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## **Refresher Workshop for current National, Trainee and International Classifier**

***30<sup>th</sup> April - 1<sup>st</sup> May 2009***

**&**

***International adaptive regatta***

***Gavirate 2<sup>nd</sup> - 3<sup>rd</sup> May 2009***

### **Bulletin N° 2**

#### **General Program:**

Thursday	30 <sup>th</sup> April 2009	Workshop
Friday	1 <sup>st</sup> May 2009	Athlete's classification
Saturday	2 <sup>nd</sup> May 2009	First day regatta
Sunday	3 <sup>rd</sup> May 2009	Second day regatta

#### **Race Program for both days:**

Boat classes are: 4+ LTA ID Mix, 1xAS F, 1xAS M, 2x TA mix, 4+LTA mix, 2x LTA mix.

All races will be over 1000m.

Fixed start, on 6 lanes.

#### **T i m e t a b l e**

##### **Heats:**

10,00	4+ LTA ID Mix
10,10	
10,20	1xAS F
10,30	
10,40	1x AS M
10,50	
11,00	2x TA Mix
11,10	
11,20	4+ LTA Mix



11,30  
11,40 2x LTA Mix  
11,50

Finals:

13,30 final B 4+ LTA ID Mix  
13,40 final B 1x AS F  
13,50 final B 1x AS M  
14,00 final B 2x TA Mix  
14,10 final B 4+ LTA Mix  
14,20 final B 2x LTA Mix  
**14,30 final A 4+ LTA ID Mix**  
**14,45 final A 1x AS F**  
**15,00 final A 1x AS M**  
**15,15 final A 2x TA Mix**  
**15,30 final A 4+ LTA Mix**  
**15,45 final A 2x LTA Mix**

Based on the entries received, timetable can be changed.

**Sunday races will start at 9,30.**

**Note:** Competitors are encouraged to bring their own boats. Gavirate Rowing Centre has a secure place for boats.

A limited number of loan boats are available from the Italian Rowing Federation, Italian Clubs.

**Please fulfill the schedule attached before 10<sup>th</sup> April 2009**

**Workshop enrollment**

The workshop is open to all accredited National, Trainee and International Classifiers.

**Presenters**

1. Mrs. Judy Morrison (USA), Member of FISA Adaptive Rowing Commission, FISA Chief Classifier
2. Mr. Simon Goodey (GB) Member of FISA Adaptive Rowing Commission, FISA International Technical Classifier,



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**Workshop general program:**

Thursday 30<sup>th</sup> April 2009

Morning from 9,00 to 12,00

Afternoon from 15,00 to 18,00

## 2009 Updates

During the 2009 season, there will be a few changes:

1. The class names will be changing slightly. Rowers will not need to be reclassified, but the names of the classes will be updated. The following sport classes will be recognized by FISA:
  - a. LTA
    - i. LTA – ID (Intellectual Disability)
    - ii. LTA – VI (Visual Impairment) (LTA – VIB1, LTA – VIB2, LTA – VIB3)
    - iii. LTA – PD (Physical Disability)
  - b. TA
  - c. AS (Arms and Shoulders)
  
2. When classifying rowers, classifiers will need to clarify the subcategory in the LTA class.

We will not hold any “new” classifier workshops, or any “upgrade” classifier workshops. Instead, we will be focusing our energies on updating the current classifiers with changes that will go into effect for 2010. The following workshops will be held:

1. Trainee, National and International Classifier Update Workshop: Gavirate, Italy.  
30 April: classroom time with instruction and questions and answers.  
1 May: classifications for the Gavirate event and practice with the new changes for 2010.  
2-3 May: International Regatta.



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## **Closing Date of Nominations**

Late applications will be accepted if received by **15<sup>th</sup> April 2009**.  
(Use the **model B** to enter your name)

## **Enrollment Fee**

Entry to the Workshops is free, but participants need to bear their own travel, meals and accommodation.

## **Classification**

Athlete's classification will be on Friday 1<sup>st</sup> May 2009 at the Gavirate Rowing Center.  
*In order to be classified, all athletes must have medical documentation in English.*

## **Regatta Fee**

No fee to pay to compete at the International adaptive regatta on Saturday 2<sup>nd</sup> and Sunday 3<sup>rd</sup> May.

## **Venue**

International Adaptive Regatta is held at Gavirate Rowing Centre on the lake of Varese.

## **Boat assistance**

Martinoli company is at disposal to the team to give any assistance regarding adaptive boats.

## **Boat numbers**

Numbers will be given to the teams 45 minutes before each race at Martinoli's tent, close to the outgoing pontoons.

## **Circulation on the lake**

A map concerning the circulation during training and races will be given to the team managers.



