
Welcome

Welcome to the Latest update from RYA East Midlands. I hope you will have a good season and like me are looking forwards to another good boating season. Any queries or questions please do get in touch.

Howard Nelson
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RDO Update

Whilst this time of year may be a little cold for teaching beginners, or even trying to re-enthuse inactive sailing club members, it is the perfect time for instructors to prepare for the season ahead. With that in mind I have arranged a few events to help with this preparation.

The first of these is the Regional Instructor Conference – 27th February at Rutland Sailing Club. The aim of this day is to improve your instructing and coaching skills and to get an update from James Stevens the RYA Training Manager on changes to the schemes. The name of this day probably conjures up images of bored “delegates” sat down all day being preached at. Thankfully, this is not the style we adopt! We will have an hour update from myself and James followed by morning workshops on a variety of subjects from basic engine maintenance to top tips on using a video camera – or you could go and try the latest offerings from the dinghy and windsurf manufacturers. Lunch provides a great opportunity to meet other instructors and to share ideas and experiences followed by a long afternoon on the water where sessions range from how to run the new Level 3 course to teaching

performance sailing skills. Assistant Instructors are also very welcome to attend. The full plan for the day and the booking form is attached. The good news is that the days costs £10 per person including lunch (£5 if you are under 21) and there are still places left. The bad news is that places are limited and the deadline for bookings is the 22nd February - so don't wait!

The next event is the Pre Season Warm Ups. The aim of these days is to improve the personal sailing skills of instructors, as if you are anything like me it gets hard to find the time to get out on the water which can leave you a little rusty when it comes to demonstrating a skill. You can book onto a variety of workshops from Trapeezing – seamanship skills. If you are a windsurfer Dan Newman (Test Editor for Windsurf Magazine + Windsurf Trainer) will be on hand to offer top tips. Potential instructors or Assistant Instructors are also very welcome to attend and we have workshops focussed on pre entry assessment preparation and of course the assessments themselves. All of the sessions are ran by the top coaches from the region so you will get some first class input without being judged – we are all rusty so get back onboard!

These events are on the 13/3/10 at Staunton Harold SC (dinghy only) email b_cokayne@hotmail.com, 27/3/10 at Draycote SC email office@draycotewater.co.uk and 28/3/10 at Bartley SC email sail@youthafloat.info. Cost £20 per person.

If you can't make any of the events below why not organise a session at your own club/centre. Get the training boats out for a shakedown sail, make a list of what needs fixing and have some fun! If you need a hand thinking of what you can do – get in touch.

Help from Laser for Clubs

Dear All



Firstly, I would like to wish you a Happy New Year and a successful season for 2010.

I would like to take this opportunity to introduce myself. My name is Duncan Adams and I have recently moved from the Dealer Department to the Fleet Department at LaserPerformance.

My role is to cover the Northern area, which is from the Wash across the top of Northamptonshire and cutting into underneath Powys and Carmarthenshire in Wales and up to the Scottish border. I will be based on the road with a Bahia, Vago and two Bugs in toe offering a wide range of support to all clubs and schools whether that is new boats sales, Fleet turnover deals, coaching, Open Day visits etc.

If within your Club/Centre you feel you could benefit from a visit or call, please feel free to contact me or pass my below contact details onto the relevant person.

In the mean time if you do have any questions please don't hesitate to contact me.

Kind regards

Duncan

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**RYA Club Development
Conference at the RYA Volvo
Dinghy Show**

I am delighted to invite you to the new format RYA Club Development Conference. It will be held in the Londesborough Room on both days of the RYA Volvo Dinghy Show, which is taking place on 6 and 7 March 2010 at Alexandra Palace, London.

The event is aimed at clubs which are looking to increase membership participation and develop what they offer, using the resources that the RYA can provide. It is most appropriate for those responsible for the development activities in your club so, if that's not you, could you please forward this email to the appropriate person?

We will start the event at 10.30 with a general session on RYA support for clubs, with an update on programmes and resources. It will introduce a new 'How to market your club' resource, look at information from Sport England that could help you get and keep more people on the water, plus the opportunity to hear about a real life example from a club which has developed successfully, using RYA resources.

This will be followed at 11.15 by 'coffee and cakes' and the chance to talk to your Regional Development Officer, High Performance Manager and other RYA staff, who are your key to unlocking the resources the RYA has to offer.

A series of workshops will then follow, with the opportunity for you to choose the ones which are most relevant to your club. The workshops on Saturday 6 March are as follows:

Workshops

- 12.00 Marketing your club
- 13.00 Introducing fun and accessible racing to all
- 14.00 Achieving and maintaining Training Centre status
- 15.00 Finding funding for your club

We will run the full programme on Saturday 6 March and, if there is sufficient interest, will repeat the workshops on Sunday 7 March.

Attendees will be provided with two tickets to visit the show and these will be available for collection on the day, at the conference.

If the conference sounds appropriate for your club, why not register for the day's activities? Places are expected to go very quickly, so [reserve your place now.](#)

Hope to see you there!

Stephen P Gray
RYA Marketing Manager

**Ben Ainslie presents
inspirational Rutland Sailors
with prestigious award**



The awards were presented by Skandia Team GBR star and three-time Olympic champion Ben Ainslie, a previous winner himself, and recognise the outstanding

achievements of youth sailors across the country.

The girls, who both attend Oakham School, were voted RYA East Midlands Regional Young Sailors of the Year last autumn having enjoyed a sensational 2009 during which they were crowned Ladies' RS Feva European Champions at Lake Garda, Italy in July while also taking the silver medal for finishing second overall.

Their Europeans success followed their podium performance at the 2008 World Championships in Sweden where the pair claimed Ladies' bronze.

Alice and Lucy were amongst 13 RYA Regional Young Sailor of the Year winners who are voted for by RYA affiliated sailing clubs. These young sailors have made a significant impact on youth sailing, ranging from gold medal winning achievements and overcoming adversity, to the huge amount of hard work and effort they give back to their clubs. Alice and Lucy and their families were treated to an action packed VIP day at the show, thanks to Pantaenius Yacht Insurance. Alice and Lucy are now involved in training for selection for the RYA Volvo 29er Transition Squad, the 29er being a two-person Youth class dinghy. As members of the RYA's National Junior and Youth programmes, the girls have access to the RYA's highly-subsidized World Class National Training Programme designed to help Britain's top young sailors achieve future international success.