

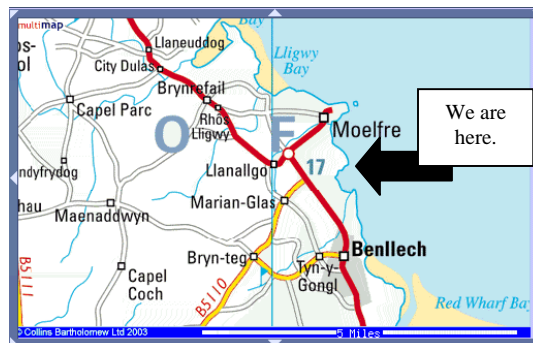
Red Wharf Bay Sailing and Watersports Club  
Traeth Bychan, Ynys Môn / Anglesey  
<http://www.redwharfbaysc.co.uk/>

Introduction – Race training week

Red Wharf Bay Sailing and Watersports Club will again be running a race-training week focused mainly on Toppers and Lasers from Tuesday 1<sup>st</sup> to Friday 4<sup>th</sup> June 2010.

At the end of the week on Saturday 5<sup>th</sup> June 2010 we will be hosting a Monohull Open Meeting linked to ‘National Family Week’.

[www.nationalfamilyweek.co.uk](http://www.nationalfamilyweek.co.uk)



This will be the sixth year that we have run this scheme and again it is aimed at sailors who are able to sail a simple triangular course in reasonable conditions up to those at, or aspiring to, GBR National Squad level. It is organised for club members by club members and we will need parental help on land, with instructing on the water, and in patrol boats so please let us know beforehand and bring suitable kit. If you are an adult Topper or Laser sailor you are also welcome to join in the training. There will also be a group for novice racers.

Program You do not need to be changed but please have your boat ready to race by the 10.00AM briefing each day. Subject to weather conditions the morning race training sessions will involve exercises and mini races. Each afternoon there will be racing and other sailing activities depending on interest / demand (eg cruising / asymmetric dinghy training).

Temporary Family Membership is available for the week and this is refundable if you decide to join the club for the 2010 season. Any member of the family may take part in the afternoon racing but the training is aimed at developing single-handed racing skills. Temporary members are welcome to join us for the Bank Holiday weekend 29 - 31May. The Commodore’s Reception takes place on the Sunday and all are welcome. During the week boats may be left on the beach / dinghy park at no extra cost.

Detach this part and return ASAP to:-

David Griffiths, Youth Co-Ordinator, RWBSWC, c/o Tros-y-mynydd, Mynydd Eilian, Llanelian, Ynys Môn, LL68 9NN, Tel:- 01407 830458

I am intending to attend the “Race Training Week” at Red Wharf Bay Sailing and Watersports Club.

I am currently a member / intend to join for the week\*.

Temporary Family Membership (Parent(s) and children - £40

Temporary Family Membership (parent(s) and single child - £30

Additional Temporary Member (accompanying a family) - £15

The following sailors will be involved in the Race Training Week

Name	Boat	Sailing Experience
.....	.....	.....
.....	.....	.....

I am able to assist in the following ways:- Name .....

.....  
Address ..... Tel. No. ....  
.....

e-mail address ..... \*Delete as applicable