



Mengeham Rythe Sailing Club Junior Newsletter

The start of the new season is nearly upon us and it's time to start dreaming about warm seas, fair breezes and sunny weather, fingers crossed!

Some great news is that with the help of a grant from Sport England the club has invested in three new RS Teras and three new Fevas for use during coaching and training sessions. It is also hoped that they can be hired by club members for MRSC club sailing events too—details to follow in the near future. As you can in this newsletter again this year, there is a full training programme and a number of sailing activities for you to enjoy throughout the year.

Junior Training

The fleets are:

GOLD Junior Beginners (RYA Stage 1) in the club boats

BLUE Junior Intermediate (RYA Stage 2) in club boats and own boats

RED Junior Fleet advanced (RYA Stage 3) own boats

START RACING 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 start racing coaching, as we believe this is the next logical step after stage 3 for club training.

To sign up for the 2011 season either email me, put your name down on the notice board at the club, or sign up at the Junior Quiz night. Due to a shortage of qualified instructor volunteers this year we will need to restrict training fleet numbers, so please sign up quickly to avoid disappointment. The cost for is £60 for GOLD, BLUE and RED and £40 for START RACING and you must book and pay for the set of sessions in advance.

We need volunteer instructors!

As you will be aware the junior training is organised and run by volunteers. Unfortunately, this year we are very short of RYA qualified volunteer instructors. If you are a qualified RYA instructor or you are interested in becoming one and helping with training then please contact us at juniorsec@mengeham.org.uk

Junior Sailing Activities

There are a number of other junior sailing activities to enjoy this year:

Junior Coaching. Last year we set up an MRSC Tera team and ran an Autumn coaching series to provide juniors with an opportunity for extra sailing activity and coaching. This year we are going to run additional coaching sessions in the Spring and Autumn. Depending on how many volunteer coaches we can get involved we hope to extend the coaching sessions to both RS Teras and Fevas. Tera sailors will also have the chance to put their coaching into practice at the 2011 RS Tera Nationals which will be taking place at HISC.

Junior Racing. Mengeham is running another short race programme for juniors who want to begin taking part in race activity. If you have achieved your RYA Stage 3 qualification why don't you give racing a go!

Saturday Evening BBQ Series. This is a new club series open to all club members including juniors with their RYA Stage 3 qualification. After the racing everyone can socialise over a DIY Saturday evening BBQ. The dates and junior start times are listed in the diary section of this newsletter.

Federation Youth Initiative. Chichester Harbour Federation has an initiative to support young sailors throughout the Chichester Harbour region in the form of race training and social sailing to hopefully inspire the next generation of sailors. Additional opportunities are provided in the form of RYA coached race training throughout the harbour. The newsletter diary dates lists a number of the activities that MRSC will be involved in. For details of the full programme of Federation events you can go to the Federation website: www.chifed.org

Junior Week. This popular annual event is a week of junior racing and fun at the beginning of the summer school holidays!

Junior Social Events

MRSC has a full calendar of social events throughout the year. In addition to these we have organised two social events specifically for juniors and families:

Junior / Family Quiz. To start the junior training season off we are holding a family quiz night on **12 April 2011**, so that everyone can meet up and socialise before the training for 2011 begins.

Junior / Family Rally. This year we are planning a one day sailing rally in Chichester Harbour for families and juniors on **11 June 2011**. It will be a fun day out with a picnic on the beach together with sailing and games for all to enjoy!

It is also worth mentioning the **MRSC Sports Day and Social** which always proves to be a popular event for juniors! Further details for all these events will be provided nearer to the date of the event.

Happy sailing!

Fiona

Fiona Butcher
Junior Secretary

juniorsec@mengeham.org.uk

John

John Butcher
RYA Principal & Club Training Officer



Diary Dates

Sail Training

30 April, 09:30 ..GOLD, BLUE, START RACE
7 May, 13:00.....BLUE, RED
21 May, 13:00....GOLD, BLUE, RED
18 June, 12:00... GOLD, BLUE, RED
25 June, 17:00....RED, START RACE
2 July, 11:00.....GOLD
16 July, 11:00.....GOLD, BLUE, RED, START RACE
30 July, 10:00...GOLD, BLUE, RED, START RACE

Junior Racing

7 May, 13:00
21 May, 13.30
18 June, 12:45

Junior Coaching

12—13 March, RYA Tera Coach (£30-£50)
3 Sept, 14:00
10 Sept, 09:30
17 Sept, 13:00
1 October, 12:30

Evening BBQ Series

9 July, 17:40 (Junior Start Time)
23 July, 17:40 (Junior Start Time)
6 August, 17:40 (Junior Start Time)

Other Dates

RYA first aid course

26th Feb.....10 - 4:30pm

To be held at the Club house. Limited places available so first come first served. Cost is £35.00 this includes, first aid book and certificate of attendance. To Book please mail:

juniorsec@mengeham.org.uk

Junior / Family Quiz Night

12 April, 18:30

Topper Southern Training

22 April

Fed' Youth Training MRSC

31 May—3 June

MRSC Topper Open

4 June

Junior / Family Rally

11 June, 08:30—18:00

RS Tera Nationals, HISC

2—3 July

MRSC Sports Day & Social

30 July

MRSC Junior week

1st—5th August

Federation Week

15—19 August

Junior Annual Meeting

8 October

MRSC AGM

3 November

MRSC Prize Giving

26 November