

PYC YOUTH & JUNIOR TRAINING 2017

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AN INTRODUCTION TO THE YOUTH AND JUNIOR SECTION



The Poole Yacht Club is an RYA Recognised Training Centre and runs courses from the RYA's Youth & National sailing programmes in Optimist, Mirror, Laser and Topper dinghies, and 'transition training' for our more experienced young sailors who are moving into 420s/Lasers.

We have and maintain RYA Training School status and are inspected every year, but this is not a profit-making organization and is run entirely by volunteers. It therefore relies heavily on parents of the sailors to provide practical help on Wednesday evenings both on and off the water. As part of the deal there is an expectation that at least one parent/guardian of each sailor be present and contactable at the Club for the duration of each session, and if not busy on the water, will be available to help launch and recover not just their own children's boats but others as well, for parents who are on the water.

Our applications generally go live in the New Year for the following Spring. If you are not already registered with us we can add your email address to our online system (PYCYouth at the WebCollect site here: <http://webcollect.org.uk/pycyouth>) so that you will be on our mailing list and will therefore get to hear when applications open along with any other news of Youth Section events etc.

Email: pycyouth@marinemail.co.uk

Facebook Group: <https://www.facebook.com/groups/manicpiranhas/>

Website: <http://www.pooleyc.co.uk>

Subscriptions/Event Bookings: <http://webcollect.org.uk/pycyouth>

Hourly Dinghy Hire: <http://pycyouth.co.uk>

GENERAL INFORMATION

Training will take place between 6.00 pm and 8.00 pm every Wednesday evening from early April to September. All boats must be rigged and ready to go on the water and crews changed ready for their briefing by 6.00 pm. We can't wait for latecomers so please be on time or you may miss out! With so much demand for places in the Training Groups please make sure that you turn up regularly for the sessions or we may have to offer your place to someone else on the waiting list.

Volunteers - We are fortunate enough to have many experienced and enthusiastic RYA qualified instructors and coaches to help us – all volunteers. However, parental assistance is absolutely vital! We cannot run the groups without you, and need plenty of people to help launch and recover dinghies and to crew the safety boats. No experience necessary – full training will be given, and it's an excellent way to meet the good people of the Youth Section and get involved. Please tell us how you can help when you apply for your child's subscription.

Parents/grandparents of Optimist beginner group are on permanent beach duty, we will supply a beachmaster but we expect one adult from each family to be on launch and recovery duty each week. This is not only for the Oppy 1 dinghies but for any other group that is using the beach to launch from and/or recover to (bearing in mind that sometimes a

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group will launch from the slipway and recover to the beach or vice versa). This means being appropriately dressed for an often muddy beach and for wading (wellies are a start but waders are a better option).

We understand you may have other children to attend to and the challenges this can cause as we have been there ourselves. If you have particular circumstances that will prevent you from being able to help us then do talk it over with the Shore Coordinator or any committee member.

The volunteer rota is organised online on the DutyMan system. It is also displayed at the sailing office every Wednesday, which is where to meet up and sign in when you arrive. If you are unable to do a scheduled duty please try and swap with someone else if at all possible but even if you can't do a swap please let us know as soon as possible via the DutyMan system if you cannot be there. Please bring either wading or on the water gear with you even if you are not scheduled for a role, often we need extra bodies to help out. If you are unable to physically help on a Wednesday evening perhaps there are other skills you can avail us of! Don't be shy; we are always looking for additions to the Youth Committee and admin team!

Safeguarding- The youth training at Poole Yacht Club is undertaken in line with RYA Safeguarding policy, which can be seen on the RYA Website. If anyone of any age has any concerns please talk to Tracey Lee or any committee member you feel comfortable to approach.

Accidents/Incidents - Guidance regarding accidents, incidents and near misses and their recording can be found in the latest edition of the 'Code of Practice & Safety Procedures' on the PYC Website. It is essential that a parent or a nominated responsible person is available throughout a training session or sailing event for all children at the club.

Specialist Coaching - Opportunities for specialist and class specific coaching for those interested do arise during the year; details are available from a number of sources including your Class Captain and class websites.

AGE LIMITS

Our oldest students are 18 by April 1st (the start of our training season). Young sailors must be in academic year 3 when the season gets underway (April), so they should be already 8 years old or will turn 8 by September 1st.

