



## NEWHAVEN & SEAFORD SAILING CLUB TRAINING BROCHURE 2018

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

We are an RYA Recognised Training Centre, running courses based on the RYA National Training Schemes, in Dinghy sailing, Keelboat sailing, Windsurfing and Powerboating, and a Members Club providing recreational sailing facilities for all ages.

Our Clubhouse on the beach at Seaford, is open to the Public as a café bar, 'The Galley' except when in use for Sailing Events. Social Members can use the club during these times. For membership enquiries visit [www.nssc.org.uk](http://www.nssc.org.uk)

If you have never stepped on a boat before and want to start dinghy sailing, windsurfing or powerboating, we can offer formal RYA training in our dinghies and powerboats leading to internationally recognised qualifications.

Our team of RYA Instructors and Coaches are here to help you achieve your goals in a friendly and relaxed environment, on our safe inland water or on the sea.

You may be experienced and just wish to enjoy your time on the water, or to improve your sailing skills, so when you join the club, we can offer informal sessions for enthusiastic sailors to enjoy sailing inland or on the sea. (look out for the popular Women On Water and Silver Sailors at Piddinghoe on our online

calendar on the website) or you could join in the racing and show your competitive spirit. Members are on hand to share their experience and get you going. Enjoy a meal and drink in 'The Galley' after.

Extend your green credentials by using foot, pedal and wind power. Piddinghoe Pond is at the southern end of the cycle trail from Lewes to Newhaven, and not far from the South Downs Way, so come and find us.

## **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. This practical course, mainly on the water, covers theory, safety, boat controls, points of sailing, capsized dinghy recovery, rules of the road, background knowledge and much more, 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. The fee includes the certificates, handbook and logbook. You can progress on to RYA Level 3, seamanship, spinnakers, racing, cruising etc.

For further information please contact Simon Suter [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk) or to book courses online go to [www.nssc.org.uk](http://www.nssc.org.uk)

**All 4 days for Level 1 and 2: Non-Members: £280.00 Members: £220.00**

**2 days only for Level 1 OR Level 2: Non-Members: £150.00 Members: £120.00**

## **RYA ADULT DINGHY SAILING**

### **Spring Course 2018 Adults**

**Level 1** Saturday 28<sup>th</sup> & Sunday 29<sup>th</sup> April 9.30 am to 4.30pm.

**Level 2** Saturday 5<sup>th</sup> & Sunday 6<sup>th</sup> May 9.30 am to 4.30pm

### **Summer Course 2018 Adults and children**

**Level 1** Thursday 21<sup>st</sup> & Friday 22<sup>nd</sup> June 9.30 am to 4.30pm

**Level 2** Saturday 23<sup>rd</sup> & Sunday 24<sup>th</sup> June 9.30 am to 4.30pm  
(23<sup>rd</sup> and 24<sup>th</sup> June, children 9/14yrs with parents on the course, will be taught separately, but come together for breaks)

### **Autumn Course 2018. Adults**

**Level 1** Saturdays in September 1<sup>st</sup> and 8<sup>th</sup> September 9.30am to 4.30pm

**Level 2** Saturdays in September 15<sup>th</sup> and 22<sup>nd</sup> September 9.30am to 4.30pm

For further information please contact me on [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk) or to book courses online via the website on [www.nssc.org.uk](http://www.nssc.org.uk)

We can also offer camping on site for families.

Simon Suter - Training Organiser.

Note that trainees 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](http://www.nssc.org.uk)

### **RYA POWERBOAT TRAINING Level 1 and 2**

You will learn to drive a RIB powerboat safely in light conditions, The RYA Powerboat Certificate is recognised round the world. Run from Newhaven Marina, in the harbour, river and in Seaford Bay.

#### **Spring Course**

Saturday 7th April 2018 9.00am to 4.30pm

Saturday 14th April 2018 9.00am to 4.30pm

**Non-members: £275 Members: £120 (who do duties)**

More courses are arranged on demand. For further information please email [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk) To book online visit [www.nssc.org.uk](http://www.nssc.org.uk)

### **RYA Sea Safety Boat Course**

This course is aimed at those club members already holding a PB2, who have at least one season's experience supporting racing, and wanting rescue and safety training.

Saturday & Sunday 16<sup>th</sup> and 17<sup>th</sup> June 2018 Newhaven Marina 9.00 to 4.30

Non-Members: £275 Members: £50

For information please email: [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)

To book a course online visit [www.nssc.org.uk](http://www.nssc.org.uk)

### **RYA First Aid Course**

A requirement for RYA Instructors as part of their certification held at our training room at Piddinghoe. The first course is 9.30 Saturday 3<sup>rd</sup> February 2018 Cost just £48 members and £60 to non-members.

