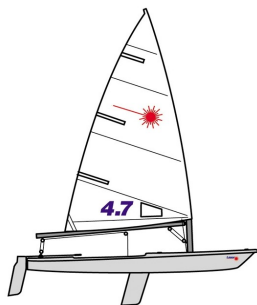


# 4.7 Open Training



The **Olympic** venue and the **LaserPerformance** centre - is there a better place to learn how to sail a Laser?

Back by popular demand SailLaser is announcing the **‘Winter 4.7 Open Training’**. The 6 week program is designed to help people make the transition into the ‘Laser’ class.

It will have a variety of on and off the water activities, which will give you a head start.

The training will be conducted by one of our SailLaser coaches, specialised in Laser Race coaching.

Over the page is the session plan for the 6 week program. It will give you some details of what to expect and what to bring.

The dates are below along with the prices and contact details.

## Prices

The cost for the training is £25 per session, if you have your own boat. The cost to charter a boat is an extra £25

**Sign up for all 6 sessions and pay only  
£120**

## For queries and booking contact us on:

SailLaser Weymouth  
Weymouth and Portland National  
Sailing Academy  
Osprey Quay  
Portland Dorset  
DT5 1SE

## Dates( all Saturdays)

- 1st October 2011
- 29nd October 2011
- 12th November 2011
- 4th February 2012
- 10th March 2012
- 14th April 2012

Turn over for our 6 week program



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# Session Plan

## **Session 1– Goal setting, Boat set up and Boat handling– 01/10/11**

This session the sailors will learn one of the most important things about sailing a Laser, how to rig it up in all weather conditions. We will also set some SMART goals, both long and short term.

To get the best out of the boat the sailors will also look at basic boat handling. This will help them to achieve the most out of the boat and help with their progression.

## **Session 2– Sail Controls and Mark rounding's– 29/10/11**

This session the sailors will look at the sail controls and how to affectively set them according to the weather conditions. This is why we will also be looking at how the sail works so they understand when to use them.

We will also teach them how to gain an advantage heading to and rounding a mark.

## **Session 3–Starting (pre start routine & Strategy) and Tactics– 12/11/11**

This session we break down and look specifically at each leg of the course. We will help you to understand which tactics and strategy to chose to give you the advantage. Having a basic plan and being confident with their pre-start routine is also going to be very important to help them to do this.

## **Session 4– Rules, protest and event preparation–04/02/12**

Understanding the rules of racing can have a massive effect on your results. This is why we ensure that the sailors have a full understanding and are 100% confident on the rules.

Going into a big event needs some preparation. We will give the sailors some advice on what we suggest to help them to be as prepared as they can be.

## **Session 5– Fitness, nutrition and self training exercises–10/03/11**

Laser Sailing is an extremely physical sport so we teach the sailors some fitness exercises to keep them well prepared . We will also advice them on different foods to eat on and off the water and some on water exercises to train with or without a coach.

## **Session 6– Consolidation & Racing– 14/04/11**

The last session is a consolidation of everything

they have learnt over the 6 weeks and finish with a last race, This will give the sailors a chance to show how much they have improved and put theory into practise.

### **Preparation– Our suggestions**

- Buying a pad to make notes-**very important**
- Bringing lots of lunch– maybe to have on the water
- Having sports wear ready for some fitness training
- Buying a copy of the **Paul Goodison Laser Handbook**– this will give you useful hints and tips specific to Laser Sailing