

March 2007

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# News from South Wales!

## South Wales Regional Newsletter



CYMDEITHAS  
HWYLIO CYMRU

**Welsh Yachting Association** [www.welshsailing.org](http://www.welshsailing.org)  
[www.southwalessailing.co.uk](http://www.southwalessailing.co.uk)

*Towards:  
More & Better Sailing  
in South Wales*

**[www.southwalessailing.co.uk](http://www.southwalessailing.co.uk)**

With Thanks to David Cairncross  
South Wales now has a new  
website!!

A temporary solution to long  
term problem!

Check it out!!

Information regarding club  
development, youth and junior  
training and events...

More information will continue  
to appear as it develops, its not  
high tech... but it works!!

Let me know any quirks..

**Dragon  
Sail**



### Special Interest Articles:

- New Website!!
- Sports Coach UK
- Rules Arbitration
- Dragon Sail Launch

### Individual Highlights:

Club Development	2
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Youth Training	4
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**Stop Press...**  
**2007 Clubs Conference and  
Dragon Sail Re-launch!**  
**Tuesday 27<sup>th</sup> March!!!**

#### Latest news.....

As the 2006/7 winter training nears an end with a weekend at Sully, Corus, Mumbles to go before all 3 squads meet back in Cardiff for a final late March, its time to reflect and look ahead to 2007.

The regional training has grown again with over 80 members this year sailing in Development, Optimist and Youth Squads. The development squad was a new initiative in order to maintain as much input and time as possible dedicated to the new sailors coming in, whilst our Welsh National and GBR sailors have all been working hard through the winter. (Some were seen surfing the waves at the rannie off Penarth on one blustery day!! Impressive..

The future for the regional squads is one for a great deal of thought. Initiating a J80 Keelboat Squad to provide a stepping stone and continuation for sailors looking to progress into the RYA Volvo Keelboat Squad is one current action, and I expect to see a selected small regional squad with professional coaching in place next year whilst regional open training will continue but perhaps with more clubs holding their own training...

From a club development perspective we are getting ready to re-launch Dragon Sail which has been revamped to bring together the many initiatives and benefits into one single program and application form. Within Dragon Sail is the W.Y.A coaching plan, this offers huge benefits to clubs for training of instructors, funding female coaches, even having a Community Coach work at your club for a set period of time.

One of the biggest challenges I think is facing us all is meeting the ever rising challenge of quality of service and effective management in the modern era. It is not without surprise that a number of clubs have been streamlining their management structure - reacting to modern day demands of health and safety, effective volunteer recruitment, funding and so on.

The W.Y.A as well as putting forward Dragon Sail as a framework of best practice, we are seeing the idea of the club pro being proposed by the RYA - working within one or several clubs. Can this mean a two tiered club structure in the UK - I don't know, can Wales afford to be left behind - I don't think so... can the community coach role help? Watch this space..... Iwan

## Modern Sport Program

*How many of us see ourselves as sailors who teach a bit?  
Get more sport coaching and managing knowledge from....*

## Sport Coach UK Courses

Sports coach UK courses are for all coaches. The fact that workshops are available at two levels means that there is something for you if you are a beginner or experienced coach but want more knowledge about coaching, subjects include: how to coach children in sport, coaching methods and communication, responsible sports coaching, goal setting and planning to name but a few.

## Running Sport Courses

Are aimed to improve the knowledge and skills of club administrators and management, courses include:

- A club for all
- Funding and Promoting your Club
- Sport Development Planning
- Volunteer management, and more

The W.Y.A have run these courses specifically for coaches and clubs, but our aim is to get clubs and coaches attending these course in your area.

