.northamptonsailingclub.org

Weather Forecast: Pitsford Reservoir on Windguru at: www.windguru.cz/int/ or Pitsford have a link to their own weather station on their website.

Information about the club: The club is situated next to Pitsford Reservoir and Brixworth Country Park. There is a strictly 'no dogs allowed on site' policy. Access to the reservoir is through a coded gate.

Club House: The Clubhouse has full facilities with an excellent run galley, providing breakfast, lunch and dinner (usually through a pre-ordered service). There are bar facilities as well as changing, showers and toilets. There is a dry lounge that offers spectators an excellent view of the lake as well as an outdoor marquee.

Rigging: There is plenty of grassed areas for rigging and a space is usually designated for rigging windsurfing kit.

Local area: Brixworth Country Park can be found at the side of Pitsford Reservoir and offers plenty of opportunities to explore the local area.





TECHNO 293 UK CLASS ASSOCIATION

JUNIOR SUMMER CAMP NOTICE OF TRAINING

Northampton Sailing Club, Pitsford Reservoir

1st – 4th Aug, 2011

Training.

- Training will start at approx 09.00 on 1st Aug, finishing at approx 16.00 on 4th Aug.
- Participants may need to be rigged and dressed appropriately for land based exercise/warm up at 09.00.
- 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 duration of the camp.

Food & Accommodation

- Camping (no electric) is available for throughout the training and we would encourage sailors/parents to stay on-site so sailors can attend early morning fitness sessions & evening briefings.
- This event is **non residential**.
- Breakfast, Lunch and Evening Meals will be provided for all sailors.
- Non- sailors can pre book meals at £ 13 per day or £50 for the four days.
- ***Please advise if you have any special dietary requirements & we will try to accommodate***

Equipment: You will need to bring:

- Windsurfing kit
- Personal sailing equipment sufficient for the conditions **(to include as a minimum a full suit for winter windsurfing and a buoyancy aid)**
- Training shoes and shorts/tracksuit bottoms – suitable for exercising
- Waterproof watch with stopwatch mode
- Sun-cream, sunhat & drinks (+boat bag).
- Pen and notebook
- Electrical tape, permanent marker, spare ropes.

Health & Safety

- The parent/guardian is required to complete a medical advice form and also the Disclaimer of Liability. **IMPORTANT – The signed entry form (printed off from sailracer) must be handed to the Head Coach at the beginning of the event. NO FORM –NO TRAINING!**
- Ensure the participant has any necessary inhalers, medications etc. available on and off the water.
- **Insurance:** All sailors must hold a valid and current certificate of third party insurance of at least £2 million (RYA Junior membership provides this cover).

