

Agenda



North East Regional Instructor Training Day 2015

Saturday 14th March 2015 – South Shields Sailing Club, River Drive, South Shields, NE33 1LH

Cost £15

Time	Agenda Item
09:30 – 10:00	Arrival, Registration, tea and coffee
10:00 – 10:15	Welcome, Introduction and Regional Update Sam Usher – North East and Yorkshire Regional Development Officer
10:15 – 11:00	Training Schemes Update Amanda Van Santen – RYA Dinghy and Windsurfing Chief Instructor
11:00 – 11:30	Break, Refreshments and a chance to check out RYA Publications
11:30 – 12:30	Workshops – Choose 1 x 1 hour workshops (All sessions ashore unless specified) <i>Please see page 2 for a description of the content for each workshop.</i> <ul style="list-style-type: none">• Plan B – Running Alternative Sessions• Safety Boat Skills Development (Powerboat) [afloat]• Rig Tuning• Start Racing (Dinghy)• Coaching Skills Development (Windsurfing)• Sailing with Spinnakers• Demo Sessions [afloat]
12:30 – 13:30	Lunch
13:30 – 15:30	Workshops – Choose 2 x 1 hour workshops (All sessions afloat unless specified) <i>Please see page 2 for a description of the content for each workshop</i> <ul style="list-style-type: none">• Sailing with Spinnakers• Sailability• Go Racing• Coaching Skills Development (Windsurfing)• Go Sailing [ashore]• Personal Skills Development (Powerboat)• Assistant Instructor Training [ashore]• Coach/Trainer Pathway Discussion [ashore]
15:30 – 16:00	Pack up & Change
16:00 – 16:30	Debrief, Prizes
16:30	Finish and Depart

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 are required to choose **one** of the following workshops which will last 1 hour. Morning workshops are all held on the shore unless otherwise specified.

Workshop Title	Workshop Description
Plan B – Running Alternative Sessions	What to do when the weather is against you
Safety Boat Skills Development (Powerboat)	An opportunity to practice your safety boat manoeuvres (afloat)
Rig Tuning	Top tips on how to set up your rig for various conditions & effective use of your sail controls
Start Racing – Dinghy	Introducing the concept of 'Stealth' Racing for sailors reluctant to start racing
Coaching Skills Development – Windsurfing	Top tips from windsurf trainer Ali Yates on coaching techniques and your personal sailing
Sailing with Spinnakers	Perfecting hoists drops and gybes with asymmetric and symmetric Spinnakers.
Demo Sessions	Take a boat or board for a test sail (afloat)

Afternoon Workshops

When selecting your afternoon workshops you are required to choose **two** of the following workshops which will last 1 hour each. Afternoon workshops are all afloat unless otherwise specified.

Workshop Title	Workshop Description
Sailing with Spinnakers	Improve your spinnaker sailing skills
Sailability	Learn more about instructing and coaching disabled sailors and the boats used
Go Racing	How to run intermediate to advanced race training sessions
Coaching Skills Development – Windsurfing	How to deliver the model session and develop your coaching style
Go Sailing	How to deliver a high quality clinic based programme over a number of weeks (ashore)
Personal Skills Development (Powerboat)	Work on your personal driving skills and delivery of the Powerboat Level2 manoeuvres
Assistant Instructor Training	A session for Senior Instructors on how to run Assistant Instructor Training (ashore)
Coach/Trainer Pathway Discussion	Opportunity to discuss the coach & trainer pathway, what's required and what it involves. (ashore)