



**You are invited to
bring your own dinghy to the**



**LSSA 2009 Race Training Seminar
at the Ashbridge's Bay Yacht Club
Friday, July 3, 2009**

featuring Top Canadian Coaches

- ☆ Sarah Urquhart, CYA Coach of the Year
- ☆ Olga Koubrak, RCYC High Performance Team



Cost: \$45.00 per person

(Cheque payable to the 'L.S.S.A. Lake Sailing Skiff Association')

Registration Includes:

- Top Coaching from 10:00 am – 5:00 pm
- Lunch on shore at ABYC
- 4:00 pm Coaches Debrief of Day's Events
- Boat storage at ABYC for LSSA I Regatta, July 4 & 5

Entry Form available at:

http://www.ontariosailing.ca/Racing/Schedules/Dinghy_2009.php

Contact: Rosemary Helmer B: 416-410-4644; Email: rhsailing@tcn.ca

