

TRAINING

Andrew Barns

I would like to thank everyone for their support throughout last season, and the club is only as strong as its volunteers, helpers and instructors.

Training in 2009

There will be a calendar of events which will be updated on a monthly basis. This will include all training events and Kids Club events.

This will be available through the mainsheet and on the website

Instructors

As an RYA training centre we require qualified dinghy, powerboat and windsurfing instructors. If you would like to help and instruct on any of the courses please let me know. However a requirement of the RYA is to have an up to date qualification.

If you wish to instruct I would be grateful if you could email a copy of your:

Instructor qualification; your Powerboat 2; and First Aid certificates, as these need to be kept on file.

If there is any one who would like to become an instructor, please let me know. If we have enough participants a course can be arranged.

Assistant Instructors

Bringing on new people through the instructor training scheme is important to the long term running of the training school. In order to apply you must be over 15 and be competent at sailing different types of dinghies. Course numbers will be limited. Once you have your Assistant Instructor Qualification, we would like you to help on club training courses under the supervision of qualified instructors.

For more details please email AndrewBarns@aol.com

Youth Sailing

RYA Young Sailors Scheme

The young sailor's scheme has been developed to encourage young people to sail in stages within a framework of safety and tuition.

The minimum age for this course is 8 years.

Start Sailing Stage 1

This course covers launching and recovery, steering, safety, boat rigging and some theory.

This course runs for 2 Saturdays.

Start Sailing Stage 2

This course follows on from stage 1 and develops on existing skills.

This course runs for 3 Saturdays.

Start Sailing Stage 3

This 5 day course follows on from Stage 2 and by the end of the course you should be sailing confidently in a dinghy in light winds and be able to start racing.

This course will run in the Autumn. These courses will be run subject to demand.

Further details and syllabus on all the stages can be found in the RYA Young Sailors Logbook G11.

For course dates please see training calendar.

For further information please contact Andrew Barns on andrewbarns@aol.com

Saturday Youth Racing

We now have some very keen Youth and Junior racers coming through and we would like to offer them more opportunities to get racing.

Chris Turner will start Saturday Race Coaching in the Spring.

All participants will need to be able to sail competently at RYA Stage 3 standard and show commitment to progressing onto the sea and to compete in the Youth Federation Regatta.

The sessions will aim to give cadets the confidence to race in close proximity to other boats and understand the key rules so they do not get into trouble! We will also endeavour to teach them race tactics and how to handle a dinghy in some more extreme weather conditions. We would then expect them to be able to sail on the sea and join in normal club racing events.

You will need to book your space with Chris Turner.

Please email Chris on: chris@turner25.plus.com

The dates are on the training calendar and this year there is no Thursday night coaching.

Monday Cadets

This year will be different to previous years as it will be run in two parts.

Firstly, there will be Cadet Family sailing. This is an ideal opportunity for cadets and the not-so-experienced sailors to gain experience. The group will be using oppies under the guidance of Instructors and Parent helpers and will be run on similar lines to the oppie fun group last year

No formal training qualifications are provided

Secondly, there will be formal training in Toppers. This will be taught by fully qualified RYA instructors. The minimum required for these cadets will be that they have already obtained a Stage 2 certificate and are over the age of 8years on 1st May 09. The course will involve theory and practical instruction to consolidate your previous training and to take you onto the next stage.

There is a small additional fee for training.

For Monday Night Cadets

Please email Claire Cornish for further details and registration form on clairejcornish@yahoo.co.uk

The dates are on the training calendar

Saturday Kids Club (formerly Sunday Kids Club)

The Kids Club will now be on a Saturday and will be run by parents. The session will last 3 hours starting at 10.00am. It will run every other Saturday through the season, with the parents rigging and de-rigging the boats and putting them away at the end of the session.

The idea is to get the children, with their parents' supervision, out sailing in the club oppies to give them some experience and practice. The boats must be sailed as they are meant to be sailed

The main contact is Gareth Roberts via e-mail: gareth@fourhulls.com.

The dates are on the Training Calendar

Onboard

This is an initiative by the RYA to link schools and sailing clubs together to promote sailing and its coming to Piddinghoe! This will be done through taster sessions on a Saturday and hopefully encourage more people to join the NSSC.

For further information please email andrewbarns@aol.com

Powerboating

Powerboat Level 2

We will be running Powerboat level 2 courses throughout the year.

The Level 2 course is an introduction to power boating and is aimed at the complete beginner. On satisfactory completion, a Level 2 certificate will be issued which will enable you to use the clubs safety boats for safety boat cover .

For Youth powerboat training a level 1 certificate will be gained on satisfactory completion of the course.

The dates are on the training calendar

Safety Boat Course

This is a course for the more experienced powerboat handler and the Level 2 Powerboat certificate is a pre-requisite.

