



RYA ADULT SAILING TRAINING PROGRAMME

including

WOW AND **MOB**

(open to all members)

+

DEVELOPMENT into racing (open to all SAILING MEMBERS)

2019



WoW – Women on Water

MoB – Men on Boats

MONTH	DATES	Time	ACTIVITY	COMMENTS	
APRIL	Mon 15 April	18:00 – 20:00 or	What do team duties involve? A fun evening of exploration <i>Open to all members both Sailing and Supporters' club</i>	We are keen to encourage all members to help us run various activities eg youth nights, Saturday Development days, Racing on Wednesdays and Sundays as well as RYA training days This activity is open to all members, both sailing and supporters, who are interested in what a team duty involves. Members can choose one evening to attend to find out more about safety boat, race officer, assistant race officer, and beach duties. Please sign the Doodle to say when you would like to come The bar will be open Plus two practical sessions on Sat 4 and Sat 11 May and an opportunity to do a duty taster 25 May "Push the Boat out"	
	Tues 16 April	18:00 – 20:00 or			
	Wed 17 April	18:00 – 20:00 or			
	Thurs 18 April	18:00 – 20:00			
	Tues 23 April	19:00	Adult RYA training MOB		Signing on evening and allocation of duties plus bring nibbles
	Thur 25 April	19:00	Adult RYA training WoW		Signing on evening and allocation of duties plus bring nibbles
MONTH	DATES	Time	ACTIVITY	COMMENTS	
MAY	Thur 2 May	18:00	Adult RYA training WoW	Taster for newbies Recap tacking; figure of 8;	
	Sat 4 May	14:00	Intro to Sailing at FSC 1 <i>Open to all sailing members only</i>	An opportunity to show all the expectations at FSC eg what to do, where to put things, how to look after them, how to pay for boat hire. Rigging, washing, derigging and packing away Powerboat practical training + launch, recovery	

	Tues 7 May	18:00	Adult RYA training MOB	Taster for newbies as well as Wind awareness
	Thur 9 May	18:00	Adult RYA training WoW	Wind awareness
	Sat 11 May	10:00	Intro to Sailing at FSC 2 <i>Open to all sailing members only</i>	As Sat 4 May + Rigging, dry land practising Powerboat practical training + launch, recovery
	Sun 12 May	11:00	Novice Racing <i>Open to all sailing members only</i>	3 races back to back for novices, adult and youth. <i>For club members not going to POSH</i>
	Tues 14 May	18:00	Adult RYA training MOB	Launching and recovery On shore dry gybing, downwind sailing
	Thur 16 May	18:00	Adult RYA training WoW	Launching and recovery On shore dry gybing, downwind sailing
	Sat 18 May	14:00	Skills Saturday <i>Open to all sailing members only</i>	Lead instructor to talk about skill to be developed eg quality tacking, reaching and up wind sailing
	Tues 21 May	18:00	Adult RYA training MOB	5 Essentials
	Thur 23 May	18:00	Adult RYA training WoW	5 Essentials
	Sat 25 May	10:00- 13:00	PUSH THE BOAT OUT and taster sessions. Open to all members and those interested in becoming members	RYA push the boat out, encouraging all members and friends to have a go. Opportunity for more experienced sailors to show their boats, or take people out Opportunity for members to have a taster of duties.....
	Tues 28 May	18:00	Adult RYA training MOB	Stop, start, slow down, follow my leader
	Thur 30 May	18:00	Adult RYA training Wow	Stop, start, slow down, follow my leader
MONTH	DATES	Time	ACTIVITY	COMMENTS
JUNE	Tue 4 June	18:00	Adult RYA training MOB	Come alongside RHIB, circling buoys Sailing safari

