



San Francisco 2012 info sheet - advanced group

This KB4girls For A Cause event in cooperation with Boardsports School and Shop and Kitopia will benefit Girls Inc. Alameda and their cause. Included are on and off the water coaching, mental imaging, kite sessions, BBQs and more!

please bring:

your kite gear

bring all the gear you got as you never know what the conditions are going to be like! :)

waterproof watch

it makes it easier for us to get our lunch breaks and so on organized if everyone has a watch to wear on the water! You will also NEED it when competing!

bikini, sunhat and sun screen

hanging out on the beach all day is super fun but you want to be prepared well! :) Bring Wetsuit as well! ;)

please remember:

kite insurance

as stated during online registration every participants needs to have a kite insurance! If you do not have one yet you can easily get one here:

http://www.internationalkiteboarding.org/index.php?option=com_content&view=article&id=4867

girls only

it is great to have some guys help us out on the beach but usually you will interact better with the group if you leave your boyfriend at home.. :)

schedule KB4girls San Francisco 2012

Saturday, April 28th, 2012:

09.00-10.00am breakfast and registration at location *
10.00am Official KB4girls opening meeting
10.30am Safety briefing and group building
12.00pm Lunch
01.00pm On-water-demonstration
01.30pm First kite session with on-water coaching
04.30pm Wrap up of the kite session and Summary
05.00pm BBQ at the beach

Sunday, April 29th, 2012:

10.00am KB4girls riders meeting at location *
10.30am Simulator training and mental imaging
12.00am Lunch
01.00pm Kite session with on water coaching
04.00pm KB4girls Prize Giving and Ceremony

See you girls very soon!!! We are looking forward to kite with you, teach you some new tricks and help you improve your riding!

* Our locations and meeting points will be the facilities of the Boardsports school and shop in EITHER Alameda or Coyote Point. If not otherwise announced the event will be held in Alameda. However, should conditions require a site change we will announce it via e-mail, facebook and twitter, so please follow KB4girls. Both locations can be found here <http://boardsportsschool.com/contact/>