See [www.coachingwales.com](http://www.coachingwales.com) for course dates and details  
Or pick up the next issue at the W.Y.A clubs conference or by e-mail from [Iwan.basten@thewya.org](mailto:Iwan.basten@thewya.org)

## Women and Girls Opportunities...

Are you female?? Do you want to get more involved with your club? Maybe you're an x-squad sailor? Maybe you're a mum who wants to help out with your child's learn to sail group... Funding for Women and girls specific coach education program may well be available... For more information...  
Contact WYA Office or your RDO

## Help out at your club... Get some training!

**W.Y.A Dragon Sail Clubs will get discount on CBYC courses.  
Forthcoming courses include**

### RYA Powerboat 2

April 26<sup>th</sup> 27<sup>th</sup>  
June 28<sup>th</sup> 29<sup>th</sup>  
August 30<sup>th</sup> 31<sup>st</sup>  
Cost £105

### RYA Safety Boat Course December 1<sup>st</sup> & 2<sup>nd</sup> - £105

**RYA First Aid at Sea**  
March 28<sup>th</sup> 29<sup>th</sup> (evening)  
Cost £25

### RYA Keelboat Instructor Endorsement

**J80 Performance Racing Clinic**  
11<sup>th</sup> 12<sup>th</sup> August - £120

### Part funded SI & DI courses available – contact your RDO

*Why not use community chest grant to help pay for these discount courses?*

See [www.cbyc.co.uk](http://www.cbyc.co.uk) for full brochure

### "Community Coach"

*A sail training consultant to help set up and improve training programs... May have lots of new ideas and may even suggest changes... Open Minds compulsory!*



sports council wales  
cyngor chwaraeon cymru



## Dragon Sail



*More & Better Sailing  
in Wales*

### Dragon Sail Clubs

Providing *More* children with *Better* Sail Training

Access to SCW Grant Facility

Priority Status for Access to Coaching Plan & Community Coach

Access to the CERT for subsidised volunteer training

Discounted Volunteer Clothing & Equipment

Annual Resource CD for teaching Sailing

*Plan Develop Deliver Support*

### Dragon Sail Clubs

**Plan for the future**

Have A Club Development Plan towards "More & Better Sailing" at your club

**Develop your volunteer base to ensure**

*Recruitment  
Retention  
Reward*

is sustainable for the future

**Deliver Quality & Safe Training to Children in RYA Classes**

**Support & Encourage Sailors to enter CYRC Series, Class Events & Regional Training**

*Plan Develop Deliver Support*

## Rules Advisory & Arbitration – what is it??

The RYA have appointed regional rules advisors – their job is to coordinate training for club rules advisors and appoint a advisors for the major racing clubs.

### Club Rules Advisors

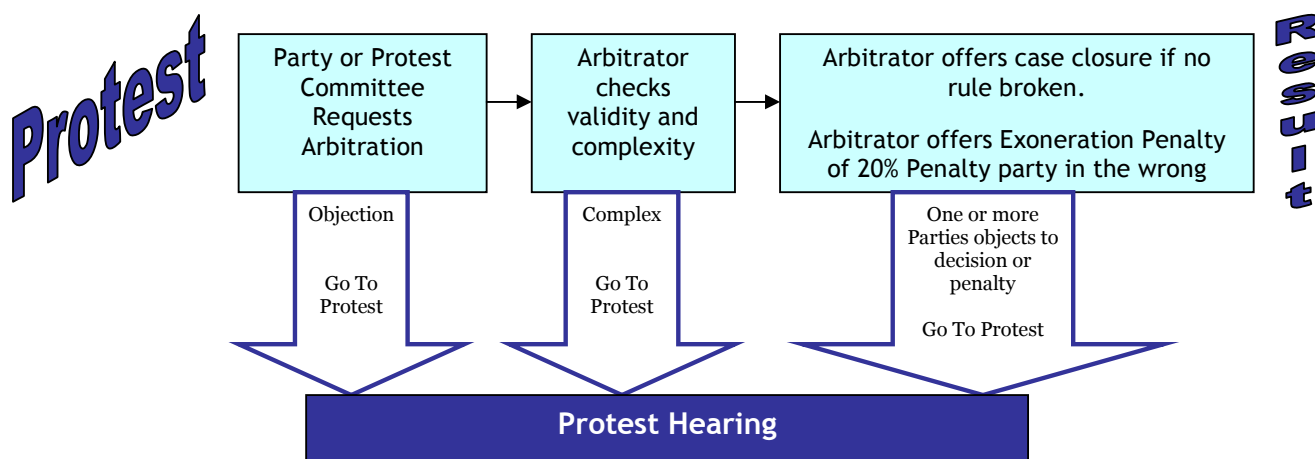
- Does your club have protests?
- Probably not or very infrequently
- Why?
- Do they cause a lot of trouble and potentially bad feeling? – yes then please read on .....

