

Swarkestone Sailing Club

The Gravel Pits, Ingleby Lane, Swarkestone, Derbyshire, DE73 1JB



Access dinghy Race Training

Friday 16th April 2010

9.30 'til 4.00



Coaching Topics Include

- ✚ Improve your starts
- ✚ Boat Tuning
- ✚ Adding *Tell-Tales* and their use
- ✚ Which way up the first beat
- ✚ Rules
- ✚ Mark Rounding
- ✚ Video Assessment

For further information regarding

- ✚ Accommodation
- ✚ Directions
- ✚ 2010 Access Nationals

www.swarkestonesc.co.uk
or enquires@swarkestonesc.co.uk