



Improver Racers Training

This year at Weston we want to provide some extra coaching to those members who have either recently completed a beginner course or for those who simply want to improve their racing skills and become more confident.

These sessions will be run by Sam Woods one of our Senior/Racing Instructors at Weston, with the aim of providing both practical and theory sessions covering all aspects of sail racing. The sessions will be timed to coincide with club racing so that coaching can take place both before and during the club races. This will also enable you to start collecting race results from the race series too. Most importantly these sessions will be **free!**

We currently have 7 improver sessions planned throughout 2014:

- Saturday 5th April
- Saturday 3rd May
- Sunday 22nd June
- Saturday 2nd August
- Saturday 6th September
- Saturday 27th September
- Saturday 25th October



On each day we will be rigged, changed and ready to launch 1 hour before the first published race start of the day.

Areas that we will be covered include, but are not limited to:

- Starting
- Boat Set-up
- Tactics
- Racing Rules
- Mark Rounding
- Boat Handling

If you are interested in taking part any of the dates throughout the year then please register your interest with Sam directly by email: sam.r.woods@gmail.com