



Skiffers Meeting **RS700 & RS800**

L'Escaia – June 2011

2 sailing sessions per day.
Briefing & Debriefing.
Seminars.

- Boat rigging; check they all work nicely & efficiently.
- Boat tuning; a quick & simple guide and a check that everyone is about right.
- Boat handling; acceleration, tacking, bear away, hoist, gybe, drop.
- Trapezing technique.
- Speed; upwind & down.

EXERCICES:

- Quick fire starts &
- Series of short courses races.

Coach: **Peter Barton**

RS800 – 1st UK Nationals 2007, 1st Eurocup 2006, 2007, 2008

RS700 – Race winner UK Nationals 2002

18'Skiffs – 2nd Europeans 2005, 2006, 1st European Grand Prix 2005.

Plus experience in; International foiling Moths, UK Cherub, Laser 4000&5000.....

PROGRAM:

Friday: - Arrival. Rigging the boats at the dinghy park.
- Welcoming drink & "tapas" at the "El Mos". CN L'Escala, right next to the dinghy park.
- Free diner.

Saturday: 10am Start of the sessions. Seminar.
Briefing
Sailing.
Break.
Sailing.
6pm Debriefing.
9pm Free Diner.
Drinks?

Sunday: 10am Start of the sessions. Seminar.
Briefing
Sailing.
Break.
Sailing.
4h30pm Debriefing.

ACCOMODATION:

- For its "value for money" we recommend the apartments L'Escala Resort: <http://www.lescalaresort.com> . Stay of minimum two nights.
Apartment one room (sleeps 2) 1 Double bed: **66€ x night**
<http://www.lescalaresort.com/apartamento-doble.php?idioma=en>
Apartment two rooms (sleeps 4) (1 Double + 2x single bed) **92€ x night**
<http://www.lescalaresort.com/apartamento-cuadruple.php?idioma=en>
- Because of its outstanding quality as well as its vicinity to the dinghy park (hardly 50 meters), we also recommend the apartments "Balcó del Port" de <http://www.apartamentoalegria.com/apto.php>
Ask for prices.
- At [http://tiny.cc/Funtastic Allotjaments](http://tiny.cc/Funtastic>Allotjaments) you have a Google map at your disposal where you can see several types of accommodations and its location related to the marina. You'll also find the contact details of each of them.

The organisers will propose appropriate alternatives for the meals which are not included.

INSCRIPCIÓN:

The registration fee is of **99 €** per "person", independent of the dinghy. Such fee includes coaching, security power boats, car and dinghy park, and the use of the facilities of the CN L'Escala.