

March Break Open Singlehanded Laser Development Camp

Miami, Florida

March 11-17, 2018



Want to get a jump on the sailing season? Want to show off your skills and take home a few more? Join us in the sunshine state for 6 days of sailing over March Break!

Ontario Sailing will host an open **laser standard & radial** development camp in sunny Miami as the first of a four-part camp series. With the aim of boosting participation in the province, we hope you will join us! Coaches Chris Cowan and Chris Hewson will cover areas including boat handling, boat speed, starting, tactics & strategy, and yearly training program advice. Biscayne Bay offers

pristine sailing conditions and is a perfect place for you to sharpen your skills. Make it a spring break to remember!

Camp details: March 11-17, 2018

Rest day: March 14, 2018- No sailing this day

Spaces available: 10 boats per class- registration open until all spaces filled.

Skill prerequisites: 1+ year in club racing program.

170lbs body weight (full rig minimum weight)

****Must be able to comfortably sail in winds up to 20kts****

Charter boats: Limited charter boats will be available through the coach on a first-come-first-served basis. Cost for the charter boat is \$450USD (\$75US/sailing day) or \$600CAD.

** charter boats require a cash payment on-site as money is given directly to boat owners**

Camp Cost: \$400CAD+HST= \$452. Payable to Ontario Sailing by online registration at

<https://ontariosailing.ca/registration-forms/>

Daily Schedule: TBA. Expect an approximate schedule of 10am- 5pm.

Each day will include a mix of fitness, video, on-water drills, and debriefs.

For camp questions, please contact Chris Cowan at Lasercoach@ontariosailing.ca. For registration problems please contact programs@ontariosailing.ca.

We look forward to seeing you in sunny Florida!