



FEDERACIÓ ANDORRANA DE VELA

## LASER RADIAL, LASER 4.7 & MASTERS

### ANDORRA LASER CLINIC

#### International Clinic

25/10/2009 – 28/10/2009

GEN Roses (Girona, Spain)



### ANDORRA LASER TROPHY

#### International Regatta

29/10/2009 – 31/10/2009

GEN Roses (Girona, Spain)

### MANAGEMENT

#### Toni Rivas (ESP)

Optimist, Europe, 470, Laser, 49er, Tornado (currently) and cruiser sailor; Spanish pre-Olympic teammate in 49er and Tornado classes; 14 times Spanish national champion and 9 times Spanish Cup holder; honour places in European and World championships and in the Eurolymp circuit.

Yngling Spanish Olympic team coach; coach of Spain, Portugal, Andorra and Brazil national teams; coach in Optimist, Europe, Laser, 470, Yngling and Hobie Cat classes; technical manager at *Club Nàutic Garraf* (Spain).

#### Anton Garrote (ESP)

Optimist, Europe, 420, 470 and Laser sailor; Spanish Olympic teammate in Atlanta 1996 and in the Mediterranean Games of 1993 and 1997.

Europe, Laser Standard and Laser Radial Spanish Olympic team coach; four honour places in World championships.

#### Caroline Brisebois (CAN)

470 Australian pre-Olympic teammate, 420 USA national teammate and Laser Radial Canadian national teammate.

Finn coach (USA) and Laser Radial coach (USA, Chile, Peru, Singaporean pre-Olympic team, Mexican Olympic team); honour places in World championships.

In addition to these coaches, who display a long sailing career at the highest competitive level and accumulate a huge experience in coaching of sailing teams at international and Olympic level, other specialized coaches such as Jordi Lamarca (ESP – Rules) and Miguel Sánchez Cuenca (ESP – Weather) will take part in coaching.

Coaching will be imparted in english.





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The Clinic's management will provide hotel accommodation (double rooms) for the nights from Saturday 24/10 to Saturday 31/10 (rooms to be vacated by noon on Sunday), meals (breakfast, picnic and dinner) from Saturday 24/10 dinner to Sunday 1/11 breakfast, and coaching on land and on water. Coaching will use competitive and challenging formats and will include physical activities, theoretical teaching (tactics, rules, weather, trim...) and technical coaching which will incorporate match-race and team-racing activities.

## FEES

### ANDORRA LASER CLINIC

Sailors (includes accommodation, meals, coaching and registration to the ANDORRA LASER TROPHY):

645 euros for registrations received up to 28/09/2009,

695 euros for registrations received from 29/09/2009 onwards.

Coaches (includes accommodation and meals): 450 euros.

Teams registering seven sailors will be able to register one coach for free.

### ANDORRA LASER TROPHY

Sailors (accommodation and meals not included):

60 euros for registrations received up to 5/10/2009,

90 euros for registrations received from 6/10/2009 onwards.

## ROSES, GIRONA, SPAIN

In addition to being a very dynamic sailing and nautical activities base, GEN Roses ([www.genroses.cat](http://www.genroses.cat)) organized with deserved success, from 29/09 to 6/10/2007, the WORLD LASER MASTERS CHAMPIONSHIP where 419 sailors participated ([events.laserinternational.org/en/events/overview/100z8](http://events.laserinternational.org/en/events/overview/100z8)).

Roses Bay provides excellent sailing conditions with the following mean winds:

50% thermal wind SE (6 to 15 knots – 12:00 to 18:00)

40% thermal and gradient wind ENE (6 to 15 knots – 12:00 to 18:00)

10% gradient wind N (12 to 25 knots – 10:00 to 20:00)

The city of Roses ([www.roses.cat](http://www.roses.cat)) is a popular holiday resort with some 15000 inhabitants. It is located at the northeast of Catalunya (Spain), close to the privileged natural area of Cap de Creus and to the city of Figueres, where world famous Dalí Museum is to be found. Girona Airport is 73 km away, Perpignan Airport (France) is 83 km away and Barcelona International Airport, with flights from all major airlines, is 162 km away. Search for "Roses, Girona, Spain" in Google Maps ([maps.google.com](http://maps.google.com)).





# FEDERACIÓ ANDORRANA DE VELA

## **CHARTER BOATS AND TRANSPORTATION**

### **LASER BOATS**

Fully equipped boats will be provided (just bring your sail) at the following rates:

500 euros for the International Clinic and Regatta (from 24/10 to 31/10),

300 euros just for the International Regatta (from 29/10 al 31/10).

A refundable cash deposit of 150 euros will have to be paid. Boats will be available on limited numbers and will be assigned by registration order.

### **INFLATABLE RIBs**

Inflatable coaching boats will be provided in very limited numbers at a rate of 250 euros per day (gasoline not included); proof of competence, coaching certificate and third party insurance certificate will have to be produced, in addition to a refundable cash deposit of 1000 euros.

### **TRANSPORTATION TO AIRPORTS**

Transportation from and to Girona and Barcelona airports will be provided on demand; rates and conditions will be determined according to each demand.

## **RESPONSIBILITY**

All participants to the International Clinic and to the International Regatta do so at their own risk and under their sole responsibility. They will have to produce a third party insurance certificate and proof of affiliation to the International Laser Class Association ([www.laserinternational.org](http://www.laserinternational.org)), usually through a member district or fleet.

## **MORE INFORMATION**

Up-to-date information and registration forms at [www.andorravela.com/node/76](http://www.andorravela.com/node/76).

