



**Canberra Yacht Club  
Sailing School**

**Youth Sailing Academy Term 4 2011**

**COACHING PROGRAM**

GPO Box 7169 Yarralumla, ACT 2600

Phone 6273 4777 Fax 6273 6222

E-mail [instructor@canberrayachtclub.com.au](mailto:instructor@canberrayachtclub.com.au)

Web site [www.canberrayachtclub.com.au](http://www.canberrayachtclub.com.au)

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## **YOUTH SAILING ACADEMY SILVER PROGRAMS**

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### **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 two 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 Youth Race Squad 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.

**Silver: Group 1: Saturday 12 noon- 2pm**

**Group 2: Saturday 2.30pm- 5pm**

NOTE: The second course ( group 2) 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 a Holiday or Tackers Course. 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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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** .

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



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## Course Programs 2011

Week	Date	Silver 1 & 2
1	22/10	Introduction
		Note no sailing on the 29 <sup>th</sup> due to the ACT Dinghy Titles.
2	5/11	Recap of Level 1
3	12/11	Gybing & Wind Awareness
4	19/11	Rules of the road
5	26/11	Sailing Fitness
6	3/12	Parts of the sail
7	10/12	Intro to racing
8	17/12	Mini-Regatta

Week	Date	Gold
1	26/10	Introduction
2	2/11	Sailing Fitness
3	9/11	Racing Skills (including rules)
4	16/11	Advanced Manoeuvres
5	23/11	Sail Controls
6	30/11	Boat Handling
7	7/12	Advanced Manoeuvres
8	14/12	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.

### \*\*GOLD STUDENTS ONLY

Please be aware that Gold students are expected to start having personal sailing kit. PFD, Gloves, Wetsuit



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**APPLICATION FORM  
Term 4 2011  
YOUTH SAILING ACADEMY**

DETAILS OF YSA SAILING MEMBER(S)

**1st Family Member**

**Course: Silver 1 Silver 2 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.....

**2<sup>nd</sup> Family Member**

**Course: Silver 1 Silver 2 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: