



# Clwb Hwyllo'r BALA Sailing Club

Updates—  
**EXTRA WORKING PARTY**  
**SAT MARCH 15th. Please**  
**help if you can, see p3**  
**TRAINERS TOPICS— courses**  
**and youth info— see p5**

## Spring Newsletter 2014

### From our Commodore

So far the weather has been very mild in our part of the world, but our thoughts do go out to those down south who have suffered in the floods it must be terrible.

The season starts very soon with a working party on 1<sup>st</sup> & 2<sup>nd</sup> March. As always there is plenty to be done, & there is a list of jobs to be done later in the newsletter.

If you have not been to the club recently you will see that we now have a new door fitted in the back wall near the dry area, to allow access to the patio area. This will enable us to keep the large french doors closed when the weather is bad, & avoid them being damaged in strong winds.

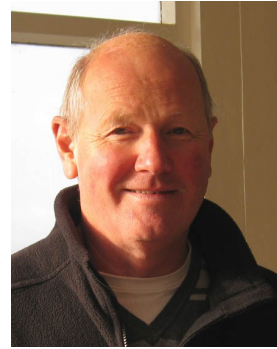
The other thing you may notice is that one of the rib engines has been renewed, the 30hp Mariner engine was developing problems, so we now have a shiny new 40hp Honda replacement. Wal, our bosun, will be monitoring it very closely & the first one to take a chip out of his new prop will be severely disciplined (I say bring back keel hauling- Ed.)

Over the years we have sold various items of clothing with the club logo on, & Rhys Chandler is hoping to set this up again with an on line supplier. Watch this space.

If you have not yet renewed your boat insurance & you use Noble Marine, the club gets a commission if you do it via the club link, on our web site. Steve is working on this at the moment - it should be available soon.

The winter training that took place after the end of the season was very popular so we plan to continue this with a member's Better Sailing Course on 6, 12, & 26 April. It is intended for sailors of all levels not just beginners. The charge will be £15 per family, including coffee & a cake at tea time. We will run on into a short early evening session on rules, race management etc.

Comments made during winter training indicate that novices & juniors can feel intimidated on the start line. So we are proposing that, for club racing, we will start the day with a short briefing to explain the start line, the



course, the flags etc. The start line will then be split in two, with experienced sailors on one end & novices & juniors at the other. This should make starting a bit less hectic, & encourage more to give it a go.

We have added some dates to the programme for Barbeques on 3 May, 7 June, 5 July, & 2 August. These are do it yourself affairs— we provide the fire - but should be good fun.

So lots to look forward to— don't know about you but I have really missed my sailing over the winter & can't wait to get going again.

Ken Hull  
Commodore

The lake on Monday 24th Feb— perfect sailing conditions!



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# Conditions at Bala -after the storms

Well things could be a lot worse, given that winds reached over 100mph in the great storm, and have exceeded 80mph on several occasions. The picture opposite was taken at the south western end of the foreshore, which obviously bore the brunt.– a number of trees have been completely uprooted. One of the jetties has been damaged– we're still to work out just how serious this is– and we've lost part of the gutter on the clubhouse. But at least we haven't had the very high waters of some previous winters



## Renewals– a message from our membership secretary

I'm sure that everyone is looking forward to the new season, so if you haven't already sent in your renewal, now is the time to get it in the post to me. Strictly speaking, I am supposed to charge a late renewal fee if you haven't renewed by the end of January, however we are extending this to the end of February, alternatively you can renew at one of the working parties. Otherwise renewal will cost you an extra £25.

The gate code has changed for this year; your renewal pack will have the details, and will also include a car sticker which must be affixed to your windscreen to enable the beach master to identify members' cars. If you need an extra one just ask.

If you like to go on the water when the club is closed, keys are available to access the toilets and showers at a cost of £15

Thanks, Jenny Hull.

## Junior Rep's Report

Hello junior sailors, time to start warning your parents we've got a busy year!

CYRC Dates are already on the WYA website, please try one out this year if only to test your sailing skills at a different lake or on the sea. It's not that scary and I'll be there to help out and give advice. If you're parents aren't sure what happens at these events come and ask my dad or me.

I've had a busy winter squad training in all weathers. Trust me -beating into

hail really hurts!

I raced at Leigh and Lowton sailing club, saw some familiar faces and completely forgot how to sail in light winds.

Start increasing your fitness levels because trust me nothing beats the feeling of beating your dad (or mum!) to the finish line.

My Squad training on the 15th and 16th of March means that I'll see you down at the club on a working party day or on the start line for the first spring series race.

Sail Fast!

Rhys.

Bala juniors in action



# Working Party Weekends– 1st/2nd and 8th/9th March



Some of Last year's teams in action– debris removal is always a big job

This year's storms have thoroughly cleared the foreshore, but there's plenty on the high water line!



