

# **Royal Lyminster YC**

## **Laser Regional Race Training**

### **25<sup>th</sup> /26<sup>th</sup> September 2010**

- **Theme “sailing in waves”.**
- **A great warm up for the Autumn Qualifiers**
- **3 coaches (separate coach for each rig)**
- **Just £40 for the weekend.**
- **1<sup>st</sup> Briefing (rigged not changed) 10:00am, Final Debrief 4:00 pm.**

**For further details contact:**

**Jon Emmett**

**07748 902679**

**[jon@jonemmettsailing.co.uk](mailto:jon@jonemmettsailing.co.uk)**

# Lymington Laser Regional Race Training

## 25<sup>th</sup>/26<sup>th</sup> September 2010

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Post Code: \_\_\_\_\_

Email: \_\_\_\_\_

Contact Tel. / Mobile number on the weekend: \_\_\_\_\_

UKLA Membership Number: \_\_\_\_\_

Member of R.L.Y.C. : Yes / No (circle as necessary)

Member of other sailing club (s): \_\_\_\_\_

Sailing Standard / Radial / 4.7 (circle as necessary) Sail No.: \_\_\_\_\_

### Declaration (please read carefully before signing)

By signing this application form (or parent / guardian signing on behalf of a participant under nineteen years old) applicants accept sole responsibility for themselves / their children whether ashore or afloat.

Patrol boats will be provided, but this in no way limits the responsibility of the participants /parents or guardians to ensure the sailor and boat can be safely launched / sailed / recovered in the conditions of the day.

Sailors may be prevented from going afloat if coaches deem they or their equipment (including clothing and buoyancy) are not adequate for the prevailing or expected conditions.

Nothing done by RLYC or the UKLA Coaches diminishes the participant's total responsibility.

During the course of top quality coaching, video footage is extensively used. By agreeing to be coached the participant also agrees to be filmed for the purposes of training and to allow others participating in the training to see said footage.

Signed (participant or responsible adult) \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

If signing as a Responsible Adult please state relationship to Participant \_\_\_\_\_

Please return completed application form, with cheque for £40 made payable to Mr J Emmett to  
Jon Emmett Sailing, 15A Holly Road, Weymouth, Dorset, DT4 0BB

Acknowledgement of successful applications will be made by email, please write your address clearly! If you have not got a acknowledgement please phone Jon on 07748 902679. No refunds will be given.