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CLUB PLANNING

- Have you got enough Racing Coaches in your club for next season? The level 2 coaching course is aimed at club racing and training
- Do you need to improve the standard of Race Management at your club? The club race officer course is aimed at club members doing their annual duty.
- Do racers need to improve their knowledge of the racing rules? There are rules dispute courses and basic rules course on offer to clubs.
- Do members have power boat or first aid qualifications?

The winter is a perfect time for clubs to run courses.

Now is the time to plan your summer racing and training activities.

Numerous grants are also available—particularly to Volvo RYA Champion Clubs. Please contact us if you need any advice.. See www.rya.org.uk/vcc for more info

SW LASER OPEN TRAINING

17/18 January Mayflower SC (Plymouth)
31 Jan/01 Feb Roadford SC

For further details contact
Rosie Chapman Tel: 07849 302212
Email: rosail41@msn.com

FEVA OPEN TRAINING

14/15 March Draycote; 25/26 April St Mawes; 9/10 May Dabchicks. For further information see <http://www.rs-association.com/index.asp?fleet=RS%20Feva&selection=Coaching&subsel=onwater>



CALENDAR PLANNING

1. The Christmas holidays are a great time to for you to decide which goals and events to target in 2009.
Example targets: To get into the National Junior Squad; to be selected for a team to travel to major overseas events; to finish in the top 40 at the National Championships—but you may also decide to divide the year up into little targets such as complete a race in an open meeting; then complete 2 races in an open meeting and finally to do enough races to get a discard.
Make your goals hard enough to stretch you but not impossible to achieve.
2. Once you've decided your targets you then need to think what you need to do to reach them—which events should you attend (some may be treated as training where you are not too worried about your overall position); what areas do you need to work on etc.
3. Put all the dates in your calendar for 2009 –and make sure this works for all the family

Example: To get into the National Junior Squad you need to do well at the selection events—start by putting these in your calendar. Then decide which practice events you need to attend prior to the selection events—put these in your calendar. Then make a list of your stronger and weaker areas and what you need to do to improve on these—it may mean you need to find a coach or a parent to help you.

DATES FOR YOUR 2009 CALENDAR

- 12-17 April 2009: RYA Youth National Championships and Trials, Largs Sailing Club
09/10 May 2009: The Eric Twiname Championships at Rutland Sailing Club (an inter zone/home country competition open to zone squad sailors only)
5/6 June 2009: National Junior Windsurf Championships, Whitwell
14-19 September 2009: Skandia Sail for Gold Regatta 2009 at Weymouth and Portland National Sailing Academy
26/27 September 2009: The Volvo RYA Zone Championships 2009 at Weymouth and Portland National Sailing Academy and Poole Yacht Club
16/17 October 2009: Junior and Youth Team Racing Championships 2009, Oxford
31 Oct/01 Nov 2009: National Youth Windsurf Championships, Weymouth

SELECTION FOR 2009/10 SQUADS Watch the RYA website youth pages for new selection policies for all youth, junior and zone –the new Bic Techno policy is available now. www.rya.org.uk/youth/youthsailracingprogrammes/

HAVE YOU TRIED THE RYA SHOP FOR YOUR CHRISTMAS SHOPPING?

Essential stocking fillers for all sailors. Available now online from the RYA SHOP www.rya.org.uk/shop

Christmas Members Offer

Save up to 28% on selected items



The full set of ISAF RACING RULES for 2009–2011 Spiral bound and printed on waterproof paper.



This is your last chance for volunteers to win a trip to Galway (Ireland) for the Volvo Ocean Race re-start. Simply enter now at:

www.volvocars.co.uk/sailingvolunteer

SEASONS GREETINGS FROM CHRIS, JENNY, JAMES AND THE TEAM AT THE RYA

To learn more about Volvo Sailing and the RYA members privilege price plan: www.volvocars.co.uk/sailing

