

Laser Coaching Weekend

8/9 November 2008

At Grafham Water Centre



Head Coach: Jon Emmett
UKLA Regional Training Officer
Coaching Ratio: 10:1

Residential Weekend including food, accommodation on
Saturday night and video debrief!

Only £82.50 (£72.50 Non-Residential)

**Come and receive expert race coaching from our team of big
name coaches. All levels and rigs catered for.**

1st briefing, rigged and unchanged Sat @ 11am,
final debrief packed up and ready to leave Sun @ 4pm

**For further details call Ed on
(01480) 810521 or e.mail
Edward.sibson@cambridgeshire.gov.uk.**

Time	What's Happening	Where
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Saturday

1100	Welcome and Introductory Briefing Boats rigged, Unchanged	<u>Workshop 1</u>
1130	Morning Session	<u>Split Groups</u>
1300	Lunch	<u>Workshop 1</u>
1330	Afternoon Briefing	<u>Split Groups</u>
1700	Off the Water and De-rig	
1800	Afternoon Debrief	<u>Split Groups</u>
1830	Bar Opens	<u>Seminar Lounge</u>
1900	Dinner Served	<u>Dining Room</u>
2000	Evening Video Debrief and seminars	<u>Split Groups</u>
2130 ish	Bar Opens	<u>Seminar Lounge</u>
2300	Bar Closes	

Sunday

0800	Breakfast Served	<u>Dining Room</u>
0845	Breakfast Ends	
0900	First Briefing	<u>Split Groups</u>
0930 ish	Rig and Launch	
1230	Lunch	<u>Workshop 1</u>
1300	Afternoon Briefing	<u>Split Groups</u>
1500 ish	Off the Water, De-rig and Pack up	
1600	Final Debrief, Ready to Leave	<u>Dining Room</u>
1630 ish	Depart	

Laser Class Training at Grafham Water Centre 8/9 November 2008
APPLICATION FORM (STANDARD, RADIAL OR 4.7 RIGS)

Sailor Information

Family Name:..... Forenames..... Preferred Forename.....
Address.....
.....
Telephone Number

Email address (Print CAPITALS).....
Date of Birth / / Age Rig..... Sail Number

Liability

By signing this entry form, the parents/guardians of sailors accept that they are responsible for the children in their charge and their boats, whether afloat or ashore. Nothing done by the organisers (i.e. the coach, the Centre, patrol craft and anyone helping to run the event) will relieve participants and their parents/guardians of their responsibilities.

By launching, participants and their parents/guardians imply the suitability of their boat and the competence of the skipper for the expected or forecast conditions. These courses are specifically designed for experienced sailors. This is not a beginner's course, and if the sailor, parents or coach has any doubt over the sailor's ability to cope safely in the prevailing conditions the sailor may be asked to stay ashore.

The provision of patrol craft does not relieve participants and parents/guardians of their responsibilities.

PARENT or GUARDIAN DECLARATION (required for all sailors under 18)

Under law, this helm is my dependant, and I accept the liability clauses in the Notice of Training and above which exclude my dependant's right to claim compensation in certain circumstances. I declare that during the training my dependant's boat will have valid and current third party insurance of at least £2m. I confirm that my dependant is competent to take part and that I am responsible for my dependant throughout the event. During the time my dependant is involved in the training day I will be in or around GWC or I will identify another responsible adult who will be on site in writing prior to the event who is acting in loco parentis during my absence.

If you wish this person to be myself (Ed Sibson), or would like your dependent to stay residentially in your absence then please indicate here so we can send you the relevant paperwork for completion before the event.

CONTACT DETAILS FOR THE PARENT/RESPONSIBLE ADULT AT THIS EVENT

Full Name: Relationship to Sailor:.....
Address at the event:.....
Phone no. during the weekend in question (MOBILE ONLY).....
(Mobile number needed for contact in case of emergency.)
Parent or Guardian Signature: Print Name:

Fees and payment

The cost per weekend per sailor is £82.50 (Residential) or £72.50 (Non-Residential). Cheques should be made payable to Cambridgeshire County Council. Fees are only refundable if the sailor/parent gives at least two weeks notice before the weekend in question and a replacement can be found. Please print the sailor's name on the back of the cheque.

To avoid disappointment please book early, entries received later than 2 weeks before the weekend will be placed in a queue and accepted subject to safety provision and coaching ratio being maintained.

Applicants will be notified of successful registration via post. Application does not guarantee a place on the training, but we will seek to accommodate as many sailors for training as we can. More information will be posted on the UKLA website nearer the event.

Please send the completed form (2 pages) and cheques (payable to 'Cambridgeshire County Council') to:
Ed Sibson, Grafham Water Centre, Perry, Huntingdon, Cambs, PE28 0BX

Food

Included in the cost of the weekend are lunch and dinner on Saturday and breakfast and lunch on Sunday. Accommodation is also provided for those paying £82.50.

Sailor information

Experience in Lasers (any rig), is the rig that you are sailing in new to you for these weekends?

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.....

Previous dinghy classes sailed

.....
Competition experience (all classes)

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What do you hope to gain from the weekend?.....

.....

Allergies or other known medical conditions

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(Parents/guardians are reminded to carry sufficient medication for the weekend, and to ensure that sailors are so equipped where advisable.) Parents must ensure that sailors are adequately clothed for winter training. Headgear is especially important. Inadequately equipped sailors will not be allowed to go afloat.

Special Dietary requirements.....

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Insurance

I declare that during the training my boat will have valid and current third party insurance of at least £2m

Data Protection Act: This information may be passed to coaching staff for their internal use. It will not be passed to any other organisation, or to any individual other than authorised coaching staff.

Video: Video is now an essential coaching tool for giving feedback to sailors on their performance. It will be used for sail training purposes only. Participants automatically grant to the organising authority without payment the right in perpetuity to make, use and show any motion pictures, still pictures and live, taped or filmed television of or relating to the event.

Please sign and print to acknowledge that you have read, understood and accepted the information in this training application form.

Signed..... Print Name

Ed Sibson, Contact via email; edward.sibson@cambridgeshire.gov.uk
Senior Instructor, Grafham Water Centre