

## **WINDSURFER IMPROVEMENT CLINIC – SATURDAY 10<sup>TH</sup> MAY**

This is a new idea for the 2008 season which I picked up from a Sunsail windsurfing holiday. Since we have great difficulty getting an intermediate level windsurfing coach, mainly due to indemnity insurance issues, I thought we might try to develop our skills by learning with and from each other. I am not a coach but I can organise and facilitate sessions which focus on various intermediate level planing techniques.

The clinics are for windsurfers who are beyond beginner level and who want to improve their technique and who are willing to share their experience with other windsurfers.

Everyone will need their own board and rigs and there will be a chance to look at rigging technique if required.

There will be two further clinics over the season – Saturday 26<sup>th</sup> July and Saturday 6<sup>th</sup> September, and we will try to identify what people want to learn at this first session. However to get things started I thought we might focus on Beachstarts and Waterstarts . In the later clinics we might look at Harness and Footstraps techniques, Carve Gybes and Fast Tacks. I will bring along a training DVD on all these techniques and we can follow this up with demo and practice sessions on the water.

There is no charge and no need to book. I don't expect a problem with numbers as there are only about 12 windsurfers in the club mostly "silver surfers" like me!

Just turn up around 9.30am and we'll take it from there.

If you want to discuss anything further please telephone me on 01287 638555.

**John Sutton – Windsurfing Rep.**