We have requests every year to allow exceptions to the minimum age rule and it is so difficult to have to say no! We would start by saying that there are good reasons to maintain the minimum age for the Optimist beginners. Numbers have to be limited to manageable and teachable levels for the sake of our Optimist 1 instructors; and because they have found that 8 year olds take instruction and listen much better than 7 year olds, and are more likely to persevere through the season. During the 2013 season we adjusted the rule from the applicant being 8 years old by April 1st, to being in school year 3. This was to prevent situations where children who had not been allowed in were in the same year group, sometimes the same class at school, as others who had been accepted to train with us.

However, over the years we have encountered a number of younger, very keen and competent sailors and we absolutely do not want to discourage such talent! So in the past

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they have been dealt with in the following way: they are encouraged to take part in the Club Regatta in July, and if they get on well we have endeavoured to find a way to slot them into the training group for the remainder of the season. We have a number of sailors currently in the Youth Section who joined as 7 year olds in this way, some of whom then happily bypassed the beginners group and went straight through to a more advanced training group at the beginning of the following season.

We would also encourage you to talk to Simon Foster, Optimist Class Captain, who is always happy to talk to parents about how they can start their kids sailing Optimists pre-Youth Training, including the use of the hourly hired Optimists and Parent Safety Boat (bookable at <http://www.pycyouth.co.uk>) which is a great way to introduce the very young ones under parental supervision as you can pick and choose the weather that is appropriate. It may also be possible to get a group of parents together with similar aged kids, so please do have a chat with him. His mobile number is 07778 559070.

COSTS

The Wednesday evening training at Poole YC is made available to children and grandchildren of Club members and as such is heavily supported by the Club in terms of resources. Hence our requirement is for at least one parent/grandparent to be a member of the club, and for the sailor to have their own Junior membership. Current prices are available from the Office.

If you have your own boat and you want to keep it at the Club you will need to pay dinghy park fees for the season. The booking forms are available from the Office from the beginning of January, who can also tell you the current prices.

On top of this there is an annual fee payable to the Youth Section directly, (£80 at 2016 prices) and is needed to cover such things as:

- Safety Boat fuel costs levied by the Club,
- Maintenance of the trainer Optimists, RS Fevas, and the Sport 16, owned by the youth section,
- Subsidies for courses to keep our instructors' qualifications up to date (e.g. First Aid),
- RYA documentation/log books/certificates etc,
- Materials for admin and instructor resources e.g. whiteboards & pens,
- Trophies/engraving & prizes for youth events,
- Trolley tags to make launching and recovering a little less frustrating for our helpers.
- In 2013 we also invested in Youth Section branded buoyancy aids for our instructors and coaches. We think it is the least that they deserve!

DINGHIES

We recommend the single-handed Optimist Dinghy for novice sailors under 10. Taller/older children may prefer to sail a two-man Mirror dinghy. This is also an excellent racing/training

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craft, but tends to be difficult to handle for the smaller sailors and does not make a good 'bumper boat'. The Topper is the perfect boat for single-handed sailors who want to move on from the Optimist but who are not yet ready for the Laser. See below for more details on all dinghy classes.

Obviously boats must be seaworthy! Instructors will inspect the boats at the onshore session the week before afloat training begins, and will advise on any repairs or modifications required. They will expect you to act on this advice. Unseaworthy boats will not be allowed to go afloat. You must also have dinghy insurance.

Hire: For the Optimist Stage 1 beginners group only, the Club has 12 boats available for hire for an annual fee which covers use on Wednesday evenings and you can also use the boats at weekends and have priority use for events such as the Club Regatta. For the Mirror/Feva Race group only there are 4 RS Fevas available to hire for the season, the price covers Wednesday evening use and all Club events during the training season, but not including Parkstone Youth Week. *For all other groups parents are expected to provide boats*, or to make arrangements to share in the case of double-handed boats. There are sometimes boats for sale within the group so if you are buying or selling please contact us and we will try to put you in touch with someone. The Facebook group is also a good place to advertise or look for boats for sale: <https://www.facebook.com/groups/manicpiranhas/>

SUPPORTING SAILING CHILDREN – PARENTS' GUIDE

The typical set up for a Wednesday evening is to be rigged and ready to go afloat for 18.00hrs and stay out on the water for a couple of hours. Launching can be from the slip or the beach, weather and tide allowing, and as guided by the Instructors. Typically the Lasers, 420's, Mirrors and Optimist Racers will launch from the slipway; Toppers will launch from the beach if the tide is in, otherwise from the slipway; Optimist 1's usually launch from the beach; and other groups will use either the beach or slipway depending on conditions.

