

Laser Coach: DanielleDube
 Head Coach: Agustin Ferrario

Royal Nova Scotia Yacht Squadron
 Laser Race Team 2014

Agustin Ferrario
 coach@rnssys.com

2014	May			June			July			August			September			
o	50% Boat handling			30% Boat handling			10% Boat handling			10% Boat handling			20% Boat handling			
c	30% Speed			50% Speed			30% Speed			20% Speed			40% Speed			
u	15% Starts			15% Starts			40% Starts			35% Starts			30% Starts			
s	5% Tactics			5% Tactics			20% Tactics			35% Tactics			10% Tactics			
Date		LOCAL	AWAY		LOCAL	AWAY			LOCAL			LOCAL	AWAY		LOCAL	
1st	T			S			1st	T			F			M		
2nd	F			M			2nd	W	RNSYS		S	RNSYS		T		
3rd	S	Spring Series		T	After school		3rd	T			S				W	
4th	S			W			4th	F			M				T	
5th	M			T	After school		5th	S			T			F		
6th	T			F			6th	S			W		travel	S	Fall Series	
7th	W			S	Spring Series		7th	M	RNSYS		T		unloading	S		
8th	T	After school		S			8th	T				F		train	M	
9th	F			M			9th	W			S		train	T	After school	
10th	S	Spring Series		T	After school		10th	T	YOTS		S		registration	W		
11th	S			W			11th	F				M			T	After school
12th	M			T	After school		12th	S	ARK Bedford		T		Youth Nats (Kingston)	F		
13th	T	After school		F			13th	S				W			S	Fall Series
14th	W			S			14th	M				T			S	
15th	T	After school		S	Spring Series		15th	T	SMSC camp (Aug away, Chris Cook to replace)		F		registration	M		
16th	F			M			16th	W				S		T	After school	
17th	S	Spring Series	Ice Breakers (Toronto)	T	After school		17th	T				S		CORK OCR (Kingston)	W	
18th	S				W	After school		18th	F			M			T	After school
19th	M			T	After school		19th	S	SAIL EAST (SMSC)		T	DYC training & Bamsey Cup	F			
20th	T	After school		F			20th	S					W		S	Fall Series
21st	W			S	Spring Series		21st	M			T		travel	S		
22nd	T	After school		S			22nd	T		travel	F		travel	M		
23rd	F			M			23rd	W		train	S			T	After school	
24th	S	RNSYS Regatta		T			24th	T		train	S			W		
25th	S			W		RNSYS		25th	F		M			T	After school	
26th	M			T				26th	S	Hyannis		T	rnssys		F	
27th	T	After school		F			27th	S				W			W	S
28th	W			S			28th	M		travel	T		travel	S		
29th	T	After school		S			29th	T			F		train	M		
30th	F			M	RNSYS		30th	W			S			T	After school	
31st	S	Spring Series					31st	T	RNSYS		S	Kennedy Cup	ACC's (Portland)			