



Waterford Harbour Sailing Club & Irish Sailing Topper Training Day

WHSC, Dunmore East

Fri 21st June 2019

Training Day Information

Waterford Harbour Sailing Club with the support of Irish Sailing are pleased to host a **Topper Training Day** at Dunmore East in County Waterford on **Friday June 21st**. The Training Day is offered in support of sailors participating in the Topper Ireland Southern Championships at Dunmore East on the same weekend.

About

The Training is open to sailors under the age of 16 in 5.3 and 4.2 Topper rigs competing in the Southern Championships. Spaces will be limited and *new* applications will not be accepted on the day. Pre-registration is necessary therefore via the link provided below.

Note a minimum of 6 pre-registered trainees with 4.2 rigs are required to deliver training for that format. The club retains the right to decline pre-registrations if this minimum is not met.

Coaches

Head Coach will be Cara McDowell who has represented Ireland on many occasions and has significant instructing and coaching experience in Ireland and overseas across a wide range of boats. Cara will be ably assisted by other experienced instructors and coaches appointed by WHSC.

Daily Format

- Final Registration opens at 9am.
- Sessions will normally start at 10:30am.
- Sailors should be rigged to get on the water by 9:30am in the morning and anticipate a briefing by the Head Coach before proceeding onto the water.
- There will be a lunch break at 1pm and there will be some food available at the clubhouse (pizza/sandwiches/soup) but it is suggested that sailors bring their own packed lunches and drinks as a contingency.
- Sessions will end at about 4:30 pm.

Fees

Costs for the day are supported by Irish Sailing. A fee of €10 will apply per sailor and will be collected on the day at Final Registration after 9 am on the training day.

(Note advance, electronic payments or cheques cannot be taken. Your co-operation in providing a cash payment in exact change would be gratefully appreciated).

Further information

WHSC Topper Ireland Southern Championships ['Home Page'](#)

WSHC Club Contacts [here](#)

WHSC Training Day contact is Ben O'Sullivan whscdinghies@gmail.com

Local amenities [here](#)

All about Dunmore East [here](#)

Dunmore East Adventure Centre is located beside WHSC and offers a range of fun activities and a marine shop with a selection of wetsuits, sailing gear and some dinghy supplies. More at www.dunmoreadventure.com

Training Day Pre-registration

Pre-register [here](#)