



COACHING PROGRAM INTERMEDIATE SAILORS

Sabot Sailors

On behalf of the Southern NSW Sabot Sailing Association we invite members to participate in the 'MILO' Intermediate Coaching Program to be held at Drummoyne Sailing Club on the following days:

Monday 6 October 2003 (Note Monday is a Public Holiday)
Tuesday 7 October 2003
Wednesday 8 October 2003

This coaching is part of the normal training program organised by the Association, which this season also includes:

(A separate entry form will be emailed for this event)

29 30 November at Hunter's Hill

The coaching is being organised for all Senior 1-up, or junior 2-up Sabot sailors, who have obtained an **intermediate standard** of sailing and who are keen to advance their sailing skills. A guide to an intermediate sailor is that you can complete an Olympic style course (i.e. With working, running and reaching legs) at your local club. The program is especially aimed at those sailors intending to compete in the State Titles, Zone Championships and the Nationals/ Sabot Week or simply those just looking to hone their skills for club level racing.

A barbeque lunch will be available for purchase. Some overnight storage of boats will be available but there can be no guarantee that there will be sufficient space for all boats.

Training will commence at 9.00am sharp each morning and it is expected that the boats will be fully rigged by this time. The days training is anticipated to finish at 4.30 pm each day.

The Association is again subsidising all training this season. Due to this subsidy however the Association will be unable to provide refunds regardless of the circumstances.

The cost of the coaching (per boat) is **\$40.00 for the 3 days**. Part payment is not possible as the coaches are arranged for a group and will be paid regardless of the entrants attending. The full payment should accompany the attached Entry Form and be received no later than the **26th September. There will be no extension of this deadline.** We can highly recommend this program to you.

Do not delay enter Today:



SNSWSSA
'MILO' Intermediate Coaching
Drummoyne 6/7/8 October 2003
ENTRY FORM

Boat Number Senior (1-up)
Boat Name Junior (2-up)

Skipper's Name Date of Birth / /
Address
Postcode Phone.....
Club

Crew's Name Date of Birth / /
Address
Postcode Phone.....
Club

The entry of the above boat is conditional on the Declaration Of Parent Or Guardian over being completed on behalf of the Skipper and Crew.

PTO for Parent / Guardian Declaration

DECLARATION OF PARENT OR GUARDIAN

1. The organisers (including Drummoyne Sailing Club, Southern NSW Sabot Sailing Association their officers, members, servants and agents) shall not be liable for any loss, damage, death or personal injury howsoever caused to the boat, or its Skipper or Crew as a result of their taking part in the coaching. I hereby warrant the suitability of the boat entered for the coaching/ racing.
2. The provision of safety equipment and boats by the Organisers & Host Club is neither guarantee that assistance can be rendered to any sailor in need, nor an acceptance of any responsibility for rescue of sailor. Further, in the event that assistance is rendered to any sailor, no liability for any loss, damage or injury to the sailor and / or the boat and its equipment is accepted by either the Club(s) or the crew of such craft.
3. My child and I understand RRS Fundamental Rule 4: "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone"
4. My child and I agree to be bound by the Racing Rules of Sailing.
5. I am a member of the SNSW Sabot Association.
6. I hold and can produce a valid certificate of insurance which covers the boat and its crew while training/racing and provides Third Party liability cover of at least \$AUD 5,000,000 and which will be valid for all training dates.
7. I declare that my son/daughter is the correct age for the Division entered.
8. I will advise of any special needs my child may have that the coaching committee should be aware of.
9. I will ensure that my child wears and approved PFD of the correct size (as per RRS Addendum A) whilst on the water and indemnify the organisers in this regard.
10. I have read the above conditions and accept the responsibilities contained therein.

Signature of Skipper's Parent or Guardian Date / /
Name in BLOCK CAPITALS

Signature of Crew's Parent or Guardian Date / /
Name in BLOCK CAPITALS

Please enclose a cheque for \$40.00 made payable to "**Southern NSW Sabot Sailing Association**":

Please send to:

Mr Peter Whitley
7 Inman Street
MAROUBRA NSW 2035

No later than 26th September 2003

There will be NO extension of the closing date. There is no opportunity for Beach entries

Please indicate (Parents or Guardians) if you will be able to assist on any of the days.