



NEWHAVEN & SEAFORD SAILING CLUB TRAINING BROCHURE 2017

Welcome to the 2017 Training Programme.

Newhaven and Seaford Sailing Club is based in East Sussex and has three operating centres, the Clubhouse on Seaford Seafront BN25 2QR, the Club's own lake at Piddinghoe BN9 9AF, and Newhaven Marina BN9 9BY.

Newhaven and Seaford Sailing Club, is an RYA Recognised Training Centre, which runs courses based on the RYA National Training Schemes, in Dinghy sailing, Keelboat sailing, Windsurfing and Powerboating.

Whether you have never stepped on a boat before and want to start dinghy sailing, windsurfing or powerboating, to improve your sailing skills, or simply to get back out on the water, our team of instructors are available to help you achieve your goals in a friendly and relaxed environment on our safe inland water or on the sea.

We can offer taster sessions for schools or community groups, small or large, through the week; or for social groups, families and individuals, usually held on a Saturday morning,

For further information please contact me on trainingnssc@nssc.org.uk or to book courses via the website on www.nssc.org.uk

Simon Suter - Training Organiser.

Starting Dinghy Sailing at Piddinghoe

RYA 4-DAY RYA Level 1 and 2 course for adults.

This 4 day course introduces adults with little or no experience to the world of sailing. The practical course covers theory and on-water training, including safety, boat controls, points of sailing, capsized dinghy recovery, rules of the road, and background knowledge, guided by our team of both young and mature Instructors. On satisfactory completion you will be awarded the RYA Dinghy Level 1 and/or 2 Certificates, and be competent to sail a dinghy safely in light to moderate winds on inland waters. The fee includes the certificates, handbook and logbook. You can progress on to Level 3, seamanship, racing, cruising etc. For further information please contact me on trainingnssc@nssc.org.uk or to book courses via the website on www.nssc.org.uk

All 4 days for Level 1 and 2: Non-Members: £240.00 Members:£220.00

2 days only for Level 1 OR Level 2: Non-Members: £140.00 Members: £120.00

RYA ADULT DINGHY SAILING

Spring Course 2017 Adults

Level 1	Saturday 29 th & Sunday 30 th April	9.30 am to 4.30pm.
Level 2	Saturday 6 th & Sunday 7 th May	9.30 am to 4.30pm

Summer Course 2017 Adults

Level 1	Thursday 20 th & Friday 21 st July	9.30 am to 4.30pm
Level 2	Saturday 22 nd & Sunday 23 rd July	9.30 am to 4.30pm

Autumn Course 2017. Adults and Parents accompanied by children 9/14yrs

Level 1	Saturdays in September 2 nd and 9 th September	9.30am to 4.30pm
Level 2	Saturdays in September 16 th and 23 rd September	9.30am to 4.30pm

Note that people joining the club during or immediately after a dinghy sailing course can deduct the joining membership fee. See Join Us on www.nssc.org.uk

INTRODUCTION TO SEA SAILING

Activate your sea sailing.

Saturdays mornings or afternoons at Seaford. Dates will be on the Online Club Calendar

This day will help you get your own boat out of hibernation and back onto the sea and introduce you to racing on the sea. This coaching day will cover, safety, boat set up, beach launching and recovery, sailing on the sea, background knowledge on tides and weather, basic rules of racing, tactics, and race management. This is suitable for those that would like a refresher, or who sail at Piddinghoe, and would like to start sailing on the sea. Shore party for launching and coming in. Coaching is from the Safety Boat.

email: trainingnssc@nssc.org.uk

SUNDAY MORNING NOVICE RACING AND COACHING

From 9.00 am at Seaford, during the Sea Sailing Season, Watch the Online Club Calendar for different coaching sessions run by Club Instructors. Have the opportunity to put into practice your knowledge, and achieve your RYA Level 2 Coastal Endorsement and Level 3 by joining in the Sunday morning sailing.

email: trainingnssc@nssc.org.uk

INFORMAL LEISURE SAILING week ends

April to October

Piddinghoe Pond. Weather permitting. With Safety Boat cover, Watch the Club Online Calendar for information.