Those running the safety boats will sort the boats out and come round to beach or slipway. The sailors will not launch until sufficient safety cover is available and they are released by the Beach Master or Slip Master. The safety boats will see the sailors back to the beach or slipway and not stand down until we know all their sailors are back onshore.

If the weather is overly windy then the decision to sail will be made collectively by the instructors with overall the Senior Instructor. This can result in a bit of 'hanging around' to see what the weather / wind is doing before the final decision is made, please be patient.

For all those that have hired a club Optimist please ensure it is thoroughly washed down and all put away correctly, any concerns contact the Optimist Class Captain.

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Wednesday Evening Flow Chart

Arrival → Rig Boat → Change → Tally Out → Briefing (18.00hrs) → Launch → Training afloat → Return to beach/slip → Tally In → Debriefing → Derigging → Change → Food / drink → Home!

The above flowchart is an overview of a typical Wednesday evening. There are a number of factors that can influence the above including but not limited to: weather, tides, events in the harbour, numbers of sailors, type of training to be undertaken, to mention but a few.

Enthusiasm, good manners and tenacity are held in high regard at PYC and are just as important as sailing ability! Please respect each other, your instructors and the facilities at the Club. If you are in 'wet' (i.e. sailing) gear please use the rear entrance of the Club which goes straight into the changing rooms, and never go upstairs in wet gear. Also, before entering the changing rooms please wash the mud, sand and seaweed off your sailing boots and wetsuits at one of the outside taps.

If parents could help with the following items this will not only make Wednesday evening sailing more enjoyable and fun for the children, it will also be a great help to the volunteers that make Wednesday evening sailing possible:

- Tallying – Is an essential safety requirement so that we can know very quickly which children are on the water and those ashore. Therefore please make sure that your children tally on prior to going afloat and off when they come ashore. Tally bands will only be issued to sailors who are in their sailing gear including buoyance aid.
- Boat / rigging set up - Please ensure that boats are set up in line with the guidance for your class of boat. If you require any help with rigging please contact your Class Captain or Instructor. Please support and encourage your children to have their boats rigged and ready on the slip or beach.
- Maintenance - If you could make sure that boats are maintained during the week and not just before sailing starts, try not to embarrass your child by having them hold up a session.
- Punctuality – please be on time, the sooner the boats can get afloat the better for all. It is also important that a parent or nominated responsible person be available throughout the training session for all children at the club.
- Non attendance – if you cannot make one week for holiday, illness etc, please let your instructor know. It makes planning and managing training much easier, please co-ordinate with your instructor as required.
- Help with launching & recovering boats and trolleys. The beach and slipway have a 'Beach Master' to manage but the children need hands on help to handle both boat and trolley. If you do not want to get your feet wet a pair of wellies or waders would be useful.
- Fun & Safety - Whilst it is important that everybody has fun, but this must be in a safe and controlled way. This is particularly important around the boat park, where incidents are most likely to occur e.g. tripping over tiedown rings/ropes.

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- Helping out - It is not just about your own children please help others as well, often their parents are volunteers on the water or administrating and help is well received. Please do not wait to be asked.
- Boat wash down - whilst important, please remember there are lots of boats to wash, if you could help your children and keep it flowing! The water at PYC is metered so please remember the environment and not waste water.
- End of the training - at the end of the evening there is a lot to do, returning safety boats and kit and tidying up for the following week, if you could help keep slipways flowing we can all get our chips and drinks on time.
- Communication – the preferred method to communicate as a group is by email, please ensure we have the right email address for you and that you check your Inbox regularly.
- Medical Conditions – please inform instructors / coaches of any relevant medical conditions.

