

# NBYC EASTER SAILING SCHOOL

Revised form 18.02.10

## NEW FOR 2010.

Reintroducing the sailing skills course which used to be part of the RYA scheme. NBYC certificated Course These courses will be more about seamanship, friends, fun and games.

## WHICH GROUP IS FOR YOU?

Costs held at last year's price

**£80.00**

Forms and information available from the office.

Entries close 15th March 2010

## Easter Sailing School 12<sup>th</sup> – 16<sup>th</sup> April 2010

For children 8 years and over, (born on or before 12th April 2002) who are either members, or children or grandchildren of members.

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| <b>Stage 1</b>                       | By the end of this introductory course, you will have a basic understanding of how a boat sails, and some experience of steering and handling the boat. Mostly optimist boats are used, unless the student is large/heavy enough to be in a topper. One person per boat. For those who gained stage 1 last year, but have not sailed since, please book yourself back on this stage. We will see from your log book if you have sailed during the last season.   |
| <b>Stage 2</b>                       | During this course the tack and gybe will be taught so the student can sail a figure of eight course.<br>Optimists and Toppers used for this course. One person per boat.  |
| <b>Stage 3</b>                       | Having completed stage 3 you will be able to sail in any direction and rig and launch your boat.<br>Optimists and Toppers used for this course. One person per boat.   |
| <b>Red, White &amp; Blue Sailing</b> | These sailing groups are aimed at those sailors who have completed Stage 3 and want to polish their boat handling skills without the pressure of racing. These courses will cover seamanship skills, communications, rigging dinghies, weather, man over board, and more fun and games. Weather dependant we would hope to arrange a day cruise down the river. Although different levels these 3 course may be run as one group. Can be carried out in single hander and double hander boats.<br><br>**This will be a NBYC certificate course, not an RYA certificate** |
| <b>Start Racing</b>                  | Introduction to racing. This is for those who have gained stage 3 and wish to build the skills to enable them to join in club racing. The course will improve boat handling, racing rules, and racing techniques to enable participants to take part in Open meetings and other regattas. It is recommended that this is a two-year course, with ongoing practice on the water.  |
| <b>Intermediate Racing</b>           | To be able to progress to Intermediate racing, we would expect the sailor to have competed in club racing on a regular basis and also entered Open Regattas. This course continues for at least two years.   |
| <b>Advanced Racing</b>               | This course will help to strengthen advanced boat handling skills and improve tactics, including team racing skills.<br>All students must have raced regularly for at least two seasons, and taken part in open regattas, and National Class Events.   |

**Please mark clearly on the booking form which course you wish to do and what class of dinghy you will be using.**