



**QMSC Evening Talk: 20 March 2024: 1930-2100**

# **Simon Winkley presents**

## **“Skills progression for the season ahead: goal-setting and technique”**

Progressing your skills keeps you moving forwards and creates habits for long-term engagement in windsurfing. What can we realistically aim for in our progression and how can we achieve it? Come along to learn how core skills overlap to create technique improvements. Chilled social and catering from 1800-1930.

**FREE TO ALL (booking required)**

**[www.queenmary.org.uk/windsurf/events-and-activities/](http://www.queenmary.org.uk/windsurf/events-and-activities/)**

