

# CLUB TRAINING PROGRAMME 2010

(Barnt Green Sailing Club is a RYA Recognised Teaching Establishment)

The Club runs a full programme of courses and coaching sessions throughout the year for members of all ages and abilities. The courses are run by qualified RYA instructors. Reservation forms can be obtained from the training coordinators or from the website. Courses must be booked and paid for in advance. Other courses can be arranged if there is sufficient demand.

## Principal Training Officer

Merlyn Wilcox 0781 694 6983

[merlyn.wilcox@blueyonder.co.uk](mailto:merlyn.wilcox@blueyonder.co.uk)

## Training Centre Assistants

Youth Training Coordinator

Mandy Suggitt 0121 445 6550

Adult Training Coordinator

Paul Cross 01905 796996

## Junior Training

If you can help at any of these events, if only for a few hours, please make either Merlyn Wilcox or Mandy Suggitt aware. We need lots of support to enable us to run these events.

## Junior Training Courses

These are three-day courses for juniors of all abilities, from complete beginners to experienced racers. Groups learn at Stages 1, 2, 3, 4, or racing, under the RYA Youth Sailing Scheme, and also advanced coaching.

<b>Easter:</b>	<b>April 5<sup>th</sup> to 7<sup>th</sup></b>
<b>Early Summer:</b>	<b>July 26<sup>th</sup> to 28<sup>th</sup></b>
<b>Summer:</b>	<b>August 23<sup>rd</sup> to 26<sup>th</sup></b>

## Adult Training

### Dinghy Basics Skills Training (RYA level 1 & 2)

These two day courses teach people to sail. The Level 1 course is for complete beginners and the Level 2 course is for people with some experience.

<b>RYA level 1:</b>	<b>March 20/21<sup>st</sup> March or May 29<sup>th</sup>/30<sup>th</sup></b>
<b>RYA level 2:</b>	<b>April 3<sup>rd</sup>/4<sup>th</sup> or June 26<sup>th</sup>/27<sup>th</sup></b>

Please contact Paul Cross to book a place.

### Dinghy Refresher Training

This one day course is for people who have completed their level 1 or 2 courses but need some reminders and help to get back on the water. Please contact Paul Cross for further information including next course dates etc.

### Racing Training

These two day courses build on level 2 training. Day 1 will show you how to start racing and day 2 will improve your knowledge and skills. Please contact Paul Cross for further information including next course dates etc.

## Power Boat and Safety Boat Courses

Members are strongly advised to take these RYA recognised courses to ensure that they can competently carry out rescue duties. Please contact Merlyn Wilcox for further information and to book a place.