CLOTHING GUIDANCE

Everyone taking part in the training sessions (adults too!) must have appropriate footwear and warm clothing for their safety and comfort i.e. dry suit or wetsuit plus windproof outer clothing, an approved buoyancy aid, sailing boots or shoes, a hat and sailing gloves. It is often extremely cold at the start of the season. For your own safety you will not be allowed to go on the water if you are not suitably dressed. *TOP TIP: At the pre-season briefing and AGM we run a secondhand kit stall where you may be able to pick up a bargain.*

- Buoyancy Aids: All students must wear a buoyancy aid (50N minimum) correctly fastened at all times and worn over the top of other gear so as to be clearly visible. The same applies to volunteers afloat who may alternatively wear a lifejacket. *TOP TIP: Please avoid the lifejackets that inflate on contact with water, and buoyancy aids with high collars as these can get caught up in the main sheet.*
- Harness: if used, this should be a quick release harness complying with ISO 10862.
- A suitable wet suit, steamer or dry suit: Wetsuits should be at least 3mm thick and with long arms, the more expensive ones are better but the kids grow out of them fast! Supermarket wetsuits are fine. A drysuit is great for winter sailing and at the start of our season but a big investment and not essential as long as they have plenty of other kit on to keep them warm. *TOP TIP: The neck on a drysuit, being made of thick rubber, can pull on the kids' hair as they try to put them on. Get them to wear a buff (neck warmer) and pull it over their head before you put their head through the drysuit neck. The buff will slide down with the rubber neck for a pain-free experience!*
- Base layers (Thermal): A good idea at the start of the season particularly, such as a thin polypropylene layer of thermals under the wet suit. You can get these from sailing companies or supermarkets & high street shops.
- A rash vest over thermals under the wet suit, or on its own under the wetsuit in the

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summer. Again these are available from sailing companies or supermarkets.

- Wet suit boots, dinghy boots or similar (well fitting, no crocs or trainers please!). TOP TIP: *Getting rubber sailing boots on over rubber drysuit socks can be a proper struggle. Try using some small food bags over the drysuit socks and the boots will slide on! This may also work for getting rubber boots onto bare feet, but thin socks can also be used and will provide another layer for warmth, alternatively try talcum powder in vast quantities!*
- Windproof top to wear over the wet suit, this is important as wetsuits are not especially good at keeping the wind out.
- Gloves, two pairs: at the start of the season some long fingered all neoprene ones as these will keep hands warm, and then as we move into the summer some normal short fingered sailing gloves.
- Finally, a hat - when it's cold, or when the sun shines!

EVENTS DURING THE SEASON

The Pre-season briefing and AGM in March starts the proceedings for the season and is a chance for everyone to meet their instructors and fellow sailors.

Other events through the year include (weather permitting) such things as a sail to Brownsea for a picnic, our own Round the Island (Long Island!) friendly race, the end of season Prizegiving and Youth Regatta and a Christmas Party. Details of all events will be distributed by email via WebCollect so please ensure that your mail filter will accept mail from pycyouth@marinemail.co.uk – and remember to regularly check your inboxes too!

Club Regatta - The Club Regatta takes place over one weekend in July. This includes a Junior race course carefully tailored to our newer sailors and there are lots of fun events for everyone, on the water and ashore.

Racing - Members of the Youth and Junior Section who take part in Club race days (Mondays, Thursdays and Saturdays) are exempt from Race Fees during their first year of racing. See the appendix entitled '*There is life outside the 'Wednesday bubble'*'.

Commodore's Challenge - The Commodore's Challenge is a series of match races held on 27th December between youth teams from Poole and Parkstone Yacht Clubs. The event is traditionally sailed in 2 identical Elan 333 keelboats. Each boat has a crew of 10, the crews swap boats between races and the crew that wins the most races claims the Commodore's Challenge for their Club. It is open to all 12-17 year old PYC Members, no keelboat experience necessary, and training runs from October until Christmas. Ask Kate Watkins for details or any committee member.

Committee – This meets once a month to organise the various aspects of Youth training, racing and events. If there is anyone interested in helping the committee you will be very welcome, please speak to any of the committee members.

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APPENDIX A: TRAINING LEVELS AND GROUPS

Below are the approximate entry levels for each stage and the recommended boats. More detail is available by downloading the appropriate RYA Syllabus from the Poole Yacht Club website at <http://www.pooleyc.co.uk/club-sections/youth>, and at the end of this document is some additional information to help you decide which class would be right for you. If you are still unsure as to the best boat class for your child the Class Captains will be happy to advise you.

Whether or not the student attains the certificate they are working towards does depend on their abilities, effort and attendance and is *not* a foregone conclusion. In some groups it is also possible to attain more than one RYA certification level. Please talk to the instructor/coach during the season if you have any concerns or questions.



RYA Stage 1 – Optimists only. Complete beginners using their own boat or one of the 12 Club boats. Usually aged 8 to 10.



