

# Coaching at Bala S.C. 2010

## Intermediate/Advanced Race Coaching for Adult and Youth

### 1 IMPROVED BOAT HANDLING

Course 1 20th March

Course 2 24th July



### 2 THE PERFECT START

Course 1 17th April

Course 2 7th August

### 3 THE BEAT - OBSTACLE COURSE OR DRAG RACE ?

Course 1 24th April

Course 2 4th September



### 4 BETTER DOWNWIND SPEED

Course 1 8th May

Course 2 11th September

### 5 TACTICS AND COVERING THE OPPOSITION

Course 1 19th June

Course 2 25th September



#### FEE PER SESSION

Members - £5 per boat

Juniors - Free

Visitors - £20 per boat

PROCEEDS TO JETTY FUND

All members, including non racing, are welcome.

START TIME - 10.00am at the Bridge

CONTACT: DAVE ECCLES, Bala SC Senior Coach Tel: 07748 118872

BOOK YOUR PLACE AT [sailfaster@kdx.org.uk](mailto:sailfaster@kdx.org.uk)