



Laser Master Training.

- **Coach:** Angelo Tabernero Cortés.
- **Dates:** From 25 th until 28 th of September (just before Europeans championship).
- **Training provide:**

The training will be focused on the participants in the European Championship. Its purpose will be to get quality improvements tactics and technical to achieve greater performance in competition, as well as analyze and study the usual weather patterns in the bay of Roses.

- **Objectives:**

Technical focus: - Up wind and down wind speed in Roses bay waves.
- Improve control of boat at starting line / marks rounds with big fleets.

Tactical focus: - Analyze possible tactical mistakes with short races and marks, and comparing them with big fleet.

Local Weather conditions: waves and wind: - Analyze and study the usual weather patterns in the bay of Roses.

- **Conditions:**

Maximum sailors: 10 people.

Timetable: 11:00 to 17:00 every day class and practice related to the weather. Picnic for lunch included



- **Prices:**

Training from 25th to 28th: **50 €/day or 160€ all days**

Methods of payment:

Bank transfer (no later than 00:00 hrs local time on 21st of September 2012):

Bank: La Caixa

Bank account: 2100 8175 84 2300051278

Swift code: CAIXESBBXXX

IBAN: ES31 2100 8175 8423 0005 1278

(If used this method of payment, please notify your sail number and name as a reference of the transfer and keep the received with you to avoid any misunderstanding).

- **Inscription:** **deadline 21st September**
 secretaria@genroses.cat
 Phone number (+34) 972 257 003
- **Information:** **Angelo Tabernero (+34) 639319136**