RYA Stage 2 – Taller/older beginners can start in the Stage 2 Mirror group using their own boats or sharing with another. If you do not have a sailing partner it is worth discussing it with the Class Captain to see if two sailors can be paired up. The Stage 2 Optimist group is for those who have come through Stage 1 or can tack and sail reach to reach in light winds.



RYA Stage 3 – For those who are becoming more confident and have completed Stage 2, but don't yet feel ready for Start Racing. We usually run Optimist, Topper and Mirror Stage 3 groups.



RYA Start Racing/Racing – Mirrors, Toppers & Optimists. This course is designed for those who have already reached at least Stage 3 level or equivalent, and will give sailors the confidence, skills and knowledge to take part in Club racing in good conditions. If you prefer single-handed racing and you are between 10 and 16 years old, the Topper may be the boat for you (ideal weight 35-45 kg (4.2m² rig) or 45-63kg (5.2m² rig)). Please note that all Mirrors in this group will require spinnakers right from the start of training; please talk to your Instructor at the AGM and/or onshore session if you need advice on how to rig a spinnaker.

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Transitional Group

For this multi-class group, each month we will endeavour to run a mix of sailing events such as: mini-series racing based on the RYA PY (Portsmouth yard stick) handicap system, for youth and junior sailors only; mini-series racing for adult and child, again using the yard stick system and open to all dinghies within the handicap splits below; passage plan/fun sails around the harbour; and when possible we will periodically run taster sessions in keel boats and rib driving. Some of these will be advertised separately and signed up for on an individual basis. We will be planning a timetable of events but as always we will have to respond to weather conditions on the day, with as much notice as is possible.

To apply for this group the sailor must hold a minimum of RYA Level 3 (or prove to be capable of sailing to this standard). Sailors of other abilities and ages will be able to join in with parent/child sessions and other Wednesday evening events but the criteria for these will be published when they are announced.

The Handicap splits for race starts would be as follows:

- SLOW. From PY 1200 to 1665

This encompasses Optimist as the slowest, Topper, Topper 4.2, Mirror and the RS Feva XL (the Club boats) as the fastest.

- FAST. From PY 922 to 1195

This covers the 29er as the fastest and includes Osprey, GP14, Laser (Standard, Radial and 4.7), RS200 and 420; the laser 4.7 being the slowest.

To help you to decide which Laser rig is right for you the RYA provides the following guidance:

- Laser 4.7 – ideal weight range 48-62 kg
- Laser Radial – ideal weight range 60-70 kg
- 420 – ideal combined weight 130kg (crew 60-75kg; helm 50-60kg)

APPENDIX B: COMMITTEE MEMBERS 2015

1. Chairman	Rob Kemp
2. Vice Chairman	TBA
3. Principal	Andrew Tate
4. Vice Principal	TBA
5. Safeguarding Advisor	Tracey Lee
6. Treasurer	Darron Howarth
7. Secretary	Amanda Jones
8. Chief Instructor	Simon Foster
9. Bosun	TBC
10. Social Secretary	TBA
11. General Member	Sue Gibbs
12. General Member	Alison Consolos
13. General Member	Rob Russell

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14. General Member	Chris Davis
15. General Member	Adam Covell
16. General Member	Martin Clayton
17. General Member	Steve Bland
18. General Member	Paul Whittaker
19. General Member	Carolyn Corr
20. General Manager	Rob Green
21. General Manager	Suzie Taylor
22. Youth Rep	TBA
23. Youth Rep	TBA

APPENDIX C: ADDITIONAL INFORMATION FROM CLASS CAPTAINS



OPTIMIST

What an awesome boat! Whether you are just about to take your first tentative step into sailing or an Olympic champion you have one thing in common, the Opi!

The legend that is [Ben Ainslie](#) (he has won loads of sailing medals) started to sail in an Optimist, in his book he recalls his first few efforts at sailing and they sound a lot like some of the comments the level one guys said to me this year. One of his best is the fact he could not tack! He headed out got rescued and then went out again, eventually the rescue boat driver turned to his dad and said; either you teach him to tack or I won't go and get him again!

Over the last couple of seasons we have been re-building a great fleet of Optimists, yes we do have the level one starter group, and yes we will teach you to tack! It's the best place to learn as you are in charge right from the start. We progress through the RYA levels to our race group. At each level you will get great support and training from your coaches some of our clubs best young (and not so young) sailors help with the coaching, so with some effort and practice you too could be another Ben?

