

# OCTOBER TRAINING 6<sup>th</sup> | 13<sup>th</sup> | 27<sup>th</sup>



## Coaches:

Ben Hazeldine  
Lucy Terkelsen,  
Alex Corby  
George & Tom Bridge

Frensham Pond  
SAILING CLUB



- External Cadet coaches – National and World team level
- Focused course content
- 3 race series, 1 discard – trophies to win!
- Small group sizes – ‘Gold’, ‘Silver’, ‘New helm’ and ‘Intro to Cadets’
- Food available and BBQ.
- £25 per boat for each Saturday – that’s £1.56 per hour, per person!
- ‘Intro’ group – bargain at £10 per person – club boat included – only 12 places available, first come, first served!

## A guide to the groups:

### Gold fleet:

Aimed at those with a few years 'circuit' / National experience under their belt. Perhaps you have RYA squads, World qualifiers or Promo's in your sights next year.....:

- *Fine tuning your skills*
- *Advanced boat set up*
- *Race tactics*
- *Advanced spinnaker handling*
- *Start positioning*
- *Plus much more...*

### Silver fleet:

Aimed at those who have helmed for a year or two. Perhaps you've just started on the circuit, you know what you're doing but want to sharpen up your skill set.....:

- *Boat set up*
- *Start line positioning*
- *Mark rounding's*
- *Your competition on the water*
- *Lay lines*
- *Plus much more...*

### Regatta / New helm:

Congratulations, you've made it to the back of the boat and now have more room!  
Aimed at those who are in their first year of helming. You know the jib and spinnaker inside out and now need to work on the rest.

- *5 essentials*
- *Start line – pin end or committee boat?*
- *Rules of the road*
- *Mark rounding's – where should you be?*
- *Lay lines*
- *Working with your crew and putting it all together*

### New crew / Intro to Cadets (12 places only):

You've done a couple of courses, maybe your RYA 1/ 2 or perhaps had a taster sail or two and like the look of a Cadet, working with another person in a bigger boat. You've got the taste of sailing, see how cool it is and how much fun you can have in the Cadet family as a new crew. Bring it on!

- *Land drills – what on earth is a spinnaker?*
- *Jib setting and what to look for*
- *How to be an effective crew*
- *Have a go at helming*
- *What to look for on the water*
- *Balance and trim*
- *Plus much more...*