

## **ILCA Lightning Class Mentor Program**

March 18-25 2017

The 2017 ILCA Mentor Program is a GO! Nick Turney will be organizing and providing on and off the water coaching during the 2017 ILCA Southern Circuit. Alongside Nick will be top of the fleet veteran Lighting sailors who will be assigned to your team for one event or both events of the Southern Circuit. To learn more about this great program or to sign up please see below for more information.

## What is the ILCA Mentor Program?

The Mentor program was started several years ago. The program was designed to provide an open learning environment for all Lightning sailors that wanted to participate. Each team that chooses to sign up for the program will be assigned a coach for the entire event. This coach will also be sailing in the regatta and will provide on and off the water coaching for your team. Nick Turney will organize morning briefings and afternoon de-briefs each day during the event. Nick will also be on the water in a coach boat providing on the water coaching to all teams that choose to sign up for the program.

## What's new with the program?

For the 2017 Southern Circuit Mentor Program Nick will be using a separate radio channel designated for all participants of the mentor program while on the water. Nick will be providing coaching and instruction over the radio before, during, and after racing.

## How do I sign up?

To sign up for this great program please contact Nick Turney. You can choose to participate in one event of the Southern Circuit, or both events of the Southern Circuit.

Contact Nick Turney at <a href="mailto:nick@turneysailing.com">nick@turneysailing.com</a>

Please provide the following information when you sign up:

- 1. Names of each crew member and their position on the boat
- 2. Contact information for each crew member, cell phone and e-mail
- 3. Are you signing up for one event of the circuit or both events?