Some in our race group this year have competed in national events and traveled to some open meetings and are still training over the winter. Imagine, you could join them, a couple of this group have only sailed an Optimist for a season and already they are competing with 500+ boats at the nationals. There are only a handful of boats that offer this level of sailing.

The Opi is a great little boat that is easy to sail but extremely challenging to race well. We have a fab bunch of sailors, so you will have a great time both on and off the water.

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MIRROR



The Mirror dinghy is a fantastically versatile dinghy that can be sailed either as a single or double-handed boat. As a double-hander two junior sailors of varying ages or weights can sail her or many parent and child combinations. Its appeal is incredibly broad as it can be used as a boat to learn the very basics of sailing to one used for performance racing. There aren't many boats that can seem just as at home cruising on the harbour as racing in international competitions.

As a basic beginners boat a seaworthy Mirror can be picked up for as little as £300 and a reasonable second hand racing spec could be bought for under £2000. As an RYA supported class there are excellent opportunities for racing and training at local and national levels and of course at Poole Yacht club.

As a double handed boat it gives sailors the opportunity to learn the importance of working in a team and with the spinnaker provides added excitement and challenge as experience and competence grows.

The Mirror has been sailed at PYC for many years with a number of our sailors having gone on to greater achievements from their humble beginnings in the Mirror through the junior sailing program on Wednesday evenings.

We have an active class in the junior section of the club with three levels of training supported on a Wednesday evening through the summer months. The RYA approved entry level for a double handed boat is level two then level three and then on to race training. Mirror racing is supported on a Monday night and we encourage all those who have had a taster through the Wednesday nights to try their hand at the club racing evenings.

The Mirror class is fully supported by a national association run by an enthusiastic band of volunteers. The website details all that is going on nationally and in the regions and can be found at www.ukmirrorsailing.com

I am happy to help with any advice on the Mirror including buying and choosing, rigging, sailing or in finding suitable crews or helms. If you would like to know more or have any questions please contact me at ajwatkins@talktalk.net or on [01202 696376]

Alistair Watkins - Mirror Class Captain

Topper



The International Topper Class Association has a robust programme of open training and regional and national competition, which are extremely well attended.

Key Facts on the Topper:-

- Recognised RYA Class
- Recommended age range 11-15
- Weight range (kg): 42- 63
- Length (m): 3.4m
- Beam: 1.2m
- Weight of boat (kg): 43
- Sail area: 5.2 sq m (sail can be easily reefed by folding around mast)

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- Optional 4.2 sq m sail available for lighter weight sailors

For further information go to the ITCA GBR website at www.gbrtopper.co.uk

APPENDIX D: THERE IS LIFE OUTSIDE THE WEDNESDAY BUBBLE!

That may sound a bit crazy, but as our Wednesday evening training has grown from strength to strength you guys are rapidly becoming extremely good sailors. I know many of you are travelling to far-flung places to race and some are members of zone or national squads; however there is also a huge number who are great sailors.

So what's next?

Just because you can sail well and may have your race qualifications does not stop you from sailing on a Wednesday with your mates, but the time does come when you (I can't believe I am saying this) are too old for youth training. If you have not taken part in any of the club's other race nights or weekend sailing over the years that initial transition can seem massive and rather scary.

The club is actively looking to increase dinghy sailing at present so now is your chance to shine. One of the proposals is a fleet start for youth boats on Mondays, possibly Thursdays and Saturdays (all to be confirmed) so you will all start together and do multiple laps on a fairly small course, the Optimists with the least and the faster boats doing more, that way you can all start together and finish about the same time. Sounds great!

The next big question is: who can join in?

If you can sail a triangle, you're in! All of you from last seasons Opi Ones to any of the race groups will be more than capable. Most of you guys can sail a lot better than some of the more senior club sailors so this is an amazing opportunity for you to prove just how good you are and put your selves in view of the whole club. Talk to your friends from your class and from the other fleets and get a plan together, its always more fun if there are a bunch of you, and doing some stress free club sailing makes a massive difference when you do go out to an open event or youth week.

This is also a good chance to try out double handed sailing if you're a single pringle, we have the Fevas available for just this, so don't be shy.

If you would like some advice please do not hesitate to contact your Class Captain, Chief Instructor, or any of the youth training committee.