

2010 RYA East Midlands Instructor Conference Programme

09:30	Register	27 th February 2010 - Rutland Sailing Club
10:00	Gareth Brookes - Regional Update	
10:20	James Stevens, RYA Training Manager - National Training Scheme Update	
11:00	Break <i>(A chance to order your RYA publications with a 45% discount!!)</i>	
11:15 – 12:00	Morning clinics <i>(45 mins)</i>	<ol style="list-style-type: none"> 1. Teaching Children – dinghy & windsurf <i>Discussion on games and ideas for teaching children the RYA schemes</i> 2. Video Coaching <i>How to do it well!</i> 3. Sailability – Making disability plain sailing <i>Find out how to get involved and get advice on teaching people with a disability</i> 4. Rig tuning – dinghy <i>A practical session looking at mast rake and rig tension</i> 5. Rigging – windsurf <i>A practical session looking at sail tuning for beginner - advanced rigs</i> 6. Basic engine maintenance <i>Get some guidance on how to recognise and fix basic problems</i> 7. Basic dinghy maintenance <i>Rob Gutteridge from Laser Performance will give a talk and demonstration for repair techniques for plastic and fibreglass boats</i> 8. Entrapments <i>An opportunity to see a demo and have a go at the best ways of preventing and resolving an entrapment</i> 9. Try a boat/board + speak to the trade <i>A great opportunity to see and sail the latest offerings from the trade</i>
12:00 – 1:00	LUNCH	<i>Order RYA publications with a 45% discount & mingle + an opportunity to speak to Gareth Brookes re how to become a Coach or Trainer</i>
1:00 – 3:30	Afternoon Sessions <i>2.5 hours</i>	<ol style="list-style-type: none"> 1. Teaching the Better Sailing Course <i>What is the course, who is it for and how to run it</i> 2. Teaching the Advanced sailing modules <i>Get tips and try out exercises you can use when teaching seamanship/spinnaker/asymmetric work to post Level 2 sailors</i> 3. Teaching Dinghy Racing Skills + Start Racing courses <i>Try out some fun and challenging exercises to use at your club/centre + how to plan and run a Start Racing course or higher (singlehanders)</i> 4. Teaching Performance Sailing skills <i>For those currently or looking to become Advanced Instructors</i> 5. Sailability – Making disability plain sailing <i>Find out how to get involved and get advice on teaching people with a disability. Shorebased + practical.</i> 6. Senior Instructor Course Preparation (Dinghy & Windsurf) <i>An introduction into becoming a Senior Instructor. Shorebased + practical.</i> 7. T15 Coach Workshop <i>How to keep sessions fun and challenging</i> 8. Fast Forward Coaching Model Clinic (Windsurf) <i>An introduction/refreshers session into what it is and how to use it</i> 9. Powerboat Challenge <i>A fun challenge testing a range of powerboating skills against the clock and against the scorecard; followed by an opportunity to consider the coaching points for each skill</i> 10. Teaching safety boat skills <i>A chance to try out techniques you can pass onto your safety boat candidates</i> <p>SHORE BASED OPTIONS:</p> <ol style="list-style-type: none"> 11. Basic dinghy + engine maintenance <i>Get some guidance on how to recognise and fix basic engine problems + Rob Gutteridge from Laser Performance will give a talk and demonstration for repair techniques for plastic and fibreglass boats</i>
3:30	Pack up & get changed	
4:10	Debrief & prizes – Gareth Brookes	
4:30	Finish	

How to find Rutland Sailing Club

Rutland Sailing Club and Rutland Sailing School are based in the same facility on the South Shore of Rutland Water, Rutland. Follow road signs for 'South Shore' then 'Sailing Club'.

Members and visitors to the club are politely asked to consider the village residents by not driving through the village when coming to the club. Please use the main road around the village, following the road signs.

*Gibbet Lane
Edith Weston, Oakham
Rutland
LE15 8JJ*

[LINK TO MAP](#)

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