

The IMCO/MJOD International Training Camp (junior, youth and seniors), [more]organised by the class together with the Royal Spanish Sailing Federation, Andalusian Sailing Federation, CN Elcano and CN El Trocadero, will be held in Cadiz from the 27th December 2004 to 7th January 2005.

Programme

26 th /27 th December	Arrival
28 th -31 st December	8.30 to 9.30 breakfast 10.00 to 13.00 training on water or in gym 13.00 to 14.00 Lunch 14.00 to 17.00 training on water 17.00 to 19.00 snack/free time 19.00 to 21.00 evening activities 21.00 dinner
31 st December (evening)	New Years Party
1 st January	Rest Day
2 nd /3 rd /4 th January	New Years Races organised by the CN El Trocadero
5 th -6h January	8.30 to 9.30 breakfast 10.00 to 13.00 training on water or in gym 13.00 to 14.00 Lunch 14.00 to 17.00 training on water 17.00 to 19.00 snack/free time 19.00 to 21.00 evening activities 21.00 dinner
7 th January	Departure

A range of evening activities will be organised. Rafael Serrano, International Race Officer and International Judge, has agreed to give two evening seminars on the changes to the RRS for 2005. Other activities will include visits to the outside skating rink in Cadiz, football matches, etc.

Some teams have already indicated that they will be staying until January 10th and will obviously be able to continue to use the facilities until they leave. Storage will also be available for any teams wishing to leave material here for the Carnival Race at the end of February

Climate: Winter in Cadiz is mild (average December temperature is 18°C) , sunny with winds of between 8 and 15 knots. Stronger winds and swell are associated with the passing of Atlantic frontal systems, but we will be able to sail in the protected inner bay between CN Elcano and San Fernando.

Accommodation: Accommodation is available at CN Elcano (9 euros per night per person + 12 euros for full board). Cheap flats and houses can also be rented in El Puerto de Santa Maria in winter. Accommodation is also available at the Environmental Centre in El Puerto de Santa Maria.

Flights: Cheap flights are available in winter from all major European countries to Jerez. We will be able to pick up and return the teams to the airport.

For any further information or to confirm attendance, please contact Peter Krimbacher at <mailto:peter.krimbacher@sailing.or.at> or Deborah Powell at <mailto:deborahp@telefonica.net>