



**Canberra Yacht Club
Sailing School**

Youth Sailing Academy Term 1 2010

COACHING PROGRAM

GPO Box 7169 Yarralumla, ACT 2600

Phone 6273 4777 Fax 6273 6222

E-mail admin@canberrayachtclub.com.au

Web site www.canberrayachtclub.com.au

YOUTH SAILING ACADEMY BRONZE, SILVER, GOLD AND OPTI TRAINING

Introduction:

The Canberra Yacht Club Sailing School operates a five level Junior Sailing Program. The levels progress from a basic introduction to sailing, to an introduction to racing to finally a full racing program. The first four levels of this program are taught through the Youth Sailing Academy, the final level is taught as part of either the Optimist Race Squad or the Junior Youth Race Squad.

There are 4 groups which make up the Youth Sailing Academy. These classes are discussed below. It is important to note that in all classes spaces are limited and positions in Gold and the Optimist Training Program are by invitation only. At the end of each term of YSA a progress statement will be produced for each student.

If you are unsure which class best suits your child, please contact the Sailing School Office on 6273 4777 for advice.

Bronze: Saturday 9.30 am - 11.30 am

This course is aimed at students who have very little or no sailing experience. It will cover the basics of sailing small dinghies. It is hoped that by the end of the program students will be competent with the contents of Level One of the Canberra Yacht Club's Sailing School Program. Students, who show an aptitude for sailing, will be moved into the Silver Program.

The majority of this program will be sailed in Toppers.

Silver: Group 1: Saturday 12 noon- 2pm

Group 2: Saturday 2.30pm- 5pm

NOTE: The second course is longer as it includes putting all the equipment back in the shed, the same amount of time is spent on the water.

The Silver program is aimed to extend student's sailing skill to a pre-racing level. Participants in this course will continue to develop and refine the skills that they have learned in Level 1. Successful completion of the Silver program will involve the fulfilling of the requirements of Levels 2 and 3. These levels are competence based and as such the rate at which students move through the material will vary.

The majority of this program will be sailed in Toppers.



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Optimist Training Program: Sundays 10am-12am

This program is designed to allow students to develop their sailing skills in the International Optimist dinghy. There are significant restrictions on the size of students who can sail Optimists. As such, this program is offered as **invitation only**. The aim of this course is to enable students to develop their skills so that they can meet the requirements of Levels 3 and 4. It is hoped that students who complete Level 4 will move into the Gold program, the Optimist Racing Program or the Junior Youth Racing Squad depending on the Coach's recommendations.

Gold: Wednesday 4pm-6pm (Plus club twilight racing)

This program is designed to introduce students to racing. As part of the course students are required to participate in the Canberra Yacht Club's Twilight Racing (occurs directly after training) and to keep a log of these races. Because of the need for students to have access to the best possible instruction and to be able to safely compete in the Twilight Races entry into this group is by **invitation only**. The course is designed to enable participants to complete Level 4 and act as a bridge between the Youth Sailing Academy and the Junior Youth Racing Squad. Progression to the Youth Racing Squad is at the discretion of Canberra Yacht Club's coaches and may have to be delayed until boats become available. A coach will discuss your child's path into the Race Squad when it is appropriate.

Each student will be allocated a dinghy & shall be responsible for that dinghy throughout the program.

Cost \$330 per student or \$310 for Southern Cross Members

Supporters:

The Canberra Yacht Club gratefully acknowledges the generous support provided to the Academy by the **Canberra Southern Cross Club** and **Over the Moon Promotions**.

**PLEASE BE AWARE THAT THE CANBERRA YACHT CLUB
COACHES MAY MOVE PARTICIPANTS BETWEEN THESE
COURSES.**



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Course Programs

Week	Date	Bronze	Silver
1	13/2	Introduction	Introduction
2	20/2	Basic Sailing	Recap of Level 1
3	27/2	Manoeuvres	Gybing & Wind Awareness
4	6/3	Points of Sail	Rules of the road
5	13/3	Knots	Sailing Fitness
6	20/3	Working to Windward	Parts of the sail
7	27/3	Towing	Intro to racing
8	10/4	Mini- Regatta	Mini-Regatta

Week	Optimist Training		Gold	
	Date		Date	
1	14/2	Introduction	10/2	Introduction
2	21/2	Sailing Fitness	17/2	Sailing Fitness
3	28/2	Racing Skills (including rules)	24/2	Racing Skills (including rules)
4	7/3	Advanced Manoeuvres	3/3	Advanced Manoeuvres
5	14/3	Sail Controls	10/3	Sail Controls
6	21/3	Man Overboard	17/3	Man Overboard
7	28/3	Advanced Manoeuvres	24/3	Advanced Manoeuvres
8	11/4	Mini-Regatta	7/4	Mini-Regatta

What to Bring:

- Swimmers;
- Shoes that can get wet;
- Clothes that can get wet & are **suitable for the days' weather** (wetsuit, shorts, jumpers etc.);
- Spray jacket;
- Towel;
- Dry clothes;
- Drink bottle with cold water, cordial etc.;
- Sunscreen;
- Hat;
- Plastic bag for wet clothes.



Canberra Yacht Club
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APPLICATION FORM Term 1 2010 YOUTH SAILING ACADEMY

DETAILS OF YSA SAILING MEMBER(s)

1st Family Member

Course: **Bronze** **Silver 1** **Silver 2** **Opti Training** **Gold**

Surname Given Names

Address

Suburb State Postcode

Parents email@.....

YSA SAILING MEMBER'S email Address:.....@.....

Phone H : (.....)..... Mobile : Date of Birth (...../...../.....)

Emergency Contact Name:..... Relationship:.....

Phone : (.....).....

Any relevant condition which may affect ability to participate (e.g. medical/physical?) YES / NO

If YES, please give... details.....

2nd Family Member

Course: **Bronze** **Silver 1** **Silver 2** **Opti Training** **Gold**

Surname Given Names

YSA SAILING MEMBER'S email Address:.....@.....

Phone H : (.....)..... Mobile : Date of Birth (...../...../.....)

Emergency Contact Phone : (.....)..... Relationship:.....

Any relevant condition which may affect ability to participate (e.g. medical/physical?) YES / NO

If YES, please give details.....

PARENT/GUARDIAN'S DETAILS AND CONSENT FORM

Surname Given Name.....

Relationship.....

Contact Numbers (H)..... (W)
(M).....

If not the person above, who should we contact in an Emergency?

Emergency Contact Name :.....

Contact Number :

I(PARENT) am aware that during the training course I have chosen for my child/ward (delete category not applicable) to participate in under the arrangements of the ACT SAILING INCORPORATED (trading as Canberra Yacht Club) certain hazards may occur associated with sailing and boat rigging generally. In consideration of the right to participate in such instruction or other activities associated with the course arranged by the ACT SAILING INCORPORATED their associates or agents I have and do hereby assume all the above risks and will hold ACT SAILING INCORPORATED their associates and agents free of any liability action, debt claims or demands which I now have or may arise as a result or in connection with the participation in this course of instruction. The terms hereof shall also serve as a release of the ACT SAILING INCORPORATED from risk and assumption of risk by my heir's executors or administrators for all members of my family including minors. Should any successful claim be brought for myself/son/daughter/defacto/spouse against the ACT SAILING INCORPORATED I agree to indemnify ACT SAILING INCORPORATED its associates and agents and will meet the total costs resultant from such action.

I also give my authority to use any images taken of my child during this program to be used for Canberra Yacht Club promotional purposes.

SIGNED.....Date...../...../.....

Name in block letters

Office Use	Paid \$	Receipt:	Date: