



TECHNO 293 UK CLASS ASSOCIATION

JUNIOR OPEN RACE TRAINING

Northampton Sailing Club, Pitsford Reservoir
16th & 17th April, 2011



Where: Northampton Sailing Club, Pitsford Reservoir

When: 16th & 17th April (running alongside the UKWA Inland National Championships Event 1)

Who: A coached event for 3.5, 4.5 & 5.8 sailors on the junior course.

Skills: Race skills

Entry Fee: £20 payable via Sailracer www.sailracer.org/events/event-v2.asp?eventid=73568

Coaches: TBA

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

Further Information: UKWA @ www.ukwindsurfing.com

The TCA would like to offer all 3.5, 4.5 & 5.8 junior sailors (T15, Zone) the opportunity access a special training & race weekend with full coach support. Whether you are new to National racing or looking for those top tips to race better, kick start the new season and get ready for the National Junior Champs. Come and get the knowledge from top class Coaches who will guide you through a Great Weekend of racing.

- Coaching in the mornings followed by Racing in the afternoon which counts towards the National Inland Series.
- Prizes for all sail sizes, including best improver. Overall Inland trophies at the end of the year.
- All this for an Entry Fee of £20





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JUNIOR OPEN RACE TRAINING INFORMATION

Northampton Sailing Club, Pitsford Reservoir

16th & 17th April , 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.





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JUNIOR OPEN RACE TRAINING NOTICE OF TRAINING

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Training.

- Training will start at 09.30, finishing at 16.30.
- Participants should be rigged and dressed appropriately for land based exercise/warm up at 09.30.
- The coaches are only responsible for participants on the water during the specified period of the training.
- Parents must remain on site throughout the day, or nominate another adult to take responsibility for their child in the event of an accident, as well as at the end of training each day.
- Please note the Sailing Club will be running club racing on the Sunday, please familiarise yourself with their area so not to sail through it.

Food & Accommodation

- Camping is available for Saturday night only, no electric. The Clubhouse will be locked at 6.30pm, there is an outside toilet. **This event is non residential.**
- Hot and Cold drinks available, please **prebook lunches at registration.**

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
- 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).

