



## UKLA Laser 4.7 News update

### Winter Training Program

The UKLA / RYA training co-ordinator is James Gray and he can be contacted at [jsg\\_grayz@hotmail.com](mailto:jsg_grayz@hotmail.com)

James is the RYA's National Youth Squad Radial Head Coach and the training that he provides is of the highest standard either in the 4.7, Radial or Standard rigs. Both he and his other coaches are all current top performers in the Laser class. Every year I have parents and sailors recommending the training and booking repeat places as they move through the class.

The 2010 dates and venues are:

23 <sup>rd</sup> & 24 <sup>th</sup> January	W.P.N.S.A., Weymouth	Boat Handling
6 <sup>th</sup> & 7 <sup>th</sup> February	W.P.N.S.A., Weymouth	Boat Handling & Boat Speed
27 <sup>th</sup> & 28 <sup>th</sup> February	W.P.N.S.A., Weymouth	Starting
27 <sup>th</sup> & 28 <sup>th</sup> March	Stone S.C.	Racing

The cost is £75.00 per weekend for each sailor. Contact James as soon as possible and book your place.

Places are limited so I suggest you consider booking for the whole program, instead of single weekends, as the training weekends are themed so that over the winter all aspects are covered and progression is made in sailing ability.

You won't need a jacket to identify where you trained during the winter as your improvement in performance will speak for itself. Make the most of the trainers; be demanding of their expertise, they enjoy the commitment to the sport that people show.

### Update - United 4 Events - Holland

The United 4 on-line registration site opens on the 1<sup>st</sup> February. The numbers are restricted so apply as soon as possible. There are fleets for both 4.7 and Radial rigs. These events are serious with big fleets, long days afloat on the open sea and give great experience. Book ferries to Holland early for max savings.

10 <sup>th</sup> & 11 <sup>th</sup> April 2010	Medemblik
24 <sup>th</sup> & 25 <sup>th</sup> April 2010	Workum
4 <sup>th</sup> & 5 <sup>th</sup> September 2010	Workum
2 <sup>nd</sup> & 3 <sup>rd</sup> October 2010	Roompot

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