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## **Accommodation**

Participants at workshop and international regatta, are requested to make their own arrangements for accommodation

Below a list of Hotels close to Gavirate Rowing Centre.

- SUNSET HOTEL Via al lido, 7 - 21026 Gavirate (VA)  
Tel ++39 0332 731023 fax ++39 0332 744825  
[www.sunsethotel.it](http://www.sunsethotel.it)

### **This is situated 300 m from Gavirate Rowing Centre**

Prices:

In double room Euros 70,00 per person per day (room + breakfast)

In single room Euros 95,00 per person per day (room + breakfast)

- HOTEL CONTINENTAL Via Nino Bixio, 3 - 21024 Cassinetta di Biandronno (VA)  
Tel ++39 0332 766655 fax ++39 0332 767259  
[www.continentalhotelva.it](http://www.continentalhotelva.it)

### **This is situated 7 km from Gavirate Rowing Centre**

This hotel give a special price to all participants:

In double room Euros 50,00 per person per day (full board)

In single room Euros 65,00 per person per day (full board)

## **Transportation**

All the team who need transportation from/to the airport, must complete the **model A (1) by 20 April 2009**.

During your staying, transportation from/to the hotel is organized for all the teams, on request.



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## HOW TO REACH GAVIRATE:

The Gavirate Rowing Centre is 20 km from Milan Malpensa Airport

### **By road:**

The Gavirate Centre is a 15 minute drive from Varese town. From the town get direction Laveno after about 10 km you are in Gavirate, follow the direction to the lake.

### **Directions from Highway**

Coming from south take Milano laghi following the way to Varese, then get the gate Lago di Varese – Azzate.

Coming from west take Gravellona Toce direction Varese, then get the gate Vergiate – Sesto Calende.

### **By rail**

From Milan at Cadorna Railway station, get Ferrovie Nord Train direction to Laveno. 45 minute trip get you to the station Gavirate. Gavirate Rowing Centre is within 10 - 15 minutes walking distance from the Railway.

### **Closing Date of Nominations for the Workshop**

Nominations for participation at the Workshops should be submitted on the attached form. In order to make sufficient preparations, we would like to receive Workshop nominations by **10<sup>th</sup> April 2009**.

Late applications will be accepted subject to space being available.  
(Use the **model B** to enter your name.)

### **International adaptive regatta entries**

Entries per boats for International Adaptive regatta need to be submitted before 30<sup>th</sup> March 2009. (**model A**)

Entries with names must be sent by 10<sup>th</sup> april 2009 on <http://entry.canottaggio.net>, (teams have to ask the password and then can enter crews directly.)



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## **Address for Correspondence**

For all enquiries about the Workshops, submission of entries and other information, please contact **Paola Grizzetti** at the following address:

A.S.D. Canottieri Gavirate (Rowing Centre)  
Via Cavour, 65  
21026 Gavirate (VA)  
ITALY

Tel: ++39 0332 744540

Fax: ++39 0332 744540

Mobile: ++39 339 5326970

E-mail: [paola.grizzetti@libero.it](mailto:paola.grizzetti@libero.it);

[paola.grizzetti@canottierigavirate.com](mailto:paola.grizzetti@canottierigavirate.com) (*new contact*)

[info@canottierigavirate.com](mailto:info@canottierigavirate.com)



Model A

## ***International adaptive regatta***

### **ENTRIES PER BOATS:**

COUNTRY: \_\_\_\_\_

BOATS	Number of crews	New athletes to classify (n°)
4+ LTA mix		
4+ LTA ID mix		
2x LTA mix		
2x TA mix		
1x AM		
1x AF		

**By 10<sup>th</sup> April 2009**

### **BOAT AND OARS:**

COUNTRY:		
BOATS	Boat required (n°)	Oars required (n°)
4+ LTA mix		
4+ LTA ID mix		
2x LTA mix		
2x TA mix		
1x AM		
1x AF		

**By 10<sup>th</sup> April 2009**

DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_





Model B

## Refresher Workshop for current National, Trainee and International Classifiers

Name: \_\_\_\_\_

Country: \_\_\_\_\_

NATIONAL	TRAINEE	INTERNATIONAL		MEDICAL	TECHNICAL

Please add ✓ where interested

e- mail address: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

By 10<sup>th</sup> April 2009



Model C

**TRANSPORTATION FROM/TO THE AIRPORT:**

Date of arrival	Airport/flight n.	Arrival time	Persons n.	Wheelchair n.
Date of departure	Airport/flight n.	Departure time	Person n.	Wheelchair n.

**By 20<sup>th</sup> April 2009**

Date \_\_\_\_\_

Signature \_\_\_\_\_