

2010 RYA West Midlands Instructor Conference Programme

09:30	Register	28 th February 2010 - Bartley Sailing Club
10:00	Gareth Brookes - Regional Update	
10:20	James Stevens, RYA Training Manager - National Training Scheme Update	
11:00	<i>Break (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 rig tuning + mast rake</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 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>SHOREBASED 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	
4:15	Debrief & prizes – Gareth Brookes	
4:30	Finish	

How to find Bartley Sailing Club

Exit the M5 at junction 3. Take Manor Way - the A456 West signposted to Kidderminster (out of Birmingham). Take the first left into the narrow Lapal Lane South. Follow this around the bends for about a mile and just before the end turn left into Lye Close and cross the bridge over the M5. Turn right at the cross-roads with the much bigger Woodgate Lane. Where the road forks, bear left down Adams Hill and then keep straight on past the schools and shops until you see Bartley Sailing Club signposted on your right just before the dam wall.

*Bartley Sailing Club
Genners Lane
Bartley Green
Birmingham
B32 3NU*

MAP

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