



# *York's & Humber End of Season BLAST!*

**Saturday the 17<sup>th</sup> of October 2009 – Yorkshire Dales Sailing Club**

## **PROGRAMME**

Yorkshire Dales Sailing Club, Grimwith Reservoir, Yorkshire Dales National Park, BD23 5ED:

[http://www.yorkshiredales.sc/index.php?option=com\\_content&task=blogsection&id=7&Itemid=6](http://www.yorkshiredales.sc/index.php?option=com_content&task=blogsection&id=7&Itemid=6)

<b>10:00 – 10:15</b>	<b>Arrive and register</b>
<b>10:15 – 10:20</b>	<b>Welcome</b> – Suzie Blair RDO North East & Yorkshire
<b>10:20 - 12:30</b>	<b>AM Workshops</b> <b>A: Performance sailing skills</b> – An opportunity to practice your boat handling skills in performance boats <b>B: Asymmetric Spinnakers</b> – lots of hoists, drops and gybes galore <b>C: Racing Skills</b> – get some top tips on your racing tactics and techniques in singlehanders <b>D: Improving your boat handling skills</b> – roll tacking & gybing, sail control adjustments, mark rounding, whatever you want to practice! <b>E: Windsurfing</b> – advanced/intermediate clinic, wind dependant whatever you want to practice!
<b>12:30 – 1:15</b>	<b>LUNCH</b>
<b>1:15 – 3:30</b>	<b>PM Workshops</b> <b>A: Performance sailing skills</b> – An opportunity to practice your boat handling skills in performance boats <b>B: Asymmetric Spinnakers</b> – lots of hoists, drops and gybes galore <b>C: Racing Skills</b> – get some top tips on your racing tactics and techniques in singlehanders <b>D: Improving your boat handling skills</b> – roll tacking & gybing, sail control adjustments, mark rounding, whatever you want to practice! <b>E: Windsurfing</b> – advanced/intermediate clinic, wind dependant whatever you want to practice!
<b>3:30 – 3.45</b>	Pack up
<b>3.45 – 4.00</b>	<b>Summing up the day &amp; PRIZES!</b> – Suzie Blair