Seaford on Sundays or Wednesday Evenings

Use your own boat for a leisure sail when there is a Safety Boat in attendance. Get help with launching and recovery.

Windsurfing

Windsurf Tasters and Training at Piddinghoe 10.30 am

Saturday 29th April 2017 .

Saturday 6th May 2017

Saturday 22nd July 2017

Saturday 2nd September 2017

Courses can be arranged on demand

email: trainingnssc@nssc.org.uk

Paddleboarding Tasters. Through the summer, arranged on demand

email: trainingnssc@nssc.org.uk

RYA POWERBOAT TRAINING Level 1 and 2

This course will teach you to drive a RIB powerboat safely in light conditions, The RYA Powerboat 2 Certificate is recognised round the world. Run from Newhaven Marina and in Seaford Bay

Spring Course

Saturday 27th May 2017 9.00am to 5.00pm

Saturday 3rd June 2017 9.00am to 5.00pm

Non-members: £265 Members: £120

More courses can be arranged on demand. For further information please email trainingnssc@nssc.org.uk To book a course www.nssc.org.uk

RYA Sea Safety Boat Course

The pre-requisite for this course is PB2 plus 1 season's experience and is aimed at those supporting racing, and wanting rescue and safety training.

Saturday & Sunday 17th and 18th June 2017 Newhaven Marina 9.00 to 5.00

Non-Members: £250 Members: £80

For information please email: trainingnssc@nssc.org.uk

To book a course www.nssc.org.uk

Further training on rescue boats with tiller steering at Piddinghoe Pond is offered to members with PB2 certificates . Non-Members: £25

RIB Helm and Safety Boat refresher courses. Saturday 25th March 2017. Newhaven 10am Free to members. To book trainingnssc@nssc.org.uk

Piddinghoe for tiller steered boats. Saturday 8th April 2017 at 1.00pm. Essential for ALL operators at Cadet Nights.

Saturday 4th November 2017 at 1.00pm. Essential for Pre-winter series rescue duties. Free to members. To book trainingnssc@nssc.org.uk

RYA VHF Radio & RYA Navigation Courses, On demand. Contact the Training Organiser for details. trainingnssc@nssc.org.uk

RYA DINGHY INSTRUCTOR TRAINING.

Starts 4th February 2017 at Bough Beech

Starts 3rd April 2017 at Eastbourne and Piddinghoe

RYA First Aid for Instructors Sunday 15th January 2017. More courses on demand.

RYA Assistant Instructor Training for details trainingnssc@nssc.org.uk

Powerboat Instructor Training, Pre-course assessment and course on demand.
See Club Online Calendar. Contact trainingnssc@nssc.org.uk

NSSC CADETS. At Piddinghoe

For the Cadet members of NSSC 6-15 yrs Starting on Saturday 8th April 2017
from 9.00am

Registration and Meeting for Parents with Parent/Helper Induction and
Training. Contact nssccadets@outlook.com

Cadet Monday Nights 8th May to 17th July 2017 4.30pm to 8.00pm. £25.00 per
Cadet

Cadet Week 14th to 18th August 2017

For details of dates and times pre and post-season training, Training groups,
Opimist Coaching and National events, see the Cadet Section or Contact
nssccadets@outlook.com

WOW Women on Water On Thursdays at Piddinghoe from 5pm until 7ish from
April until September. An opportunity to become familiar with dinghy sailing in a
calm and supportive setting. Guidance is on hand but sailors support each other
while gaining confidence. Available to members and those considering becoming
members, Use your own boat or rent a Club boat for the a session. Men welcome!

MOB Men On Boats Tuesday evenings from 5.30pm at Piddinghoe, subject to
weather, for more mature club members of any gender, to enjoy and update
their sailing skills and knowledge. Use your own boat or rent a Club boat for the
a session

Friday Fettleers at Piddinghoe. Late morning. Learn and improve your bosuning
skills. Repair and recondition a variety of club boats.