

Transition Program 2019

Head Coach- Krystal Weir x2 Olympian, Laser Radial World Champion, multiple laser national and World Cup winner.

Coach's – Head coach Krystal Weir & Guest Laser Coaches (if required)

This is an opportunity for junior sailors to make the next step in the Laser 4.7 class. This is a fast track program open to all sailors aged between 13years old and 16years old.

Skills- Tacking, Gybing, hiking technique, speed work, basic strategy and tactics, launching, capsizes techniques, Laser specific rigging and settings, injury prevention.

May (Sunday AM 9.30-12)

5 th May	<i>Royal Brighton YC</i>
12 th May	<i>Royal Brighton YC</i>
19 th May	<i>Royal Brighton YC</i>
26 th May	<i>Royal Brighton YC</i>

June

2 nd June	<i>Royal Brighton YC</i>
16 th June	<i>Royal Brighton YC</i>



Contact Details

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Please book via Royal Brighton Yacht Club
Sailing & Marina Office

Course Cost \$380

Charter Fee \$200

(please email Krystal directly for a charter)