



420 Coaching Form 2018

Forms to be returned to training@hyc.ie with full payment by Friday 20th July

Howth Yacht Club are hosting an Open 3 / 4 day clinic in advance of the 420 National Championships. Both Clinics are open to all sailors from all clubs and will be an opportunity for some race practice and to also familiarise yourself with the sailing area of Howth in preparation for the Nationals. The sessions will run from 11am – 4pm and each day. (Rigged and Ready at 11am).

Email completed forms to training@hyc.ie.

- The 3-day clinic is from Tuesday 31st July to Thursday the 2nd August and limited to 8 boats (HYC may expand numbers depending on demand).
- The single day clinic on Friday the 3rd August is limited to 5 boats (HYC may expand numbers depending on demand), it is hoped that the option of the single day clinic may appeal to those travelling a distance to the Nationals.
- Sailors can attend both clinics if they wish.

The cost of the 3-day clinic is €75 per sailor or €100 per sailor for four days and €25 per sailor for the single day clinic option

Course Code/Name:	420 3 DAYS and/or SINGLE day option (11am -4pm)	Course Fee:	Per Sailor €75 (3 days) €25 (One day clinic)
Course Start Date :	31 st July 2018	End Date:	2 nd August 2018
Sailor's Name:		Date of Birth:	
Address:			
(Parent/Guardian) Name:		(Parent/Guardian) Contact Number:	
(Parent/Guardian) Email Address:			
Crew Name		Sail Number	
Member of Howth Yacht Club:	Yes / No	If Not a member of HYC, please state club	
Please advise of any relevant medical conditions/food allergies:			
<ul style="list-style-type: none"> • Note: HYC may use video/photography as part of the training programme, if you do not wish the participant to be photographed/filmed, please tick here to opt out [<input type="checkbox"/>]. • Note: By completing this document, you confirm that you agree with the Clubs Code of Conduct and Terms and Conditions. Sailing, like all sports, carries a risk and that by completing the form, the applicant acknowledges this. The onus is on the applicant to inform HYC of any medical or other condition that has the ability to affect his/her participation on the course. 			
Signature:	Date:		



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Payment can either be made by bank transfer (details below), but please ensure you indicate 420 – and the Helms name or you can call the office directly at pay over the phone by credit card (01 8322141

ACCOUNT NAME: HOWTH YACHT CLUB
IBAN: IE89 BOFI 9006 9054 8368 66
BIC: BOFIE2D
SORT CODE: 90 – 06 -90

ACCOUNT NUMBER: 54836866

Bank of Ireland

Sutton Cross

Dublin 13