	Thur 6 June	18:00	Adult RYA training WoW	Come alongside RHIB, circling buoys Sailing safari
	Sat 8 June	10:00	Skills Saturday and intro to racing <i>Open to all sailing members only</i>	Lead instructor to talk about skill to be developed eg quality gybing, reaching and downwind sailing
	Tue 11 June	18:00	Adult RYA training MOB	Come alongside RHIB, circling buoys
	Thur 13 June	18:00	Adult RYA training WoW	Come alongside RHIB, circling buoys
	Tue 18 June	18:00	Adult RYA training MOB	Back up sail safari, practice skills
	Thur 20 June	18:00	Adult RYA training WoW	Back up sail safari, practice skills
	Sat 22 June	10:00	Novice Buddy Race 1 <i>Open to all sailing members only</i>	Novices and experienced sailors to team up and support each other during race
	Tue 25 June	18:00	Adult RYA training MOB	Start racing, getting to starting line, practice starts
	Thur 27 June	18:00	Adult RYA training WoW	Start racing, getting to starting line, practice starts
MONTH	DATES	Time	ACTIVITY	COMMENTS
JULY	Tue 2 July	18:00	Adult RYA training MOB	Start racing skills
	Thur 4 July	18:00	Adult RYA training WoW	Start racing skills
	Sat 6 July	10:00	Novice/Buddy race 2 <i>Open to all sailing members only</i>	Novices and experienced sailors to team up and support each other during race
	Tue 9 July	18:00	Adult RYA training MOB	Start racing skills
	Thur 11 Jul	18:00	Adult RYA training WoW	Start racing skills
	Tue 16 Jul	18:00	Adult RYA training WoW + MOB	<i>Cindy Bloor + Nigel Lester trophies provisional</i>
	Thur 18 July	18:00	Adult RYA training WoW + MOB	<i>Cindy Bloor + Nigel Lester trophies provisional</i>

	Sat 20 July	10:00	Novice/Buddy race 3 <i>Open to all sailing members</i>	Novices and experienced sailors to team up and support each other during race
	Tue 23 July	18:00	Adult RYA training WoW + MOB	Sprints and Relay races
	Tue 30 July	18:00	Adult RYA training WoW + MOB	Sprints and Relay races
MONTH	DATES	Time	ACTIVITY	COMMENTS
AUGUST	Sat 3 Aug	10:00	Novice/Buddy race 4 <i>Open to all sailing members</i>	Novices and experienced sailors to team up and support each other during race
	Mon 5 Aug	9:30	RYA Training for all Day 1	This is open to all members (adults, youth, Supporters Club members)
	Tues 6 Aug	9:30	RYA Training for all Day 2	This is open to all members (adults, youth, Supporters Club members)
	Wed 7 Aug	9:30	RYA Training for all Day 3	This is open to all members (adults, youth, Supporters Club members)
	Thurs 8 Aug	9:30	RYA Training for all Day 4 + Adult Racing Training	This is open to all members (adults, youth, Supporters Club members)
	Friday 9 Aug	9:30	RYA Training for all Day 5 + Adult Race Training	This is open to all members (adults, youth, Supporters Club members)
	Sat 10 Aug	11:00; 12:00; 13:00	Club Regatta – Novice Adult <i>Open to all sailing members only</i>	An opportunity for novice adults sailors to have a go in a proper regatta with support and guidance from other club members
	Mon 12 Aug	13:00	RYA Sailing Improvers – pm session 1	This is open to all members (adults, youth, supporter club members)
	Mon 12 Aug	18.00	RYA Improvers – evening session 1	This is open to all members (adults, youth, supporter club members)
	Tues 13 Aug	13:00	RYA Improvers – pm session 2	This is open to all members (adults, youth, supporter club members)

	Tues 13 Aug	18:00	RYA Improvers – evening session 2	This is open to all members (adults, youth, supporter club members)
	Wed 14 Aug	13:00	RYA Improvers – pm session 3	This is open to all members (adults, youth, supporter club members)
	Thur 15 Aug	18:00	RYA Improvers – evening session 3	This is open to all members (adults, youth, supporter club members)
	Sat 17 Aug	14:00	Fun Sailing for all <i>Open to all sailing members</i>	Open afternoon for all to have fun together within an agreed sailing area
	Sat 24 Aug	10:00	Family Fun Day <i>Open to all sailing members</i>	Body boards/paddle boards/kayaks/ sailing for all
	Sat 31 Aug	14:00	Team/Relay racing Novice and Buddy <i>Open to all sailing members</i>	Weather dependent. Experienced racers to partner up with novices for fun team and relay racing.
SEPT	Thur 5 Sep	19:00	Adult RYA training WoW + MOB	<i>Joint Celebration evening</i>

PRINTED AND PUBLISHED BY



64 Felpham Road, Felpham

01243 841341