### Advisory hearing

Available when there is no formal protest made – provides an informal way of finding out who was in the wrong – helping address poor rule adherence by not knowing! Redress can not be given but a race committee may change an obvious error.

### RYA Arbitration

Its purpose is to decide simple protests and simple requests for redress quickly and with an alternative penalty of 20% but minimum of 2 places. At any point any party Including arbitrator may request full protest..



### Club Arbitrator Courses

- Courses will be one day, approximately 5 hours, which may be spread over three evenings. Clubs will organise the evening and cover the tutors expenses.
- The aim will be to have club rules advisors in all South Wales racing Clubs by the end of the season.
- There is a current vacancy for South Wales Regional Rules Advisor, contact Iwan Basten for further details and to register interest to host / place on the first club rule advisor course which will be arranged with North or Midlands regional advisor.



### Club Race Officer Course *Introductory Race Officer Course - flags, sequences, courses etc*

Penarth Yacht Club  
20<sup>th</sup> 21<sup>st</sup> March

1900 - 2100  
£15 per person

Contact David Shepherd  
07764 813955

### South Wales Race Management Conference

Full Update for race officers in South Wales  
*Not sure about using the V flag?  
Latest general recall best practice  
Event management news*

Mumbles YC - 4<sup>th</sup> March - 1000

Contact David Shepherd  
07764 813955

### South Wales Rules Night

All you need to know in 30 minutes flat....

Followed by a Rules quiz - teams of 2 or more!

12 years old + (or it wouldn't be fair)

Wednesday 21<sup>st</sup> March!!  
1900

## Camps 2007

### CBYC Easter Egg 3 Day Training

11<sup>th</sup> - 13<sup>th</sup> April

Optimist, Topper & Youth Class Race Training  
3 days training to kick start the season

£50 inc. pre selections training with National Coaches!

### Whit Week South Wales Intermediate Camp

(able to sail)

Optimist, Toppers,

29<sup>th</sup> May - 1<sup>st</sup> June (4 days)

£80 (National Guest Coaches on hand)

### Restrouquet Optimist Adventure Camp

31<sup>st</sup> May - 3<sup>rd</sup> June

A Team of 12(ish) sailors based on Welsh Youth and CYRC results will be invited to 2 days training and 2 days racing in the South West Area Championships as a Team from South Wales.

£80 + event entry fee

### CBYC Beginner Camp

23<sup>rd</sup> - 27<sup>th</sup> July

Fast track sailors who didn't start at the start of the season through CBYC beginner camp

23<sup>rd</sup> - 27<sup>th</sup> July - places limited by availability of boats  
£80

### South Wales Youth Racing Camp

15<sup>th</sup> - 18<sup>th</sup> August

Toppers, Lasers, 420's (min CYRC racing experience required)  
4 days race training with guest coaches looking to develop your skills, coaches will work on specific skills and introduce you to training yourself! Racing experience at CYRCs essential. Keelboat try sail throughout the week  
£80

### South Wales Optimist Racing Camp

20<sup>th</sup> - 23<sup>rd</sup> August - 4 days race training and activities with rest day before the Welsh Optimist Championships

£80 (Discount available if entering training and event!)



