



## RS Aero Winter Training

Lymington Town SC – 8<sup>th</sup>/9<sup>th</sup> April 2017

**Start time:** Saturday 10:00am. Sunday 09:30am. Boats rigged, Sails down. Not changed

**Coaches:** Paul Robson and Chloe Martin

**Forecast (as of 5<sup>th</sup> April)** Sunshine!!! Saturday SE 8kts, Sunday SSE 10kts

Sa	Sa	Sa	Sa	Sa	Sa	Sa	Su	Su	Su	Su	Su	Su	Su
08.	08.	08.	08.	08.	08.	08.	09.	09.	09.	09.	09.	09.	09.
04h	07h	10h	13h	16h	19h	22h	04h	07h	10h	13h	16h	19h	22h
4	4	6	8	7	5	6	5	5	7	8	6	4	4
5	6	9	9	10	11	10	10	10	11	11	9	7	6
↖	↖	↖	↖	↖	↖	↖	↖	↖	↖	↖	↖	↖	↖
7	8	12	14	13	11	8	9	9	13	15	15	13	10
3k	3k	3k	3k	3k	3k	3k	3k	3k	3k	3k	3k	3k	3k

**Weekend Focus:** Wave sailing, Tide.

### Plan-Food-Suncream

Due to the venue it takes a long time to come in off the water for lunch so, the plan for each day is one long session on the water.

The canteen wont be open before we launch but so be prepared and bring with you some light food before launching and snacks for on the water

Baguettes and sandwiches that are pre ordered and paid for before we launch can be collected via the bar when we return, as the canteen closes at 14:00. The bar is open all day Saturday!

Breakfast baps are available from 09:00 Sunday.

Bring plenty of drink and wear lots of suncream. – these sunny spring days can catch us out!

### Saturday

Warm up  
Speed up  
Speed down  
Racing

### Sunday

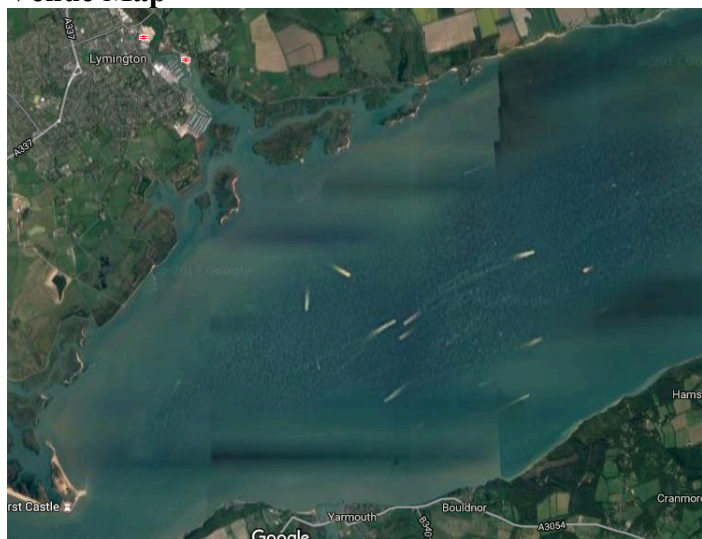
Same as Saturday but more racing to put your skills into more pressure situations

### Pre-weekend thinking

Below is a clip of a laser sailing downwind in conditions we might see this weekend. The process will be similar to an RS Aero but there will be some differences which we will explore this weekend. Watch and come prepared with any questions.

<https://www.youtube.com/watch?v=CVOSvaWlajQ>

## Venue Map



## Saturday tide

Lympington turning to Ebb SWW Sat 09:10 and turning to flood NEE Sat 14:40

Tide Times		
Hi/Low	Time	Height
Low Tide	03:29	(1.35m)
High Tide	09:50	(4.17m)
High Tide	12:00	(4.12m)
Low Tide	15:49	(1.10m)
High Tide	22:24	(4.39m)

## Sunday tide

Lympington turning to Ebb SWW Sun 10:00 and turning to flood NEE Sun 15:30

Tide Times		
Hi/Low	Time	Height
High Tide	00:24	(4.37m)
Low Tide	04:14	(1.09m)
High Tide	10:40	(4.32m)
High Tide	12:50	(4.25m)
Low Tide	16:34	(0.89m)
High Tide	23:06	(4.49m)