

# Agenda



Thames Valley and London Regional Instructor Training Day 2015

Saturday 7th March 2015 – Queen Mary Sailing Club, Ashford Road, Ashford, Middlesex, TW15 1UA

Cost £15

<b>Time</b>	<b>Agenda Item</b>
<b>09:30 – 10:00</b>	Arrival, Registration and Coffee
<b>10:00 – 10:20</b>	Welcome, Introduction and Regional Updates Steve Mitchell – RYA TVL Regional Development Officer
<b>10:20 – 11:00</b>	Training Schemes Update Rachel Andrews – RYA Chief Instructor Motor Cruising and Power
<b>11:00 – 11:30</b>	Break – Refreshments An opportunity to check out the RYA publications available at a discount
<b>11:30 – 12:45</b>	Workshops – Choose 1 x 1 hour 15 minute workshop <i>Please see page 2 for a description of the content for each workshop</i> <ul style="list-style-type: none"><li>• Sailing with Spinnakers</li><li>• Coaching Skills Development (Dinghy)</li><li>• Land Drills</li><li>• Rig Tuning</li><li>• Personal Skills Development (Powerboat)</li><li>• Start Racing (Dinghy)</li><li>• Senior Instructor Skills</li><li>• Personal Skills Development (Windsurfing)</li><li>• Funding Opportunities</li></ul>
<b>12:45 – 13:30</b>	Lunch
<b>13:30 – 16:00</b>	Workshops – Choose 2 x 1 hour 15 minute workshops <i>Please see page 2 for a description of the content for each workshop</i> <ul style="list-style-type: none"><li>• Sailing with Spinnakers</li><li>• Coaching Skills Development (Dinghy)</li><li>• Land Drills</li><li>• Rig Tuning</li><li>• Personal Skills Development (Powerboat)</li><li>• Start Racing (Dinghy)</li><li>• Senior Instructor Skills</li><li>• Personal Skills Development (Windsurfing)</li><li>• Funding Opportunities</li></ul>
<b>16:00 – 16:20</b>	Break - Refreshments
<b>16:20 – 17:00</b>	Debrief, Feedback, Questions and Finish

When completing the booking form you will be asked to select three workshops from the list below for your instructor training day (one workshop for the morning and two for the afternoon). Please consult the information in these lists to help make your decision.

#### Workshop options

Workshop Title	Workshop Description
<b>Sailing with Spinnakers</b>	Guidance on teaching effective shore-based sessions for both symmetric and asymmetric spinnakers. Including simulator setup, hosts and drops [ashore]
<b>Coaching Skills Development (Dinghy)</b>	Introducing the effective use of video for coaching at all levels and getting the most from on the water coaching sessions. Including: camera types, positioning and use as a debriefing tool
<b>Land Drills</b>	Reviewing method and land drills from the RYA G14 handbook including a mix of indoor and outdoor activity [ashore]
<b>Rig Tuning</b>	A technical dinghy will be used for this session providing advice on mast bend, rake, sail set up and settings [ashore]
<b>Personal Skills Development (Powerboat)</b>	Powerboat refresher over a range of topics including safety boat techniques, towing and up-righting an inverted/capsized dinghy (subject to demand this workshop will only run twice; once in the morning and once in the afternoon. An expanded programme may be introduced on the day) [ashore and afloat]
<b>Start Racing (Dinghy)</b>	Session outlining techniques for teaching fun and fair racing including: starting racing, improver racing techniques and <i>Can Sail Can't Race</i> activities [ashore]
<b>Senior Instructor Skills</b>	Highly recommended for any RYA Dinghy Instructor looking to become and RYA Senior Instructor. Opportunity to meet regional coaching team and be introduced to the SI course and the practical Sessions
<b>Personal Skills Development (Windsurfing)</b>	Shore based coaching clinics for all abilities including developing manoeuvres, what to teach, ideas for training exercises, and shore based drills/use of simulators [ashore]
<b>Funding Opportunities</b>	Update on funding streams for equipment, facilities and instructors development [ashore]

*Please note the workshops have maximum capacities and we may not be able to accommodate your first choices in all circumstances.*