

# Notts County Asymmetric Training Day

## Saturday 10th April,

**Booking form:** Name of helm:

Membership number:

Crew Name:

Contact telephone:

Email:

Type of asymmetric boat.....

Sail number.....

To help plan the training and ensure you get the most from the event, please indicate the main aims for you attending the event. The coaches will endeavour to cover a range of skills, on and off the water and will include video footage with feedback sessions.

1.

2.

I enclose a cheque for £25.00 to contribute to the cost of the training day **which is payable by the deadline date**. In addition, Pauline has kindly offered a 2-course meal, catering for vegetarians, on Saturday night with an opportunity to revisit the video playback.

**Payable by the deadline date**, £6.00 per person, please indicate the number requiring an evening meal      1            2            3            4            or more.....

**Closing date: 26<sup>th</sup> March, cheques payable to N.C.S.C.**

Please post your monies (for training and evening meals) and completed form to

Ross Ryan, 12 Hoopers Close, Bottesford, NG13 0FH

email [rossryan@btinternet.com](mailto:rossryan@btinternet.com)      Mobile: 07787341529