



Mengeham Rythe Sailing Club Training News



The start of the new season is nearly upon us and it's time to start dreaming about those long warm summer days, with the fair breezes that we get here in the UK! (well I did say dreaming).

All of the details for the 2009 season have now been finalized. The Junior training will closely match the format for previous years. We are also introducing for the first time, Start Racing this is replacing the traditional adult training, and is aimed and building experience on the water and having fun, and hopefully increase the numbers participating in club racing.

Junior Training

The Fleets are:

- GOLD** Junior Beginners (RYA Stage 1) in the club Oppies
- BLUE** Junior Intermediate (RYA Stage 2) in club Oppies, Toppers and own boats
- RED** Junior Fleet advanced (RYA Stage 3) own boats
- RACE** Training fleet for advanced juniors

For those of you that are new to training at the club, here is a very quick explanation of the RYA youth sailing scheme:

- Stage 1.** Have fun, get wet, go sailing, a fun packed introduction to the sport
- Stage 2.** Finish off the starter skills and get control. Progress through the basic skills.
- Stage 3.** By the end of a stage 3 course you've learned to sail in any direction, launch and recover, and feel in command of your boat.

There is a stage 4, but at Mengeham we have replaced this with race coaching, this we believe is the next logical step after stage 3 for club training.

To sign up for the 2009 season either Email me, put your name down on the notice board at the club, or sign up at the Junior games evening. For those of you that attended training last year you will shortly receive a letter telling you which fleet you are in. If you can sign up before the training starts it will allow us to get an idea of numbers, so that we can work out resourcing levels etc. The cost for this year is £50.00 and you must book and pay for a set of six sessions in advance.

Adult Training/Start Racing

The big change this year is that we aim to try and tempt more of you adults out onto the water with a new Start Racing series. This new series has been put together as a result of feedback received from various adults regarding training. Many said that they could sail but wanted to either improve their confidence out on the water, or would like to race but don't have a clue where to start. We have taken the RYA start racing syllabus as a starting point, and will run the sessions in line with this. The intention is to go back to basics and teach racing from the ground up. The course will be 80% practical and aimed at the racing/sailing novice, if you're not very confident we will "buddy you up" with someone who is. So dust off those boats and join in the fun! More details can be found on the club notice boards and the web site, or contact me at training@mengeham.org.uk

Tera Series

The popularity of the RS Tera is undeniable and fleet numbers are growing all of the time, the Mengeham fleet currently stands at around 18 boats. As a consequence we have decided to run a dedicated Tera fleet racing series this year. This will be run with some training support and input as we want to help build confidence, and hopefully turn you Terra owners into regular racers. You will notice that the Spring series coincides with the Adult start racing, this is so that we can include the Tera sailors in the Start Racing briefings in order to give you a good understanding of how to go about racing.

Hope to see lots of you at the club *John B*

2009 Diary Dates

Sail Training

- 25th April.....Red, Blue
- 9th May.....Blue, Gold
- 23rd May.....Red, Gold
- 6th June.....Red, Blue
- 13th June.....Red, Gold, Race
- 20th June.....Blue, Gold, Race
- 27th June.....Red
- 4th July.....Blue, Gold, Race
- 11th July.....Red
- 25th July.....Blue, Gold

Start Racing

- 18th April.....Start Racing 1
- 2nd May.....Start Racing 2
- 16th May.....Start Racing 3
- 30th May.....Start Racing 4
- 13th June.....Start Racing 5
- 27th June.....Start Racing 6
- 11th July.....Start Racing 7
- 25th July.....Start Racing 8

Tera Series

- 18th April.....Spring Series 1
- 2nd May.....Spring Series 2
- 16th May.....Spring Series 3
- 30th May.....Spring Series 4
- 29th Aug.....Autumn Series 1
- 12th Sept.....Autumn Series 2
- 26th Sept.....Autumn Series 3

Other Dates

RYA first aid course

4th April.....9am-4:30pm

To be held at the Club house. Limited places available so first come first served. Cost is £25.00 this includes, first aid book and certificate of attendance. To Book Call me on 07753810592. Or mail me at:

training@mengeham.org.uk

Junior week

3rd-7th August