

Agenda



Eastern Regional Instructor Training Day 2016

Sunday 13th March 2016 – Royal Hospital School, Holbrook, Ipswich, Suffolk, IP9 2RX

Cost £15

Time	Agenda Item
09:30 – 10:00	Arrival, Register, Tea and Coffee
10:00 – 10:15	Welcome, Introduction and Regional Updates Robbie Bell – RYA NW Regional Development Officer
10:15 – 11:00	Training Schemes Update Amanda Van Santen – RYA Chief Instructor Dinghy & Windsurfing schemes
11:00 – 11:15	Break – Tea, Coffee and Biscuits
11:15 – 12:15	Guest Speaker – Simon Rowell, Meteorologist, British Sailing Team 'Internet forecasts, what could possibly go wrong?'
12:15 – 13:00	Workshops – Choice of 1 x 45 minute workshop <i>Please see page 2 for a description of the content for each workshop</i> <ul style="list-style-type: none">• Rig Tuning• Coaching Skills Development (Dinghy & Windsurf)• Enhanced Session Management• Engaging New Windsurfers• Personal Skills Development (Powerboat)• Meteorology
13:00 – 13:45	Lunch
13:45 – 14:00	Minibuses to Alton Water & Woolverstone & get changed
14:15 – 16:30	Workshops – Choice of 1 x 2 hour 30 minutes workshop <i>Please see page 2 for a description of the content for each workshop</i> <ul style="list-style-type: none">• Coaching Skills Development (Windsurf)• Demo Session• Go Racing (Team Racing)• Personal Skills Development (Powerboat)• Safety Boat Skills Development (Powerboat)• Performance Sailing• Start Sailing
16:30 – 16:45	Minibuses to Royal Hospital School
16:45 – 17:00	Summary, Prizes, feedback & close

When completing the booking form you will be asked to select one workshop and one afternoon session from the list below. Please consult the information in these lists to help make your decision.

Workshops (12:15 – 13:00)

Workshop Title	Workshop Description
Rig Tuning (Dinghy)	How to utilise sail controls to enhance your dinghies performance – Andy Nutton RYA Coach
Coaching Skills Development (Dinghy & Windsurf)	Performance Coaching - RYA Skills model – Paul Wren RYA High Performance Manager
Enhanced Session Management	Quality V's Safe sessions, can you deliver one by focussing on the other? – Tim Morton AALS Senior Inspector
Engaging New Windsurfers	Promotion & engagement, getting more people windsurfing – Amanda Van Santen, Simon Winkley
Personal Skills Development (Powerboat)	SAR including Search patterns & coastguard support –Paul Barker, RYA Trainer & RNLI Sea Safety Advisor
Meteorology	Practical Weather – Visuals & local thermal effects – Simon Rowell (multi discipline)

Afternoon Sessions (14:15 – 16:30)

Session Title	Session Description
Coaching Skills Development (Windsurfing)	Running brilliant windsurfing sessions
Demo Session	Opportunity to try boats from the manufacturers (Hartley, Laser Performance & RS)
Personal Sailing Skills	Seamanship & Pre-entry assessment skills refresher
Go Racing (Team Racing)	Team Racing for beginners in Fireflys
Personal Skills Development (Powerboat)	Intermediate & Advanced powerboat handling & Search Patterns on the River Orwell
Safety Boat Skills Development	Practice rescue scenarios including dealing with suspected entrapment & sailors with disabilities
Performance Sailing	Laser skills clinic
Start Sailing	Delivering awesome Single Hander Sessions
Talk to the Trade (shorebased)	Informal opportunity to chat to representatives from RS sailing, Hartley Boats and Laser Performance