



# TRAINING & COACHING 2018





- Individual or group coaching
- Improve skills and confidence
- Develop at your own pace

As an RYA (Royal Yachting Association) Training Centre CYC provides a mixture of formal courses, which result in internationally recognised RYA qualifications, and coaching sessions to teach the skills you need, to enjoy being on the water, Dinghy Sailing and Powerboating. Our RYA courses and group coaching sessions are open to

all members of the public, young and old. Club members can also enjoy individual dinghy sailing coaching.

The club has a fleet of single and double handers

Sailing Dinghies, suitable for adults and children from beginners to those starting to race. Dinghies and boats are provided for all water-based RYA courses and included in the cost. Dinghies can be hired by club members for coaching sessions and individual activities.

Shore based courses such as RYA First Aid, Day Skipper, VHF/DSC Radio are arranged according to demand. Please check the training programmes for dates.

All training courses and coaching sessions are booked and paid for in advance through the office with a large discount for club members.

## DINGHY SAILING

For complete beginners starting to sail, our entry level courses combine practical on the water training with sailing theory through games and on-shore learning. Adult beginners can either follow a formal course leading to a RYA qualification, or chose small group tuition with an experienced coach. Children aged 8 and over start with RYA Stage 1 and 2 courses and can confidently sail independently on reaching their RYA Stage 3.

Instructors for our RYA courses are all qualified by the RYA, under the supervision of a Senior Instructor; all are also First Aid and Powerboat qualified. Safety boats provide cover for all on-water courses.

After learning the basics, both adults and youngsters can follow our Club pathway for further skills development. Adult Training will develop the confidence to enjoy sailing in the Harbour, either alone or in company. For those interested in competition, Race Coaching sessions are available, from basic race skills to advanced techniques. These are not formal courses, and activities are tailored to

meet the needs of the group. There is Optimist Coaching for smaller children and Youth Coaching for the teenagers, both aimed at developing boat handling skills, and competitive racing for those who want it. Parents are asked to help with the running of these courses. Some of our youngsters have joined RYA Squad Training or the Keelboat Academy, aimed at developing the most talented young sailors.

Midweek Sailors are informal, occasional sessions with a safety boat and coach - just to get afloat and have fun for a couple of hours.

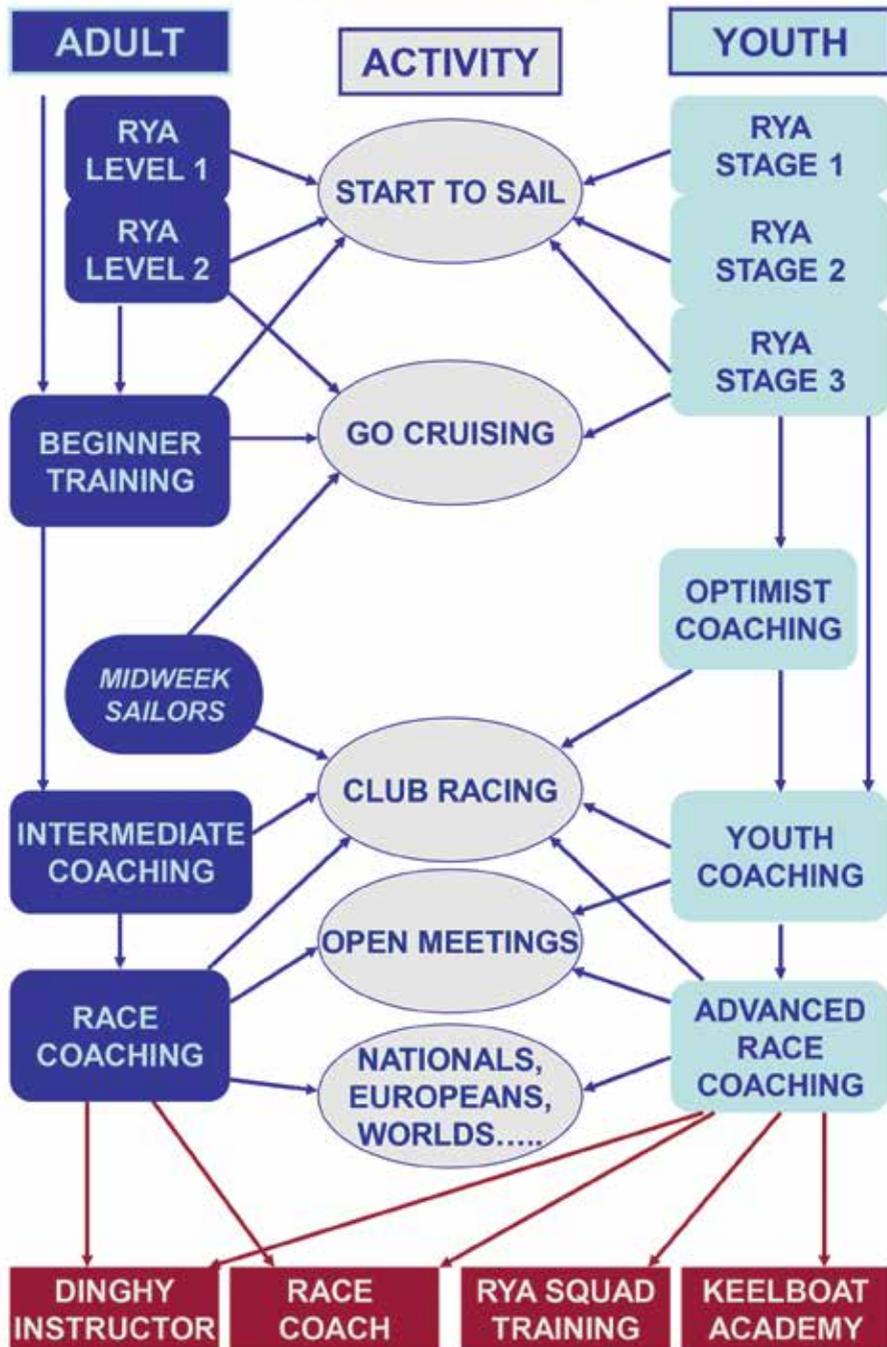
Experienced sailors are encouraged to become qualified RYA Instructors and Racing Coaches, gaining further qualifications, RYA First Aid, RYA Safety Boat, VHF/DSC Radio and to go on. So our highly professional team of instructors and coaches have mainly grown up at the Club and are now encouraging and developing the next generation. The club is fortunate to have a large team of Senior, PowerBoat and Yachtmaster Instructors.



