



# 2010 Yorkshire/Humber Instructors Conference

Saturday the 13<sup>th</sup> of March 2010 – West Riding Sailing Club

WRSC, Winterset Reservoir, Crofton, Wakefield, WF4 2EE: <http://www.wrsc.org.uk/index.php/Find.html>

*Please return by the 5<sup>th</sup> of March to secure your place*

## AGENDA:

- Regional updates from your RDO & National updates from the RYA National Sailing Coach
- Workshops and coaching sessions delivered by Top RYA Coaches and Trainers (ashore & afloat)
- The latest dinghies and windsurfing boards for you to try... so bring your wet kit!

## CANDIDATE BOOKING FORM

I \_\_\_\_\_ will be attending the Yorkshire/Humber Instructors Conference and I enclose a cheque for £10 made payable to 'RYA' OR £5 if you are 21 years of age or under (Fee includes your lunch)

DOB (if 21 or under): \_\_\_\_\_ Contact Number: \_\_\_\_\_

Email: \_\_\_\_\_  
(Confirmation of booking will be sent by email only)

Home Address: \_\_\_\_\_

Usual Teaching Establishment: \_\_\_\_\_

I am an instructor in the following discipline(s) (Please tick boxes as appropriate or mark electronically with a Y)

|        |                          |             |                          |              |                          |                   |                          |          |                          |           |                          |
|--------|--------------------------|-------------|--------------------------|--------------|--------------------------|-------------------|--------------------------|----------|--------------------------|-----------|--------------------------|
| Dinghy | <input type="checkbox"/> | Windsurfing | <input type="checkbox"/> | Powerboating | <input type="checkbox"/> | Senior Instructor | <input type="checkbox"/> | Keelboat | <input type="checkbox"/> | Multihull | <input type="checkbox"/> |
|--------|--------------------------|-------------|--------------------------|--------------|--------------------------|-------------------|--------------------------|----------|--------------------------|-----------|--------------------------|

As lunch will be provided please specify any dietary requirements: \_\_\_\_\_

Please detail any medical conditions that we should be aware of, including any medication taken: \_\_\_\_\_

I am interested in attending the following shore based workshops (In each column please number your top 3 choices in order of preference 1 – 3. We will try to allocate you your 1<sup>st</sup> choices but due to numbers this may not always be possible)

| Shore Based Session 1                          |                          |
|--|--------------------------|
| 1. Basic navigation                            | <input type="checkbox"/> |
| 2. Becoming a coach/trainer                    | <input type="checkbox"/> |
| 3. Selling sailing to schools                  | <input type="checkbox"/> |
| 4. Sail setting – dinghy                       | <input type="checkbox"/> |
| 5. Sailability Making disability plain sailing | <input type="checkbox"/> |

| Shore Based Session 2               |                          |
|-------------------------------------|--------------------------|
| 1. Basic engine maintenance         | <input type="checkbox"/> |
| 2. Increasing regular participation | <input type="checkbox"/> |
| 3. Spinnaker handling shore drills  | <input type="checkbox"/> |
| 4. Sail tuning - windsurfing        | <input type="checkbox"/> |
| 5. Safety boat techniques           | <input type="checkbox"/> |

I am interested in attending the following sessions afloat (Again please number your top 3 choices in order of preference 1-3)

|   |                          |   |                          |
|---|--------------------------|---|--------------------------|
| 1. Sailing with Spinnakers                  | <input type="checkbox"/> | 6. Teaching basic windsurf racing skills    | <input type="checkbox"/> |
| 2. Teaching seamanship skills & day sailing | <input type="checkbox"/> | 7. Teaching safety boat skills              | <input type="checkbox"/> |
| 3. Teaching basic dinghy racing skills      | <input type="checkbox"/> | 9. Honda Youth RIB Challenge                | <input type="checkbox"/> |
| 4. SI prep (Dinghy & Windsurf)              | <input type="checkbox"/> | 9. Teaching intermediate powerboat skills   | <input type="checkbox"/> |
| 5. Teaching intermediate skills - windsurf  | <input type="checkbox"/> | Shore based: 10. Writing a development plan | <input type="checkbox"/> |

It would be of value to me if the conference included the following: \_\_\_\_\_

Please return by the 5<sup>th</sup> of March 2010 to secure your place at the Yorks/Humber Instructors Conference, send to:  
RDO Administrator, Ensign Way, Hamble, Southampton, SO31 4YA.

Please tick here if you require a VAT receipt