### South Wales Assistant Race Coach / Instructor Week

#### Regional Squad PB2 course

9<sup>th</sup> & 10<sup>th</sup> April  
£30

#### Assistant Instructor Course Learn to teach beginners

4<sup>th</sup> 5<sup>th</sup> 6<sup>th</sup> April

You will be introduced to teaching methods and progression through to introductory single handed session. You will gain hands on experience under the supervision of an experienced coach / SI  
Cost - Free

#### Assistant Race Coach Course

1 day course and then work on the water with an experienced Coach!  
Course date 11<sup>th</sup> April - Free

#### Regional Squads - RYA 1<sup>st</sup> aid 15<sup>th</sup> April - £10

Open to current or ex members of the regional squads  
Over 14 Years old

Work Experience Opportunities available at all camps!!

Age 15 - 21?

Want to try something different?

### South Wales Keelboat Squad is coming in 2007

#### J80 Open Training - 11<sup>th</sup> 12<sup>th</sup> August

Min Hold RYA Level 2

Combined with Adult performance racing weekend  
£60

#### 2007 keelboat Squad Selections

6<sup>th</sup> 7<sup>th</sup> October

£40

Details later in the year

### Calling Clubs

*Assistant Club Race Coach Courses / Instructor Courses available for your members at your club!*

*It could be combined with a sail training event - kick starting your season for new instructors and new sailors!!*

Contact Your RDO for details on the above ...  
(Iwan)

# www.southwalesailing.co.uk

## Events 2007

### South Wales CYRC Series (*Coached Opens*)

14 <sup>th</sup> April	Llandegfedd Sailing Club
12 <sup>th</sup> May	Corus Sailing Club
26 <sup>th</sup> May	Llangors SC (TBC)
16 <sup>th</sup> June	Cardiff Bay Yacht Club
7 <sup>th</sup> July	Penarth Yacht Club

#### THE SERIES

- 3 out of 5 to qualify!
- £5 Single Handers & £8 Double Handers (£10 final inc. BBQ)
- 3 to 5 Races a day
- Prize Giving at each event
- Regional indicator events

#### Optimist Ranking Events

##### Optimist Inland Championships

Grafham Water 19<sup>th</sup> 20<sup>th</sup> May

##### Optimist Nationals

28<sup>th</sup> July - 03 August

##### IOCA End of Seasons

Weymouth 13<sup>th</sup> 14<sup>th</sup> October

*Regatta Training fleets at all the above!*

##### *Iwan's Selected Opens*

Bowmoor Easter Regatta - 31<sup>st</sup> March

IOCA South West Championships  
Restrouquet 2<sup>nd</sup> 3<sup>rd</sup> June

Lymington (Main fleet) Open - 9<sup>th</sup> 10<sup>th</sup> June

#### Topper Events

Topper Inlands - Grafham 5<sup>th</sup> 6<sup>th</sup> May

Mumbles Topper Nationwide  
23<sup>rd</sup> 24<sup>th</sup> June

Topper Nationals  
North Berwick 5<sup>th</sup> - 11<sup>th</sup> August

Chew Valley Nationwide  
21<sup>st</sup> 22<sup>nd</sup> July

\* 2007 Squad indicator events have yet to be published

#### Premier Youth Welsh Events

Welsh Youth & Junior Championships  
Pwllheli - 28<sup>th</sup> 29<sup>th</sup> April

Welsh Schools Championship  
Pembroke YC July 14<sup>th</sup> 15<sup>th</sup>

*Regatta Training fleets at all the above*

Mumbles Topper Nationwide  
23<sup>rd</sup> 24<sup>th</sup> June

Welsh Optimist Championships  
CBYC 25<sup>th</sup> - 27<sup>th</sup> August

Acorn Junior Regatta  
(ideal 1<sup>st</sup> time event)  
1<sup>st</sup> 2<sup>nd</sup> September

Welsh Multi-hull  
Championships!  
Mumbles YC 7<sup>th</sup> & 8<sup>th</sup> July

South Wales Super Series  
2 of 3 events to count

22<sup>nd</sup> 23<sup>rd</sup> September - Llandegfedd

6<sup>th</sup> 7<sup>th</sup> October Corus SC

Welsh Sailing Games  
20<sup>th</sup> 21<sup>st</sup> October CBYC