*Our courses and group coaching sessions are open to all members of the public, young and old.*



# CYC DINGHY TRAINING PATHWAY



## RYA YOUTH AND ADULT DINGHY TRAINING

### RYA STAGES 1, 2 & 3 (YOUTHS 8-15):

Child-centred with an emphasis on enjoyment and building confidence. Each stage may take up to 2 days, but stages are usually combined over 2 or more days, allowing each child to progress at their own pace. Small single-handed dinghies are provided by the Club, and achievements are recorded in a Logbook, which is recognised at all RYA Training Centres. A parent or

guardian is not required to remain at the Club during the course.

**RYA LEVEL 1 & 2 (ADULT 16+):** Basic theory and practical instruction. Each course normally takes 2 days. Courses are not scheduled in the programme, but may be run on demand for groups of 6 participants, using double-handed dinghies provided by the Club. Please contact the Club office to register your interest.

## YOUTH DINGHY TRAINING

For all the training below, a parent or guardian must remain at the Club and should assist organisers as requested.

those looking to enter the Optimist Open on April 14th.

**OPTIMIST COACHING:** for mixed abilities from improvers to racers, to practice and develop skills. Own or Club boats.

**OPTIMIST CAMPS:** Fun time with a mix of skills improvement, racing and longer adventure cruises within the Harbour. Club boats are not available to hire for these events.

**YOUTH COACHING:** for mixed abilities from improvers to racers, to practice and develop skills. Single or double-handers, own or Club boats.

**START RACING:** 5 day programme during Dinghy Week for juniors who already have basic sailing skills (Stage 3 or equivalent). Participants must have their own boats: Club boats are not available to hire for this event.

**EASTER CAMP:** 4 day training programme in the Easter Holidays. Open to all those who have their own boats: Optimists, Toppers, Fevas and others. Club boats are not available to hire for this event.

**OPTIMIST WARM UP DAYS**  
Start of season refresher. Aimed at



*An emphasis on enjoyment and building confidence*





## ADULT DINGHY TRAINING

*Private and group tuition available*

**ADULT BEGINNER DAYS:**  
Taster day to introduce Adults to sailing. Explanations of rigging, time on the water with an instructor/ experienced sailor and chance

to practice skills on a simulator. This is an ideal opportunity to meet instructors and experienced sailors as well as finding out what else CYC can offer to meet your specific sailing aspirations.

**ADULT INTERMEDIATE TRAINING:**  
For those with basic sailing skills, these sessions



will develop confidence and improve boat-handling, so that you can enjoy independent cruising or start to join Club racing.