If this is yours, we don't like to say we told you so, but...

As always, there's plenty to be done! The combination of winds and high rain we've had over the winter should mean plenty of debris needs clearing from the foreshore, and a JCB has been booked to deal with replacing the shingle etc, but plenty of help with rakes and barrows, plus a trailer or 2 for removing the other debris would be appreciated. As we store boats etc in the clubhouse and the upper floor of the race box, these areas can't be cleaned until the foreshore is in a fit state to get the boats out . So 1st March will be mainly for outdoor work– let's hope we get the weather!

## Boathouse, Bridge, Training Room & Race Office

- ◇ General clean up & disposal of rubbish
- ◇ Flags & other race equipment checked & sorted
- ◇ Decorating ? (If time)
- ◇ Remove wash boards from doors & store

## Boats

- ◇ Aran to be fitted out & put on its mooring.
- ◇ Training boats to be removed from clubhouse & positioned on beach
- ◇ Rescue boats to be removed from clubhouse & put in boathouse

## Race Marks

- ◇ Buoys to be put out

## Beach & Road ( note a JCB has been booked)

- Holes in entry road & by the concrete ramps to be filled,
- High water mark debris to be removed & shale raked flat
- Overhanging branches trimmed to allow boat parking
- Outside area around clubhouse to be cleared & tidied

## Jetty (in front of Bridge)

Assess damage & make safe

## Clubhouse

- ◇ Turn on water & repair leaks to water pipes if any
- ◇ Galley-
  - General cleaning (Barbara to co-ordinate)
- ◇ Bar- Remove bar stock to cellar
  - Wash all glasses, shelving, fridges, work surfaces & floor
  - General tidy
- ◇ Ladies Changing Rooms & Toilets-
  - Wash down tiled areas & cubicles ,toilets & sinks
  - Painting of walls where required
  - Wash floor
- ◇ Gents Toilets-
  - Wash down cubicles, toilets urinals etc
  - Wash down sink & floor
- ◇ Gents Changing Room
  - Remove race marks, anchors, boat etc
  - Wash floor etc
- ◇ Main clubhouse
  - Clean tables, chairs & floor

8th/9th March– much of this has now been done, and although the branch trimming has been completed, there's still quite a lot of debris in the boat parking areas. Also we've made a start on painting the clubhouse – there is plenty more to do so more help would be welcomed on Sat 15th



# Sailing Captain's Section

The racing season starts with the **Bala Massacre** on Sunday 16<sup>th</sup> March. This is an excellent event to get back into sailing, and although it's an open, it's also a pursuit race so you won't have to worry about crowds on the start line. The full race will take 2 to 3 hours, depending on conditions, but there is no disgrace in retiring if early season muscles aren't coping well!

Normal Sunday racing starts the following weekend, and will be very similar to last year's format, with 4 RYA handicap races, the second of the day being a windward/leeward course, and the race after lunch the Champion Helm series.

Saturday racing will run from the 19<sup>th</sup> July – 4<sup>th</sup> October, with 2 personal handicap pursuit races and 2 RYA handicap races, with overall prizes for juniors and adults in both series. On all other Saturdays, rescue cover will be available for free sailing, in addition a number of regulars have agreed to run informal races from the water for anyone who wants to join in- you will need a watch as all sailors will record their own times.

Ken has already mentioned the Better Sailing course- see the website for details of how to book- this and the Juniors' Supported racing series will run on

Saturdays in April and May. June will see an open meeting day and ladies day – details to follow

Hoping you're all fit and ready to go- see you on the water

John Haywood

**Solutions at least year's open.**



# Youth Section

Hi everyone hope you are all excited about spending your time at the sailing club for a new season, I know I am looking forward to seeing you all. We have some interesting things happening this year with plenty of chances to come along and get in your boat.

I would like to send big congratulations to Rhys Chandler for getting onto the North Wales Regional Topper Squad. Good Luck Rhys hope you have lots of fun!

If you have done your stage 1, 2 or 3 please try and come along to the Better Sailing sessions, you will be able to work on what you've learned and even start getting bits signed up in your logbooks for Start Racing!



Honda Rib Challenge – Are you up for having a go?

We will be looking at introducing training and practice of the Youth Rib challenge course at the club this year. It is a chance for young people to learn how to drive ribs safely and channel their skills around a challenging course and even attend the championships with the chance of winning a new rib! Keep a look out for information/dates of sessions.

Helen Smith-Jones Youth Squad Co-ordinator





# Trainer's Topics– Dates for your diary



Firstly I would like to say a huge thank you to instructors and members for supporting me in my first year of being Training Principal. People have been so willing to give up their time to both instruct and to take part in the coaching sessions. I would also like to congratulate Aled Goddard who has just passed his RYA Race Coach Level 2 course. Hope to see you out on the water in 2014. If there is anything that you would like to see, please get in touch [balasctraining@hotmail.com](mailto:balasctraining@hotmail.com)

## Early Season training

**Powerboat Level 2 2014**                      **Dates: 22 & 23 March**  
**Cost: £40 per person**

This two day course teaches the basics of driving the clubs powerboats and is the basic qualification required to carry out a rescue duty at the club. This is a practical course where most of the time is spent on the water.

**Powerboat refresher**                      **Date: Sat 5 April 2014**  
**Cost: £15 per person**

Powerboat level 2 is a prerequisite. A one day course refreshing the skills learnt during the powerboat level 2 course and starting to introduce skills for rescuing boats on the water.

**Better Sailing 2014**                      **Dates: 5 / 12 / 26 April**  
**Cost: £15 per family**

A course run over 3 Saturdays to help build on your own personal sailing skills. It will work towards the level 3 / stage 4 RYA certificates. It will also involve some evening sessions which will look at topics such as being a race officer within the club

**Booking is essential for all the above courses and payment must be made upon booking. Please see the website .**

## Coaching dates

We have a number of coaching days throughout the season that all club members are welcome to come along to. Coaching at Bala is friendly and driven by the members. We help you to improve what you want to improve. These days are free of charge.

Sat 31 May 2014    Sat 26 July 2014    Sat 20 September 2014  
Sat 18 October 2014

## Learn to sail July 2014

**Dates: May & July 2014**  
**Cost £65 per person**

As mentioned earlier in the year, we have some reduced price places left on the clubs learn to sail courses. The only condition is that the person must already be a member of the club (family, single, junior etc). This course works towards RYA level 2 / stage 3. Please see the website for a booking form.

## Book offers

As an RYA training centre we are entitled to reduced price copies of RYA materials. I have some books in stock, which are available for sale to members. Limited supplies

- RYA Laser handbook (G53)  
RRP £17.99                      Club Price £14
- RYA Handy guide to Racing Rules 2013-2016 (YR7)  
RRP £3.50                      Club price £2.50
- RYA Racing rules of sailing 2013-2016 (full version) (YR1)  
RRP £8.99                      Club price £7
- RYA The racing rule explained (G80)  
RRP £16.99                      Club price £8
- RYA Racing rules of sailing 2009-2013  
RRP £6.99                      Club price £3

Please see me if you are interested

Mark Jones, Training Principal



## And Finally- (Not the) Trainers Topics

Mark, our training principle would like me to stress that he is NOT responsible for the following helpful hints for double handers. I did think of offering a prize for anyone who correctly guessed who was the author of the first piece, but on second thoughts, perhaps it's better they remain anonymous!

- *If things are going slowly during a spinnaker hoist, shout helpful instructions from the helm. If it is windy and difficult to hear a simple yell of "HURRY UP" provides lots of inspiration.*
- *As you gain more experience you will develop a special "look". No need for even a word, just that look says it all, & inspires the crew to ever increasing heights.*
- *Sail with old sails. That way, if (when) you loose you'll have a handy excuse, so the crew won't have to take the heat. likewise, use faulty or broken equipment, & don't upgrade.*
- *Don't practice, after all this is a leisure activity, not a sport? And who's got time for practice anyway – there's hardly enough time to make the race. People learn best under pressure.*
- *Always keep your starting plan a secret. Or better still don't make a plan. Your ability to ad-lib will show your crew*

*you are a "flexible thinker" without "rigid preconceptions"*

- *Never thank your crew, after all you are paying the bills, they should be thanking you.*
- *Get out on the race course at the last possible moment & don't tire your crew by faffing around tuning up or making wind observations. We're here to race!*

Reading the foregoing really made me appreciate my own helm's simple 3 phrase approach to in-boat communications, (meanings in brackets)

*"Sarah" (ease spinnaker/ foot off my mainsheet/bit more weight needed)*

*"SARAH SARAH" (free spinnaker which jammed while hoisting/ this is NOT the time for a sandwich/ MUCH more weight needed NOW)*

*"SH\*\*\*\*\*T! SARAH!" - (miracle needed -loss of 3 places/ capsize or collision imminent.)*

I'm sure all 2 man crews will have similar tales to tell...

Perhaps we should just stick to single handers then we have only ourselves to blame. Unless of course it was the wind what did it...



### A Plea from the editor

Come on guys– I need your help! Many thanks to our trusty regular contributors, Ken, Mark, Helen, John and Rhys, but there must be more of you out there who could put finger to keyboard. Or send me a few photos. Next edition will be late May and I'd love to include a race report from a first time racer, an account of a lake cruise, or... The bottle of wine prize is still to be claimed!

Sarah Haywood, Laser 22239 (front end)

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