



York's & Humber End of Season BLAST!

Saturday the 17th October 2009 – Yorkshire Sailing Club

It's all about developing YOUR personal skills

10:00 – 16:00

Come and join the fun on this informal training day – it's your End of Season REWARD!

There are **LIMITED PLACES** so make sure we have your booking form by the 5th of October – sent to the address at the bottom with a cheque for just £5 will secure your place

I _____ would like to join the York's & Humber BLAST!

Contact Phone Number: _____

Email: _____

(Confirmation of booking will be sent by email only)

Home Address: _____

Emergency contact: Name _____ Number: _____

Usual Teaching Establishment: _____

I am an instructor in the following discipline(s) *(Please tick or mark a Y in the boxes as appropriate)*

Start Windsurfing	<input type="checkbox"/>	Intermediate Windsurfing	<input type="checkbox"/>	Senior Instructor	<input type="checkbox"/>	Dinghy	<input type="checkbox"/>	Advanced Dinghy	<input type="checkbox"/>	Multihull	<input type="checkbox"/>
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Lunch is included so please specify any dietary requirements: _____

Please provide details of any medical conditions that we should be aware of, including any medication taken: _____

I declare that, to the best of my knowledge, I am not suffering from any condition that will affect my participation at the End of Season BLAST and I am fit to participate. I will notify the coach if a condition arises which affects my ability to take part in the course.

Signed: _____ Date _____

You have the opportunity to attend two workshops afloat, one in the morning and another in the afternoon but you can attend the same one twice if you desire!

I am interested in attending the following workshops: (We will try to allocate you your 1st choices - please indicate your 1st, 2nd and 3rd choices by inserting the relevant number in the appropriate box)

Dinghy Performance Skills	<input type="checkbox"/>	Dinghy Racing	<input type="checkbox"/>
Spinnaker Handling	<input type="checkbox"/>	Advanced Windsurf Skills	<input type="checkbox"/>
Improve your boat handling	<input type="checkbox"/>	Intermediate Windsurf Skills	<input type="checkbox"/>

It would be of value to me if the workshop included the following: _____

Please complete & return by the 5th of October along with your cheque for just £5 - payable to 'RYA' RDO Administrator, Sport Development, RYA House, Ensign Way, Hamble, Southampton, SO31 4YA