

RS FEVA RACING TRAINING WEEKEND

With leading coaches TIM RUSH & GRAEME ROWE

(UK FEVA SQUAD)

25th & 26th March 2023



Venue: Ballyholme Yacht Club

From £100 per boat, Book early limited spaces:
ballyholme.com/events



RS FEVA ASSOCIATION OPEN RACING TRAINING WEEKEND

Saturday 25th & Sunday 26th March 2023

For Sailors RYA Level 3 and above

Earlybird: £50 per person with Feva UK membership

£80 per person after 18th March or without Feva UK membership

Book online: ballyholme.com/events,

TIMINGS FOR WEEKEND:

09:00 – Arrive at venue, rig boat

09:30 – Sailors & parents to meet coaches for a quick chat.

09:40 – Sailors briefing

MORNING SESSION

12:30-13:30 Break for lunch – bring your own lunch

AFTERNOON SESSION

16:00 – Finish sessions afloat, de-rig and change

16:30 – 17:00 Debrief then depart (4pm Sunday)

These timings are approximate and are subject to change.

What you need to bring:

Appropriate sailing kit

Your boat, ready for a training session

Snacks and drinks for on the water sessions

Pen and notepad