



JUNIOR / YOUTH WINTER TRAINING PROGRAMME

Who is it for?

Sailors in Mirrors, Toppers and 420s who want to keep up their training during the winter season

It is for those children who:

- Are in school Year 6 or above
- Are comfortable and competent sailing in both light and heavy airs
- Can sail on and off the jetty and through the moorings and
- Can start a race and sail around a course.

What does the Winter Training Programme Offer?

The programme will be run by Matthew Wright (RYA Coach Assessor), supported by other RYA qualified coaches as necessary. Sessions will build on skills learnt in previous sessions.

TRAINING DATES ARE:

All fleets Mirror / Toppers / 420s)

2 days September	Sat 24 th & Sun 25 th September 2016
2 days October	Sat 22 nd & Sun 23 rd October 2016
2 days December	Sat 17 th & Sun 18 th December 2016
2 days March	Sat 11 th & Sun 12 th March 2017
2 days April	Fri 14 th & Sat 15 th April 2017

Mirror and Topper Fleets only

2 days May	Sun 28 th & Mon 29 th May 2017
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What are the participant requirements for entry?

- commit to all of the training dates upfront
- be confident racing in strong winds
- be able to put up and put down a spinnaker (exc Toppers)
- be able to deal with a capsized boat and continue to sail on after capsize
- be comfortable spending prolonged periods afloat (even in winter)
- own a dry suit and other clothing needed for winter racing

Although participants must make individual applications, helm/crew/boat combinations should be indicated. Please do feel free to get in touch with the relevant Class Captain if you need help or guidance on this or if you are unsure whether this course would best suit your child.

Class Captains

Mirror:	Milly Bullock
Topper:	Gary Hogg
420:	Nigel Wilson

What is the cost of the training programme?

The course fees are as follows:

Mirrors and Toppers:	£255 per sailor;
420s:	£215 per sailor

The course fee covers the cost of twelve days of training (ten in the case of 420's). There is no food included in the course fee, however the Buttery will be open each day for the purchase of hot lunches, snacks & tea etc.

In order to keep the cost down, parents will be required to do a minimum of one and a maximum of two duties on the water per child attending. Please indicate availability on Form B.

Due to programming constraints, the coaches will at times need to borrow parent RIB's. A contribution of £50 per day to cover fuel and wear and tear will be payable. Please indicate on Form B if you have a rib you would be willing to lend.

How to apply?

Please fill in the 3 forms below

Form A – Parental Consent (one per child)

Form B – Parents Duties (one per family)

Form C– Sailor (one per child)

Complete and return all forms to the Club Office together with a cheque for the correct amount. All cheques, regardless of class should be made payable to “Itchenor Sailing Club”

In the event the course is oversubscribed, places will be allocated on a combination of the following: appropriate sailing level, participation on other squad training courses, ability to attend all dates and date of application.

Application Form A - PARENTAL CONSENT

(to be completed by parent – one per child)

Name of child..... Age :.....

Fleet: (Mirror / Topper / 420).....

Boat Name: Sail Number:

Sailing as: Helm Crew Either

Sailing with (If double handed):.....

Please give details of any allergies, medical conditions suffered or dietary requirements

.....

Name of Parent / Guardian:

Emergency contact no:.....

Parent Email:

Please read and complete the Parent and Guardian declaration below, entries will not be accepted if this is not complete.

I(name) the parent / guardian of

ACKNOWLEDGEMENT OF RISK

Rule 4 of the Racing Rules of Sailing states: "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone."

Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in the event, each sailor agrees and acknowledges that:

- (a) They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event;
- (b) They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;
- (c) They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions;
- (d) Their boat is in good order, equipped to sail in the event and they are fit to participate;

- (e) The provision of a race management team, support boats and other officials and volunteers by the event organiser does not relieve them of their own responsibilities;
- (f) The provision of support boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances.

DISCLAIMER

Members of the Club, their guests and visitors, use the Club premises and any other facilities of the Club entirely at their own risk and accept that:

- (1) The Club will not accept any liability for any damage to or loss of property belonging to Members, their guests or visitors to the Club.
- (2) The Club will not accept any liability for personal injury arising out of the use of the Club premises, or any other facilities of the Club, or out of participation in any races or other activities organised by the Club, whether sustained by Members, their guests or visitors, or caused by the said Members guests or visitors, whether or not such damage or injury could have been attributed or contributed to or was occasioned by neglect, default or negligence of any of them, the officers, committee, Members or servants of the Club.

It is likely that photographs and videos will be taken and that the pictures may be published on the ISC website and other Junior/Youth class sites. **Please tick this box if you refuse your consent.**

DECLARATION AND AGREEMENT OF PARENT/GUARDIAN

Parent's name:

Parent's signature:

Date:

Application Form B – DUTIES
(to be completed by parent – one per family)

Parent Name:

I have a rib available to lend: Yes No

Please mark with a tick three dates per sailor participating that you can be available for safety boat and support boat duties (i.e. 2 sailors, 6 available dates).

Please mark with a cross any dates that you know a sailor will not be able to attend

All parents will be asked to perform a minimum of 1 and a maximum of 2 per sailor
 Duties will be confirmed once all forms have been received.

	Sailor 1	Sailor 2	Sailor 3	Sailor 4
Name				

ALL CLASSES

Sat 24th Sept				
Sun 25th Sept				
Sat 22nd Oct				
Sun 23rd Oct				
Sat 17th Dec				
Sun 18th Dec				
Sat 11th March				
Sun 12th March				
Fri 14th April				
Sat 15th April				

ALL – EXCLUDING 420's

Sun 28th May				
Mon 29th May				

Application Form C

(to be completed by child)

Dear Sailor,

Welcome to The Itchenor Winter Training Programme!

To help you decide if you would like to take part in this exciting programme, or not, we have written down a list of things you should feel happy and comfortable doing in your boat. This checklist should help ensure that it will be a really fun and enjoyable training series for you. Please read below and sign.

I would like to take part in the Winter Training Programme.

I have read and understand what is entailed and believe I am able to do the following:

- I am in school Year 6 or above
- I am able to attend the race training dates that have been given
- I feel relatively happy racing in strong winds (e.g. force 4/5)
- I am able to put up and put down a spinnaker
- I am able to deal with a capsized mirror and continue to sail on after capsize
- I am comfortable spending prolonged periods afloat (even in winter)
- I own a dry suit and other clothing needed for winter racing
- I am keen to do this course and will fully participate, being attentive and well-behaved
- I understand that I must do as the coaches say for my own and other participants' enjoyment and safety

Child's Name

Child's Signature

Date