



**NS14 ASSOCIATION OF NSW INC**

**ANNUAL COACHING DAY**

**FREE TO MEMBERS WHO HAVE PAID THEIR 2010-11 ANNUAL SUBSCRIPTION**

**Saturday 28<sup>th</sup> August 2010**

**14:00 hrs 'Dry Sailing' coaching**

- Lead by one of the class' leading sailors
- Rigging, tuning and how to get the best out of your boat
- Discuss all the intricacies directly with the coach over a boat
- No need to bring your own boat – this will be an onshore programme
  - But you can if you want
- No risk of getting blown inside out in the early season westerlies
  - Quality time with a quality sailor

**17:00 hrs BBQ hosted by the NS14 Association and Concord & Ryde SC**

Meet up with your mates over a pre-season get-together

**18:00 hrs Rules Reminder session**

- Andrew Baglin will gently remind you what the rules are
  - Before you get rudely reminded on the water
- Rules can work for you as well as keeping the play fair
  - Find out how
- Andrew is an International Umpire so he knows the rules every which-way
- Andrew sails this class so he knows how they work with NS14s
- Get ahead of the rest this season by knowing what to do

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*So we can get an idea of the numbers coming please email Sandra Donovan if you intend on being there ([ladonovan@bigpond.com.au](mailto:ladonovan@bigpond.com.au)).*

*And remind all the members at your club to come too!*