



# 2019 Training





## 2019 Training

Welcome to Highcliffe Sailing Club 2019 training programme. The following pages have details of the various training sessions planned by Highcliffe Sailing Club for members next year.

If you have any questions, please contact Richard at [training@highcliffesailing.co.uk](mailto:training@highcliffesailing.co.uk)

Please be sure to check the club facebook page for future updates and information.

The following pages detail Junior and Adult training and Race training, in addition to this club members can take advantage of the following in 2019:

- A 10% discount on courses at Hengistbury Head Outdoor Education Centre.
- A £100 discount on a Powerboat Level 2 course (taken off 2020 membership please contact the sailing secretary for details).
- One to one training from Club member Dave Holloway at £25/hour (check facebook for more details soon).



## Ladies That Launch

Friday 26<sup>th</sup> April – Planning meeting

Friday 31st May

Friday 14th June

Saturday 6<sup>th</sup> July

Saturday 13<sup>th</sup> July

Friday 26th July

Friday 9th August

2019 sees the 6<sup>th</sup> year of ladies that launch with a few differences. These sessions are open to all lady members of the club (16+) of all levels of ability. If you haven't been before and are interested, please come along to the planning meeting on 19<sup>th</sup> April to find out what happens and meet the ladies and instructors.

The Friday sessions will be run as usual by RYA Qualified Instructors Richard Brooks, Ken Fowler and Margaret Norris, in addition we will have two Saturday sessions run by the ladies themselves (with safety boat cover).

Friday sessions start at 6pm ending at 8-8:30 with a debrief and open bar.

### Ladies That Launch FAQ

**How much does it cost?** Training costs £1 a session, boat hire is £5 per session

**Is it open to non-members?** Ladies that Launch Training is open to all paid up lady members of Highcliffe Sailing club. If you are not a member or have not re-joined yet contact the membership secretary ASAP. Non-members are welcome to come and watch.

**How do I hire a boat?** Club policy is that boats are hired on a first come (& pay) first served basis. However, Ken, Richard & Margaret hope that if more people want to hire boats than there are boats people will agree to share and split the hire cost.

**What equipment do I need to bring?** Clothing suitable to go in the water. Choice of wetsuit, drysuit or old clothes and water proofs etc is up to you. The only items the club does insist on is a buoyancy aid when on the water (not life jacket) and footwear at all times when outside.

**What happens if the weather is bad?** Training will still take place, there are plenty of activities planned for bad weather.





## Evening Men's Training

Friday 26<sup>th</sup> April – Planning meeting

Provisional Session Dates:

Thursday 2<sup>nd</sup> May

Thursday 16<sup>th</sup> May

After requests via email and from the training meeting for sailing training for men we are introducing training this year. These sessions will be open to all male members of the club (16+) of any level of ability.

Although only two sessions are planned there are possibilities for more depending on the take up. The sessions will be run by RYA Qualified Instructors Richard Brooks and Louise Booth.

We have no plan for these sessions at the moment so if you are interested please come to the planning meeting on the 19<sup>th</sup> of April.

### Men's Training FAQ

**How much does it cost?** Training costs £1 a session, boat hire is £5 per session

**Is it open to non-members?** The training is not open to non-members. If you are not a member or have not re-joined yet contact the membership secretary ASAP. Non-members are welcome to come and watch.

**How do I hire a boat?** Club policy is that boats are hired on a first come (& pay) first served basis. However, Louise & Richard hope that if more people want to hire boats than there are boats people will agree to share and split the hire cost.

**What equipment do I need to bring?** Clothing suitable to go in the water. Choice of wetsuit, drysuit or old clothes and water proofs etc is up to you. The only items the club does insist on is a buoyancy aid when on the water (not life jacket) and footwear at all times when outside.

**What happens if the weather is bad?** Training will still take place, there are plenty of activities planned for bad weather.

**Can we think up a better name?** Any suggestions will be considered.





## Race Training

Provisional Session Dates:

Wednesday 12<sup>th</sup> June

Wednesday 26<sup>th</sup> June

Wednesday 10<sup>th</sup> July

Due to membership demand 2019 sees a return of Club Race Training. These sessions will be run by Club member and RYA Race Coach Ben Schooling.

They are aimed at anyone who can competently sail around a triangular course and make a boat stop and go.

### Race Training FAQ

**How much does it cost?** Training costs £1 a session, boat hire is £5 per session

**Is it open to non-members?** Training is open to all paid up members of Highcliffe Sailing club. If you are not a member or have not re-joined yet contact the membership secretary ASAP. Non-members are welcome to come and watch.

