

Laser South West Training

2007 - 2008

- Top Laser Coaches
- Coaching for all rigs
- Only £65 per weekend
- 5 Weekends
- All ages and experience welcome
- Pre-booking essential – Limited spaces



Fun Laser Training Fun Laser Training

Boat
Preparation
Rig Tuning
Boat Handling
Boat Speed
Mark Rounding



Starting
Tactics
Strategy
Wave Sailing
Fitness
Event Preparation
Rules

24th & 25th November '07 – Mayflower (Plymouth)

26th & 27th January '08 – Chew Valley (Bristol)

16th & 17th February '08 – Roadford Lake (Devon)

1st & 2nd March '08 – Mayflower (Plymouth)

26th & 27th April '08 – Mayflower (Plymouth)

**Limited Space
Book NOW!**

For more information or an application form,
please contact: James Tilley (SW Laser Training Coordinator),
07834 830707, jamesail@hotmail.com

