

SABRE COACHING and TRAINING
8th and 9th October 2005
Black Rock YC

The annual SSAV coaching and training weekend is open to all Sabre sailors who wish to participate on either one or two days. The whole weekend is free (excluding any parking fees) and includes a BBQ lunch provided by SSAV on both days. Interstate sailors are also welcome.

The facilitator is Barry Eastgate and quality coaches from within the Sabre class and from outside will be present both days.

Times:
Saturday 9:30 to 5:00pm
Sunday 10:00 to 4:30pm

The weekend will include coaching both on the water and on the beach and will be pitched at all levels of competency. The SSAV is producing a training DVD and hopes to use the weekend as part of the footage. This is an opportunity for everyone to blow away the winter cobwebs and really get into the summer sailing season.

We would like to get an idea of the topics you prefer us to cover. The following topics are areas covered in the past or which we think may be of interest...in no order of importance. Could you please number the topics in your order of preference and submit this form by 30 September (preferably earlier) to:

Barry Eastgate
SSAV Treasurer
17 Regent St
Brighton East, 3187

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|--------------------------|--------------------------------|--------------------------|-------------------------------|
| <input type="checkbox"/> | Tuning theory and speed smarts | <input type="checkbox"/> | Boat and personal preparation |
| <input type="checkbox"/> | Boat handling | <input type="checkbox"/> | Starting |
| <input type="checkbox"/> | Race strategy, tactics | <input type="checkbox"/> | Boat maintenance |
| Other | | | |

Your Name: **Club:**

Sail Nbr: **Boat Name:** Will attend Sat, Sun, Both
(please circle)

Your competency level: tick

Beginner Lower half National/State fleet Mid fleet

Top 20 National/State fleet Intend competing – Hobart Nationals... YES / NO

State Titles... YES / NO

(The next State Titles are at Black Rock YC 25-26 Feb 2006)