**What time is the training?** Training starts on the water at 6:30 pm

**How do I hire a boat?** Club policy is that boats are hired on a first come (& pay) first served basis.





## Junior Training

Planning, Introduction & BBQ afternoon Juniors and parents – Sat 25<sup>th</sup> May Afternoon

Provisional Session Dates

Saturday 8<sup>th</sup> June

Saturday 22<sup>nd</sup> June

Saturday 6<sup>th</sup> July

Back for 2019 by popular demand is the club junior training. These sessions will be run by Hengistbury Head Outdoor Activities Centre. This enables us to provide RYA qualifications and extra instructors, dinghies and safety boats to provide safe training for juniors (7-16 years old).

The training will be run by Richard Brooks who is a club member and an RYA Qualified Senior Instructor and an RYA qualified instructor from Hengistbury Head.

The inclusion of instructors and equipment from outside the club increase the cost of training which will be £30 per junior per day.

The training will be full day long sessions and juniors can attend as few or as many as they like. The intention is to provide enough training at the start of the summer to enable the juniors to sail in other club activities (and with their families) over the summer.

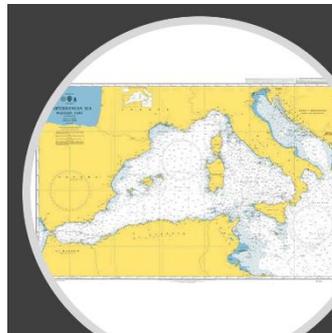




## Evening Talks

### Friday 11th Jan – Charts, Tides and Currents – Richard Brooks

For the first session we will attempt to condense a week's worth of RYA Day skipper theory into an evening. Focusing on what charts are and how dinghy sailors can use them to navigate and understand the geography, tides and currents at Highcliffe and beyond.



### Friday 8th Feb – Knots - Richard Brooks



An evening's introduction into the important knots for sailing and aspects of ropework which will (hopefully) help you to avoid rig coming apart on the water.

### Friday 4th Jan – Racing Rules - Ben Schooling

An evening introduction into the racing rules (and recap) covering how to avoid and collision and how to use them to your advantage. Moving on to racing tactics.



### Friday 1st February – Race and Course Management – Pete Emerson



This talk is intended to give members the confidence to successfully run a race e.g. start sequence, safety, course laying (there's more than one) and the finish, along with many other items to discuss. The intention is to make it as interactive possible).



# HIGHCLIFFE SAILING CLUB

## Club Instructors and Coaches

On this page we will tell you a little bit about the various people who will be running the training sessions, so you know who to look out for at the club if you have any questions.

### Ken Fowler



Formerly Vice Commodore of Highcliffe Sailing Club and runner up in Yachts and Yachting's Achievement of the year award Ken is an RYA Qualified Dinghy Instructor and regular racer at HSC.

In 2016 Ken sailed his Laser Dinghy round the Isle of Wight for Charity and followed that up a year later with a solo trip from Lands End to John O Groats by RS Aero. In 2019 Ken will be fitting teaching at HSC in with Sailing round every Island in the UK and full-time employment.

### Margaret Norris



Recipient of the RYA's Senior Instructor of the Year award Margaret will be joining us to instruct at Ladies that Launch. She became an instructor at the age of 50 and a Senior Instructor at 55 so is a great believer that it's never too late to try something new. She describes her teaching approach as nurturing and is particularly good at putting members who are new to sailing at ease on the water. When not helping at HSC Margaret can most often be found working as a "casual" instructor at Hengistbury Head Outdoor Education Centre.

### Ben Schooling

A keen Musto Skiff racer Ben is a an RYA Qualified Race Coach who will be taking the lead in the Race training sessions in 2019.



### Louise Booth

Louise is a club member and RYA Qualified Dinghy Instructor who can often be found teaching courses at Hengistbury Head Outdoor Education Centre.



### Richard Brooks

Richard is an RYA Qualified Senior Instructor who has been teaching sailing at Scout Groups, Sailing Clubs and Sailing Centres for over 20 years. Richard coordinates all the training shown in this leaflet and can be contacted at the email address [training@highcliffesailing.co.uk](mailto:training@highcliffesailing.co.uk) or through the club's Facebook page.



### Dave Holloway

Dave used to be principal and Chief instructor of Avonmouth Watersports. He has joined the club for 2019 to provide 1-2-1 training for members. Check facebook in the future for more information.

