

Summer Camp 2019 – Info

Dates	<p>Week A: 5th – 9th August Week B: 12th – 16th August</p> <p>Both weeks are identical in format. Two weeks are offered so that everyone can be catered for.</p>
What is it?	<p>Summer Camp is a popular 5 day course run by RYA certified instructors that offers RYA accredited training AND water based fun activities and sells out fast. There are 10 different levels to choose from – see below – and is open to members and non-members.</p> <p>Boats (Oppies and Toppers) and life jackets are available for hire if you do not have your own.</p> <p>You can use your own boat. Optimist, Toppers, Mirrors, Picos and Fevas are the recommended class.</p> <p>You will need to have your own clothing – see suggested kit list.</p>
Location	<p>Norfolk Broads Yacht Club The Avenues Wroxham Norfolk NR12 8TS</p> <p>Drive to A1151 in Wroxham, exit onto “The Avenues”. Proceed 0.7m to sharp right bend, turn left into drive, signposted NBYC. The club is entered through a security gate at the end of the drive. You will be sent the code in your Welcome Letter send out a week before the course start date.</p>
Times	<p>0930: daily: dressed and in club house for coach briefing* 1630: daily: finish with pick up between 1645 and 1700 (this allows time for sailors to get changed and tidy up their belongings)</p> <p>Note:</p> <ul style="list-style-type: none"> • If you are hiring a boat for the course: Please meet at the Cadet Shed at NBYC for 0830 on the Monday • Prize giving will take place on Friday at 1530 – all welcome. • Please do not rig your boat before your coaches briefing- if you are doing levels 1 – 4 – as this is part of your course
Costs: Members	£120
Costs: Non-Members	£190
Boat Hire	£65 for the week. Includes life jacket & insurance cover for the boat.
Loco Parentis	All children 12 and under must have a parent/ guardian present at all times.
Facilities	<p>The club house is open daily from 0900 until 1700 for sailors and their families serving breakfasts, hot & cold lunches, hot & cold drinks, snacks and cakes.</p> <p>Payment is via cash or card. Members will be able to use their membership and receive a 10% discount. More information will be in the joining instructions.</p> <p>There are plenty of places to hide away with a lap top or book and enjoy the views and we welcome families making the most of the space.</p> <p>There is ample parking for boat and boat trailers. Warm changing rooms with hot showers, drying areas, sockets, lockers, hairdryers and toilets.</p>

Camping - available in the top field. Temporary Moorings - available. Phone 01603 782808.

Levels – 7 to choose from

Water Rats	Min age : 6 yrs Ratios : 3:1	For those new to sailing this is a great introduction to the sport. NOTE: Sailors under the age of 7 must be assessed as being able to cope with the demands of the camp by the Training Committee. Please email: training@nbyc.co.uk before applying. Limited spaces available.
Stage 1	Min Age: 8 yrs + Ratios 6:1	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.
Stage 2		During this course the tack and gybe will be taught so the student can sail a figure of eight course.
Stage 3		Having completed stage 3 you will be able to sail in any direction and rig and launch your boat.
Double Handers	Min Age: 8 yrs Ratios: 4:1	Learn how to helm and crew a double handed dingy predominately using FEVAS with the occasional use of a club Yeoman. You will not need your own boat or need to hire a boat. This is a great course for building confidence and cementing knowledge and is ideal for those who do not wish to go down the racing route.
Start Racing *	Min Age: 9+ who have completed Stage 3 Ratios: 6:1	Learn all the skills required to start club racing, including how to maximise boat speed and outwit your opponents
Intermediate Racing *	Min Age: 9+ who have completed Start Racing Ratios: 12:1	Builds on skills from Start Racing and covers: developing greater awareness of the key principles of steering, boat handling, boat speed, strategy and tactics. Note: May take more than one course to complete
Advanced Racing *	Min Age: 9+ who have completed Intermediate Racing Ratios: 12:1	A predominately practical course developing skills in preparation for open meetings and higher - level competitions. Note: May take more than one course to complete
Performance Sailing NEW – Week A Only	Targeted age range 14yrs +	For those already competing in zones or who attend many open meetings and sail throughout the year and who have finished their RYA advanced modules. This module will be delivered by a range of RCL2 and 3 coaches.

For those with little or no sailing experience we'd suggest starting at Water Rats. Many children complete Stage 1 more than once so that they can cement their knowledge and build their water confidence before moving on. If your sailor has left a long gap in their sail training, we would recommend this.

Even if your child is an accomplished sailor, but young, we still encourage you to start on Stage 1 as this week is also about making friends within the club and having fun. Don't worry – we make assessments throughout the week and will move your sailor if we feel they are not in the right group.

*** If your sailor has already completed one of the advanced modules (start, intermediate or advanced) but has NOT done any or much sailing since we would recommend repeating the course to cement their learning.**

Suggested Kit List

	Complete change (or two) of clothes. Including a dry towel. Bin liner to take wet clothes home.
	Warm comfortable clothes. (It is always one sweater colder on the water!). Fleece clothing is good as they wick any moisture away from the skin and therefore you keep warmer, and it also dries out much quicker. Thermal t-shirt and long johns and thermal ski type socks are good for cold days.
	A waterproof/windproof jacket and trousers. (Not quilted clothing)
	Soft canvas shoes, or trainers, or dinghy boots, with soft rubber soles.

	Shoes invariably get wet. Plastic bags over socks inside shoes help keep feet warm and make it much easier to slip feet in and out of shoes/boots.
	Gloves are useful: sailing, gardening or old wool types, especially without full fingers.
	Hats. Warm one for cold days and sunhat for sunny days. Neck warmer - fleece variety really works well for keeping warm.
	Please secure any specs. Only wear waterproof watches.
	No earrings to be worn. Long hair to be tied back.
	Personal buoyancy (50n min) and Fitting. NOT the self-inflating type for students.
	Sailors in the racing groups will need to have a waterproof racing stop-watch.
	Wet suits are strongly recommended with windproof top and trousers over.