

**The British Isles Flying Fifteen Association Coaching
at
Ullswater Yacht Club**

Flying Fifteen Coaching Day: Friday 26th June 2009

There will be a one day coaching session conducted by Mike Hart.
Places are limited to 10. The day's programme will be as follows:
9 – 10 am boat rigging. 10am onwards Training session with a short
break for lunch in the middle of the day and finishing about 5pm.

To participate, please complete and return the entry form below:

Name	
Address	
Boat No	
Club	
Phone(s)	
e-mail	
Aims of the day for you	
Focus requirements	
best recent ff result	
Time sailing 15s	

Please return completed form with a cheque, made payable to
BIFFA for £20 to: Keith Jamieson, 4 Lound Street, Kendal, Cumbria LA9 7EA