**MIDWEEK SAILING:**  
Informal Sailing for all during the week. Friendly mixed ability group with Coach available to improve skills and confidence.

**ADULT RACE COACHING:**  
For those with some race experience, who wish to practise techniques with a coach.

**ADULT BEGINNER TRAINING OR PRIVATE TUITION (BY ARRANGEMENT)**  
The Club can also facilitate private tuition for you or your child in either a Club boat or your own boat, subject to availability. If you wish to use a Club boat then there will be the appropriate hire fee plus an instructor fee from £12 per hour and if the instructor has to use one of the Club RIB's, there will be an additional £20 fee, plus fuel.

**DINGHY DROP IN DAYS:**  
These sessions are to explain all the fine details of the Dinghy Section. Ribs, Club Dinghies, Winch, Rigging boats and any other questions.

## NON-DINGHY COURSES/TRAINING

**RYA POWERBOAT LEVEL 2:**  
2 day on-the-water course, for which no prior experience is required. It includes Level 1, which is not offered separately. It covers preparation of the RIB, launch and recovery, use of radio, driving and manoeuvring skills, handling at high speed, and navigation. Participants must be 14 or over. Parental consent is required for those under 16.

The courses below are available on demand via the Office.

**RYA FIRST AID:** 1 day course covering all basic First Aid skills, with added emphasis on risks associated with water-based activities. Highly recommended for members of all sections and all ages, and open to non-members.

**VHF RADIO (SHORT RANGE) CERTIFICATE.** This full day course is run on demand for a minimum group of 6. It covers the use of modern radio equipment as fitted to yachts and motor boats. This Certificate is a legal requirement for



the operation of VHF radio on a British-flagged vessel.

**OWN BOAT TUITION:**  
Available from qualified RYA Cruising Instructor. Contact the office for more details.

*Additional courses can be arranged on demand subject to minimum numbers*



# COURSES 2018

COURSE	DATES	PRICE (MEMBER)	PRICE (NON-MEMBER)
RYA STAGE 1/2 (5 days) inc boat	29 July – 2 August (Dinghy Week)	£305	£380
RYA STAGE 2/3 (3 Days) inc boat	3 April – 5 April	£190	£235
RYA STAGE 3 (2 Days) inc boat	12 – 13 April	£125 New	£155 New
RYA STAGE 1/2/3 (3 or 5 Days) inc boat	29 May – 31 May (3 Days)	£190	£235
	11 July – 13 July (3 Days)	£190	£235
	26 July – 28 July (3 Days)	£190	£235
	13 August – 15 August (3 Days)	£190	£235
	27 August - 29 August (3 Days)	£190	£235
YOUTH COACHING (5-6 hours) Saturday/Sunday own/rent boat	15 April, 5 May, 20 May, 16 June, 25 August, 15 September, 30 September, 14 October	£15	£30
OPTIMIST COACHING (5-6 hours) Sunday own boat	29 April, 13 May, 20 May, 27 May, 10 June, 17 June, 24 June, 1 July, 15 July, 12 August, 26 August, 9 September, 16 September, 23 September, 7 October, 14 October, 21 October	£15	£30
EASTER CAMP (4 Days) own boat	3 April – 6 April	£60	£120
OPTIMIST WARM UP DAYS own boat	12 and 13 April	£15 per day	£30 per day
OPTIMIST CAMPS (3 Days) own boat	Half Term: 29 May – 31 May Summer: 13 August – 15 August	£45 £45	£90 £90
START TO RACE (5 Days) own boat	29 July – 2 August (Dinghy Week)	£150	£180
RYA POWERBOAT 2 (2 Days) inc boat	24/25 March, 7/8 April, 5/6 May, 23/24 June, 7/8 July, 21/22 July, 18/19 August, 6/7 October, 3/4 November	£185	£245
ADULT COACHING (5-6 hours) Saturday own/rent boat	17 March, 28 April, 26 May, 30 June, 28 July, 11 August, 8 September, 22 September, 20 October	£15 (intermediate /advanced) £30 (beginner)	N/A N/A
ADULT BEGINNER DAYS	12 May, 2 June	£15	N/A
DINGHY DROP IN DAY	6 May, 23 June	Free	N/A
MIDWEEK SAILING own/rent boat	17 April, 30 April, 17 May, 30 May, 15 June, 28 June, 13 July, 13 August, 28 August, 10 September, 25 September, 10 October	£10 (single) £15 (double)	N/A



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