

CANADIAN MASTERS WINDSURFING ASSOCIATION

CMWA FALL WRAP-UP September 10-12, 2010

WOMEN'S FALL CLINIC Saturday, September 11, 2010

Burgess Enclave, Port Bolster, Lake Simcoe

Looking for a fun-filled weekend with lots of sailing and great snacks Friday night hosted by the CMWA. Bring your favourite dish for Saturday night's potluck dinner. Your culinary expertise should delight all the participants. I expect that there will be enough leftovers for lunch the next day!

Andrée Gauthier and Stephanie Todd, both seasoned coaches and windsurfers will facilitate on water training for the Women's Clinic Saturday. There will be plenty of advice from sailing techniques to exercises to enhance your sailing and health. If you do not own equipment, we will bring a limited number of boards on a first come first serve basis. You may need to share! Christine Gardner, personal trainer, will be our special guest to give us tips on exercise and stretches. (www.christinegardner.com). We will also have Rose Fujimagari, RMT, returning again this fall, she will provide mini massages on the executive deck.

The Burgess Enclave is located on beautiful Lake Simcoe in Port Bolster. There is plenty of grassy rigging area with access to the sandy shallow beach. It is ideal for all levels of sailors.

COST

Wrap-Up with lodging in the cottages:

\$105 current CMWA members \$125 for non-members (includes 2010 CMWA membership)

Women's One Day Clinic only (no lodging):

\$60 for current CMWA members \$80 for non-members (includes 2010 CMWA membership)

Wrap-Up + Women's Clinic with lodging in the cottages:

\$165 current CMWA members \$185 for non-members (includes 2010 CMWA membership)

What to Bring? Bring your own bedding (sleeping bag and pillow), toiletries, food for lunch and a potluck dish for Saturday night dinner. You'll need a wetsuit, lifejacket, water shoes, hat, sunscreen and windsurfing gear. Musical instruments are a must.

For information contact: surfit@sympatico.ca or call 905-953-8331

CMWA FALL WRAP-UP/WOMEN'S FALL CLINIC 2010 REGISTRATION FORM

Name: _____ Age: _____

Address: _____

City: _____ P.C. _____

Phone: _____

Email: _____

Sailing Level: Beg. ___ Nov. ___ Inter. ___ Adv. ___

Do you have access to your own equipment? Yes No

Rentals can be arranged through Silent Sports in Thornhill.

- _____ Enclosed is \$105. Accommodations. Current CMWA 2010 member.
- _____ Enclosed is \$125. Accommodations Includes CMWA 2010 membership.
- _____ Enclosed is \$60. Clinic only. Current CMWA 2010 member.
- _____ Enclosed is \$80. Clinic only Includes CMWA 2010 membership.
- _____ Enclosed is \$165. Accommodations + Clinic . Current CMWA 2010 member.
- _____ Enclosed is \$185. Accommodations + Clinic. Includes CMWA 2010 membership.

What do you want to learn?

Return registration by September 3, 2010 to:

Stephanie Todd, CMWA Social/Women's Director
96 Colony Trail Blvd.
Holland Landing, ON L9N 1E3

For information contact: surfit@sympatico.ca or call 905-953-8331

CMWA FALL WRAP-UP & WOMEN'S FALL CLINIC 2010 WAIVER FORM

Name: _____ **Age:** _____

Address: _____

City: _____ **P.C.** _____

Phone: _____ **Email:** _____

Waiver:

In consideration of the Canadian Masters Windsurfing Association (referred to as “**the CMWA**”) accepting my registration and permitting me to participate in the **CMWA Wrap-Up and/or Women’s Fall Clinic** (referred to as “**CMWA Events**”) for the period from **September 10-12, 2010** at Burgess Enclave, Lake Simcoe, Port Bolster ON.

I, _____, for myself, my heirs, executors, administrators and assigns release the CMWA, its principals, instructors, agents, servants and any other person or organization assisting the CMWA Event, from any and all claims, demands, damages, actions, or causes of action arising out of or in consequence of any loss, injury, or damage to my person or property incurred while attending at, participating in or traveling to or from the CMWA Event not withstanding that any such loss, injury or damage may have arisen by reason of negligence of the CMWA, its principals, instructors, agents, servants or any other person or organization assisting the CMWA Event.

I state that I am in proper physical condition to participate in the CMWA Event, which I understand and I am fully aware of that participation could, due to the nature of the sport, result in physical injury to me or damage to my property and involve risks that could result in death.

I further agree to indemnify the CMWA, its principals, instructors, agents, servants and any other person or organization assisting the CMWA Event, from any claims or demands which might be made against them arising out of or in consequence of my attendance at or participation in the CMWA Event.

I am at least 18 years of age and execute this Release and Waiver of my own free will, fully understanding its meaning and effect, and knowing that the CMWA will not accept me as a participant in the CMWA Event without the release and indemnification that I am hereby giving.

SIGNED: _____ DATE: _____

PRINT NAME

WITNESS: _____ DATE: _____

PRINT NAME

I, _____ give permission to the **CYA, CMWA, TWC and BWA** to use my photo and name in their respective newsletters or websites.

_____ (Initial)