

# Agenda



East Midlands Regional Instructor Training Day 2015

Saturday 21<sup>st</sup> February 2015 – Rutland Sailing Club, Gibbet Lane, Oakham, Rutland, LE15 8HJ

Cost £15

<b>Time</b>	<b>Agenda Item</b>
<b>09:00 – 09:30</b>	Arrival, Registration and Coffee
<b>09:30 – 09:45</b>	Welcome, Introduction and Regional Updates Gareth Brooks – RYA Midlands RDO
<b>09:45 – 10:30</b>	Training Schemes Update Amanda Van Santen – RYA Chief Instructor Dinghy and Windsurfing
<b>10:30 – 11:00</b>	Break – Refreshments An opportunity to check out the RYA publications available at a discount, network and talk to the trade
<b>11:00 – 12:45</b>	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"><li>• Sailability</li><li>• An introduction to PWC's</li><li>• Coaching Skills and Development (Dinghy)</li><li>• Games with Aims</li><li>• Plan B – Running Alternative Sessions</li><li>• Start Sailing</li><li>• Land Drills (Windsurfing)</li><li>• Rig Tuning</li><li>• Safety Boat Skills Development [double session]</li><li>• Demo Session [double session]</li></ul>
<b>12:45 – 13:45</b>	Lunch
<b>13:45 – 16:00</b>	Workshops – Choose 1 x 2 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>• Assistant Instructor Training</li><li>• Coaching Skills Development (Powerboat)</li><li>• Personal Sailing Skills (Dinghy)</li><li>• Senior Instruction Skills</li><li>• Performance Sailing</li><li>• Coaching Skills Development (Windsurfing)</li><li>• Go Racing (Team Racing)</li><li>• Start Racing (Dinghy)</li><li>• Go Sailing</li><li>• Start Sailing</li></ul>
<b>16:30 – 17:00</b>	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
<b>Sailability</b>	Learn how to play and run the indoor sailing game
<b>An Introduction to PWC's</b>	A land based introduction to PWC's (jet skis) and how to convert your PBI qualification to a PWC instructor
<b>Coaching Skills Development (Dinghy)</b>	The phases of coaching – how and when to give feedback
<b>Games with Aims</b>	How to keep the group learning whilst having fun
<b>Plan B – Running Alternative Sessions</b>	Guidance for running sessions in adverse weather conditions
<b>Start Sailing</b>	Opportunity to work on your dinghy land drills
<b>Land Drills (Windsurfing)</b>	Chance to brush up on basic and intermediate simulator skills with Simon Bornhoft
<b>Rig Tuning</b>	How to set up your dinghy to improve your sailing and the learning environment for your students
<b>Demo Session [Double Session]</b>	Speak to the trade and take the opportunity to sail the latest kit
<b>Safety Boat Skills Development [Double Session]</b>	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
<b>Assistant Instructor Training</b>	Learn how to programme and deliver a Dinghy or Windsurf Assistant Instructor Course
<b>Coaching Skills Development (Powerboat)</b>	Refresh and develop your PBI skills in a variety of planning and displacement craft. Explore programming for Level 2 and the Safety Boat Course
<b>Personal Sailing Skills (Dinghy)</b>	An opportunity to receive coaching on your own sailing skills. If required this is a chance to prepare for your pre entry assessment
<b>Senior Instructor Skills</b>	Preparation for the Dinghy or Windsurf Senior Instructor course and chance to refresh your SI skills if you are already qualified
<b>Performance Sailing</b>	An Introduction to becoming an Advanced Dinghy Instructor – develop your performance sailing skills and prepare for the course itself
<b>Coaching Skills Development (Windsurfing)</b>	Improve your windsurfing coaching skills with Simon Bornhoft
<b>Go Racing (Team Racing)</b>	Have a go at team racing and learn how to run training and team racing at your training centre
<b>Start Racing (Dinghy)</b>	How to run an effective start racing session and plan a race training programme
<b>Go Sailing</b>	Advice on running a series of clinics to help post-level 2 sailors develop their skills and become regulars at your training centre
<b>Start Sailing</b>	How to run the perfect RYA Level 1 and 2 course helping you retain the maximum number of participants as members or customers