

Agenda



West Midlands Regional Instructor Training Day 2015

Sunday 22nd February 2015 – Bartley Sailing Club, Bartley Green Reservoir, Birmingham, B32 3NU

Cost £15

Time	Agenda Item
09:00 – 09:30	Arrival, Registration and Coffee
09:30 – 09:45	Welcome, Introduction and Regional Updates Gareth Brooks – RYA Midlands RDO
09:45 – 10:30	Training Schemes Update Amanda Van Santen – RYA Chief Instructor Dinghy and Windsurfing
10:30 – 11:00	Break – Refreshments An opportunity to check out the RYA publications available at a discount, network and talk to the trade
11:00 – 12:45	Workshops – Choose 2 x 45 minute workshops or 1 x 1 hour 30 minute workshop <i>Please see page 2 for a description of the content for each workshop</i> <ul style="list-style-type: none">• Sailability• An introduction to PWC's• Coaching Skills and Development (Dinghy)• Games with Aims• Plan B – Running Alternative Sessions• Start Sailing• Land Drills (Windsurfing)• Rig Tuning• Safety Boat Skills Development [double session]• Demo Session [double session]
12:45 – 13:45	Lunch
13:45 – 16:00	Workshops – Choose 1 x 2 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">• Assistant Instructor Training• Coaching Skills Development (Powerboat)• Personal Sailing Skills (Dinghy)• Senior Instruction Skills• Performance Sailing• Coaching Skills Development (Windsurfing)• Go Racing (Team Racing)• Start Racing (Dinghy)• Go Sailing• Start Sailing
16:30 – 17:00	Debrief, Feedback, Questions and Finish

When completing the booking form you will be asked to select a combination of workshops; please use the information in the lists below to help your decision. *Please note the workshops have maximum capacities and we may not be able to accommodate your first choices in all circumstances.*

Morning Workshops

When selecting your morning workshops you will either have to choose two of the 45minute workshops or a single 1 hour 30 minute workshop [labelled as a double session]

Workshop Title	Workshop Description
Sailability	Learn how to play and run the indoor sailing game
An Introduction to PWC's	A land based introduction to PWC's (jet skis) and how to convert your PBI qualification to a PWC instructor
Coaching Skills Development (Dinghy)	The phases of coaching – how and when to give feedback
Games with Aims	How to keep the group learning whilst having fun
Plan B – Running Alternative Sessions	Guidance for running sessions in adverse weather conditions
Start Sailing	Opportunity to work on your dinghy land drills
Land Drills (Windsurfing)	Chance to brush up on basic and intermediate simulator skills with Simon Bornhoft
Rig Tuning	How to set up your dinghy to improve your sailing and the learning environment for your students
Demo Session [Double Session]	Speak to the trade and take the opportunity to sail the latest kit
Safety Boat Skills Development [Double Session]	Brush up on your rescue techniques for a variety of craft

Afternoon Workshops

When selecting your afternoon workshops you will choose one of the workshops from this list

Workshop Title	Workshop Description
Assistant Instructor Training	Learn how to programme and deliver a Dinghy or Windsurf Assistant Instructor Course
Coaching Skills Development (Powerboat)	Refresh and develop your PBI skills in a variety of planning and displacement craft. Explore programming for Level 2 and the Safety Boat Course
Personal Sailing Skills (Dinghy)	An opportunity to receive coaching on your own sailing skills. If required this is a chance to prepare for your pre entry assessment
Senior Instructor Skills	Preparation for the Dinghy or Windsurf Senior Instructor course and chance to refresh your SI skills if you are already qualified
Performance Sailing	An Introduction to becoming an Advanced Dinghy Instructor – develop your performance sailing skills and prepare for the course itself
Coaching Skills Development (Windsurfing)	Improve your windsurfing coaching skills with Simon Bornhoft
Go Racing (Team Racing)	Have a go at team racing and learn how to run training and team racing at your training centre
Start Racing (Dinghy)	How to run an effective start racing session and plan a race training programme
Go Sailing	Advice on running a series of clinics to help post-level 2 sailors develop their skills and become regulars at your training centre
Start Sailing	How to run the perfect RYA Level 1 and 2 course helping you retain the maximum number of participants as members or customers