

MUSTO SKIFF PRE-NATIONALS and NATIONALS TRAINING

PRE-NATIONALS COACHING

The Class Association will be running a coaching event for the two days before the nationals start at Mounts Bay Sailing Club. This is a great opportunity to get some last minute hints and tips before the main event.

Ian Turnbull will be running the coaching for the 2nd year running.

Venue	Mounts Bay Sailing Club, Cornwall
Dates	Sat 13 th and Sun 14 th August (2 days prior to the UK nationals)
Price	£40 for both days or £25 for just one day
Start time	Sat 12.00, Sunday 10.00

Key focus areas for the training:

Starting
Boat Handling
Boat set up
Local Tides and Weather
Big fleet Tactics and Strategy

NATIONALS COACHING

If there is sufficient interest (maximum 10 boats) Ian would like to run a coaching clinic over the first 2 days of the nationals. This would consist of:

- A pre-race briefing every day with weather forecast and how this could affect your strategy for the days racing and boat set up.
- Video of the days racing focusing on starts, mark rounding and fleet positioning.
- A post-race de-brief. This would focus on what the weather did, what side of the course was favoured, how the tide or land mass affected the race course etc., plus any other points of interest from the race.

The price for this would be £25 per boat per day, or £20 for those doing all four days coaching.

For further details or to book a place please contact Ian on

Ianturnbullmarine@gmail.com

TEL : 07739430661

Places are limited and will be allocated on a first come first served basis so please book ASAP.