

MRSC Autumn Junior Training

The first session will be delivered by Holly Watson who is an experienced National Coach and has also sailed in the National squads. The remainder of the sessions will be delivered by Oliver Spensley-Corfield. He is also a very experienced coach who has worked with RYA squads and has a great deal of experience in coaching Tera and Feva sailors at the national level.

The cost for each coaching day will be between **£15 - £20** per head. The final cost will depend on numbers; the more junior sailors taking part the cheaper it will be!

The coaching dates are as follows:

Tera Coaching:

- Saturday 3rd September
- Saturday 10th September
- Saturday 17th September

Feva Coaching:

- Saturday 1st October

Interested?

Then email Fiona Butcher, Junior Secretary on juniorsec@mengeham.org.uk to book your place. Plus don't forget the club has 3 RS Teras and 3 RS Fevas for use during training and coaching. All the club Teras have been allocated, but if you wanted to take part in the Feva training there are a couple of club Fevas still available. So if you don't currently own a Feva and you would still like to take part then you can reserve one of the MRSC boats, on a first come first served basis.

A timetable for the weekend will be sent to you nearer to the coaching date.