The course covers rescue techniques for dinghies, canoes and windsurfers.

The dates are on the training calendar

Piddinghoe Safety Boat

The pre-requisite for this course is a powerboat Level 2 certificate. However, it is a non-RYA recognised course and is designed to cover the safety of the boats at Piddinghoe and is very useful for those who use the safety boats at Piddinghoe especially on cadet events

The dates are on the training calendar

For further information and booking on any of the power boat courses please contact Paddy Turner at: powerboattrainingnssc@nssc.org.uk

Honda Rib Challenge

This is a competition to win a Rib for the sailing club in association with the RYA.

There are two age groups: 8 to 12 years; and 13 to 16 years.

For those who are interested, we will be running trials in the spring. Those who are selected will be given training so that they can compete in the regional final. If successful at the regional finals, they will go on to compete with other entrants from around the UK at the Southampton Boat Show.

The dates will be on the training calendar when the regional final dates are announced by the RYA

Windsurfing

This is organised by John Cook and Windsurf tuition is undertaken in small groups for both adults and youths and will commence in May and run throughout the season on a Saturday or Weekday evening

The windsurf school offers taster sessions, beginners level 1 and 2, and a windsurfing clinic to brush up your skills

Please contact John Cook on at: windsurftrainingnssc@nssc.org.uk

As course dates become available they will be on the training calendar

Adult Courses

The RYA National Sailing Scheme

Dinghy Level 1

This will introduce you to the sport and will cover safety issues and getting afloat

Dinghy Level 2

This is the follow on course to the Level 1 course and on completion it will enable you to sail a boat safely and with confidence in light to moderate winds. The syllabus includes launching and recovery, rigging, capsized drill, person overboard, rules of the road and plenty of sailing

Level 1 and Level 2 are usually combined to make a five day course.

Improver Modules

The 2 day improver modules are run on demand and please email me if you would like to participate and on which course

andrewbarns@aol.com

Dinghy Seamanship Skills

This is how to handle a boat in most circumstances and solve problems afloat.

Dinghy Start Racing

This course will take you through the fundamentals of getting across the start line and finishing a race.

Dinghy Sailing with Spinnakers

This course gives you the knowledge of how to fly the "kite".

One Day Refresher Course

This course is for those that have completed a Level 2 dinghy Sailing course and need a refresher with an instructor on hand to help and advise

The dates of Adult Courses and refresher training are on the training calendar

Personal Tuition

If the dates are not suitable and we have interest from several people or a group we can arrange a separate course

Supervised Sailing

This is for those that have a Level 2 certificate and would like to have some practice in a club boat

The dates for these sessions are on the training calendar

For all sailing enquiries and bookings please email andrewbarns@aol.com

Sea Sailing

During the spring, and subject to numbers, there will be the opportunity to sail a Pico on a Wednesday Night on the sea. The minimum level is RYA Level 2

Shore-based Courses

We will be running First Aid, VHF and Basic Navigation shore-based course in the coming months.

When the dates for these courses are arranged they will be on the website and in Mainsheet

PRICING

Member rates are for full sailing members and membership has to be paid by 31st March 2009

Monday Night Cadets - Registration and payment by 31st March 2009

Family Cadet Sailing	£26.00 first child
	£20.00 siblings
Topper Training (min RYA Stage 2)	£50.00

Saturday Kids Club

Using oppies	No Charge
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Saturday RYA Stage training

	Non Members	Members
RYA Stage 1 (2 day course)	£80.00	£60.00
RYA Stage 2 (3 day course)	£120.00	£100.00
RYA Stage 3 (5 day course)	£200.00	£200.00

Saturday Race Training

Pre registration required	£5.00 per session using club boat
£3.00 per session Own boat	

Powerboat Training

<u>Level 2</u>	Non Members:	£200.00
	Members and commitment to 3 safety boat duties	£80.00

<u>Safety Boat</u>	Non Members	£200.00
	Members and commitment to 3 safety boat duties	£80.00

Adult Sailing

<u>Dinghy Level 1 and 2 Combined</u>	Non-members	£210.00
	Members	£180.00

<u>Improvers Modules</u>	£90.00 per module
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<u>Refresher Training</u>	£40.00 per day
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<u>Supervised sailing</u> (approximately 2.5 hours)	£15.00 per session
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<u>Sea Sailing</u>	£15.00 per session
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Pre booking required

Windsurfing

Taster Session (approximately 3 hours)	Non-members	£40.00
	Members	£35.00
Windsurf Clinic (approximately 3 hours)	Non-members	£40.00
	Members	£35.00
Beginner Level 1 (4 x 2.5 hours)	Non-members	£100.00
	Members	£80.00
Improver Level 2 (2 x 2.5 hours)	Non-members	£50.00
	Members	£40.00