Also very beneficial for Safety Boat Crew.

For information please email: [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)

More courses will be available on demand.

### **RIB Helm and Safety Boat refresher courses.**

**Seaford Saturday 24<sup>th</sup> March 2018.** Meet at Newhaven Marina 10am. Free to members. To book online visit [www.nssc.org.uk](http://www.nssc.org.uk)

**Piddinghoe for tiller steered boats.** Refresher.

Saturday 7<sup>th</sup> April 2018 at 1.00pm Essential for ALL helms at Cadet sessions.

Saturday 3<sup>rd</sup> November 2018 at 1.00pm. Essential for Pre-winter series rescue duties. Free to members. To book online visit [www.nssc.org.uk](http://www.nssc.org.uk)

**Casualty Recovery Session.** Practical hands-on training for Rescue Boat crews to be able to help injured sailors. During Sailing Week, Venue and date tba.

**RYA VHF Radio & RYA Navigation Courses,** On demand. Contact the Training Organiser for details. [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)

**RYA INSTRUCTOR TRAINING.**

**RYA Dinghy Instructor and Dinghy Assistant Instructor Training.**

Contact [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)

**Powerboat Instructor Training,** Pre-course assessment and course.

Contact [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)

**NSSC CADETS. At Piddinghoe**

For the Cadet members of NSSC 6-15 yrs

Saturday 7<sup>th</sup> April 2018 Registration and Meeting for Parents,

And Parent/Helper Induction and Training. Contact [cadetsnssc@nssc.org.uk](mailto:cadetsnssc@nssc.org.uk)

Or for up to date information visit <https://www.facebook.com/NSSCcadets/>

To book online go to [www.nssc.org.uk](http://www.nssc.org.uk)

**Cadet Monday Nights** 13<sup>th</sup> May to 16<sup>th</sup> July 2018 4.30pm to 8.00pm.

**Cadet Week** 13<sup>th</sup> to 18<sup>th</sup> August 2018

For details of dates and times for pre and post-season training, Training groups,

Opimist Coaching and National events, Contact [cadetsnssc@nssc.org.uk](mailto:cadetsnssc@nssc.org.uk)

Or for up to date information visit <https://www.facebook.com/NSSCcadets/>

To book online go to [www.nssc.org.uk](http://www.nssc.org.uk)

**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. Men welcome!

Open to all members and those non-members wanting a taster session.

Use your own boat or Club boats available if you have joined the Club Boat Hire Scheme To book online visit [www.nssc.org.uk](http://www.nssc.org.uk)

**Silver Sailors** at Piddinghoe, on Fridays from 10.00am for most of the year.

For more mature club members of any age and gender to enjoy and update their sailing skills and knowledge, with a support boat on hand. Club boats available if you have joined the Club Boat Hire Scheme.

To book online visit [www.nssc.org.uk](http://www.nssc.org.uk)

**Keelboat** Training and Sailing. From Newhaven Marina.

The next step up from dinghies, leading to yacht sailing, and joining in racing on the sea.

Contact Simon Suter [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)

**Sailability.** Sailing for less abled sailing enthusiasts. Enquiries welcomed to support and launch an RYA Sailability Centre at Piddinghoe.

**Technical Topics,** Evening Talks at Seaford on, Start racing, Racing rules, the Start line, Sail setting, Tacking, Gybing, and much more, usually Friday evenings. Enjoy a little learning in a convivial atmosphere.

Keep an eye open on Bulletin and/or Calendar for dates and times.

**Family weekends at Seaford for members, camping and introduction to sea sailing.**

Saturday 5<sup>th</sup> and Sunday 6<sup>th</sup> May 2018,  
Saturday 7<sup>th</sup> and Sunday 8<sup>th</sup> July. 2018  
Saturday 15<sup>th</sup> and Sunday 16<sup>th</sup> July. 2018

Bring your tent and the family for the weekend, and feel confident that there will be help on hand and safety boats on the water. Bring your own boat to try out, or have a go in a Club boat.

These days are designed to introduce Pond sailors to the sea and discover the joys of the third dimension, (going up and down)! This coaching will cover beach launching and coming in, boat set up, sailing on the sea, background knowledge on tides and weather, induction to the basic rules of racing and tactics, etc.

