

Breaking News Flash

Women's Laser Regatta hosted by DBSC

August 11 2019

* Are you new to the Laser class? * Has it been a while since you sailed a Laser? * Are you feeling nervous to get out there for the regatta but super excited? * Do you want a little bit of coaching in the lead up to the regatta?

Well - you are not alone - We have received and expect to receive more requests for advice on coaching and upskilling before the event so we have explored some ideas for some 1-1 coaching or small group coaching on water.

Upskilling in a Laser and Coaching

We have reached out to some coaching service providers who are in the industry who are happy to help anyone who is interested in one on one lessons or in organising a group session or two or three or four.

- **Brett Beyer** - beyersailing@gmail.com - available from **August 6-28 (back on September 20-Event)** – he can be contacted directly to arrange some sessions and will charge you directly for his time. He is a professional coach. He is based out of Woollahra Sailing Club but has access to a RIB.
- **Rob McMillan – September 1 – Event** - NB Sailsports – Sydney@nbsailsports.com.au – Phone 02 93717475, Mob: 0405177207 – NB Sailsports are a big sponsor of our event and Rob and his team can provide sessions in September @ Woollahra Sailing Club. NB Sailsports are also the company from which Lasers and gear can be chartered and or purchased (they will have a pop up shop over the weekend too for any last minute things you might need). Rob indicated that a group of 4 or 5 would create a sustainable group for the September month if you wanted to do group sessions.

Feel free to contact these guys directly or if you are interested in joining a group. If you would like further help with that please contact- Christine Patton at christine@bermudamarine.bm.

Happy Sailing !!!

From The Women's Regatta Committee

Christine, Clare and Christine

