



You are invited
to
bring your own boat to the



LSSA 2007 - Race Training Seminar
Friday June 29, 2007

Hosted at Port Credit Yacht Club



featuring:

Top Canadian Coaches

- ★ Sarah Urquhart, CYA 2006 Coach of the Year & Instructor Evaluator
- ★ Matt Searle, Head Racing Coach, PCYC



Cost: \$35.00 (Cheque payable to 'L.S.S.A. Lake Skiff Sailing Association')

Registration Includes:

- Coaching from 9 am - 5 pm
- Lunch on shore at PCYC
- Debrief of Day's Events
- Boat storage overnight at PCYC

Entry Form and Training Day schedule available at

http://www.pcy.com/01_onwater/09_regattas

http://www.ontariosailing.ca/Racing/Schedules/Dinghy_2007.php

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