To book online go to [www.nssc.org.uk](http://www.nssc.org.uk)

**Family weekends at Piddinghoe.** Camping and Sailing for members.

Free sailing, with support boats, help and advice.

Saturday 7<sup>th</sup> and Sunday 8<sup>th</sup> April 2018,  
Saturday 19<sup>th</sup> and Sunday 20<sup>th</sup> May 2018  
Saturday 2<sup>nd</sup> and Sunday 3<sup>rd</sup> June 2018,

Saturday 1<sup>st</sup> and Sunday 2<sup>nd</sup> September 2018,

To book online go to [www.nssc.org.uk](http://www.nssc.org.uk)

**Sailing Week at Seaford** 5<sup>th</sup> to 12<sup>th</sup> August 2018. Camping and Sailing, informal/fun races in the mornings and formal race series in the afternoons, Cadet racing Championships, an expedition to Cuckmere on Saturday, and every evening there will be competitions, games, live music, dancing and fun in the clubhouse.

To book online go to [www.nssc.org.uk](http://www.nssc.org.uk)

**Cadet Week at Piddinghoe** 13<sup>th</sup> to 18<sup>th</sup> August 2018. Family camping for the Cadets. Racing and coaching, fun races, games, barbeques, evening activities.

Contact [cadetsnssc@nssc.org.uk](mailto:cadetsnssc@nssc.org.uk) Or for up to date information visit

<https://www.facebook.com/NSSCcadets/>

To book online go to [www.nssc.org.uk](http://www.nssc.org.uk)

### **INFORMAL LEISURE SAILING with your own boat at any time.**

**Piddinghoe Pond.** There will be Safety Boat cover when there is Teaching or Coaching, Racing, WOW, or Silver Sailors.

Club boats available if you have joined the Club Hire Scheme.

To book online visit [www.nssc.org.uk](http://www.nssc.org.uk)

**Seaford** on Sundays and Wednesday Evenings.

Use your own boat for a leisure sail while there is a Safety Boat in attendance.

Get help with launching and recovery. As your confidence builds you can join in with the races, or just tag along behind the racing fleet,

Enjoy the Sailors Special meal, and a chat in The Galley after, while you sit beside the sea, with a drink in your hand, and watch the sun go down.

### **Windsurfing**

**Windsurf Tasters at Piddinghoe** 10.30 am usually on Saturdays

Training Courses can be arranged on demand. email: [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)

Members can use their boards at any time

### **Taster Sessions**

Individuals and families. Try a Dinghy Experience and a Sailing Taster session.

Have a go in one of our large dinghies with an Instructor. Learn how to tame the wind and join us for a couple of hours and enjoy the calm atmosphere at one of the Jewels of Sussex at Piddinghoe, in the week or at weekends. Cost is just £30 for one and £15 pp thereafter.

**Gift Vouchers.** Want to give a present? We can arrange it for you.

Contact Simon Suter [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)



## Water Activity Days for Schools or Community groups.

(min 10 to max 40) at Piddinghoe

Sailing. Come and have ago in one of our large dinghies with an Instructor, or if you can sail, go out in a single hander.

Powerboating. Rides in our powerboats, have ago at basic boat handling skills to see if powerboating is for you.

Funboards, Sit on and swim, sometimes Paddleboards and kayaks if available.

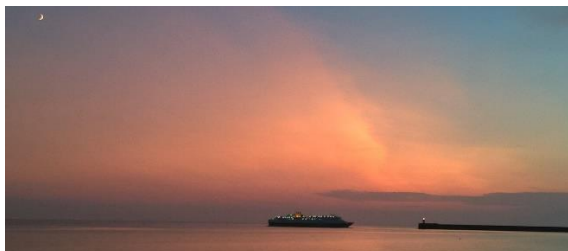
A half day (morning, afternoon, evening, 3 hours) Cost is just £15 pp enjoying being on or in the water. (minimum 10 persons)

A full day (6 hours) Cost is just £20 pp minimum 10 persons enjoying the water.

Activity and games sessions and can be rotated, with our Instructors on water, and your staff on shore. Training room, Picnic tables, Barbeque, kitchen and hot drink facilities, separate changing rooms, toilets and showers, good walking nearby. Camping on site by arrangement. We can supply buoyancy aids which must be worn at all times near the water. Contact Simon Suter

[trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)

Sunset at Seaford



Cadets at Piddinghoe



Sailing at Piddinghoe



Powerboating at Newhaven

