

What's on at 2012 Dinghy Show?

We will be celebrating our nations Olympic and Paralympic sailing heritage with the RYA's 'Our Sporting Life – Sail for Gold' exhibition. On display in the Palm Court is an exhibition of photos and memorabilia through the ages from pre-first world war through to our present day champions. Showcasing items kindly shared with us by past Olympic and Paralympic sailors including legendary Rodney Pattison, Keith Musto, Andy Cassell, Mike McIntyre and Alistair Currey, amongst others.

In the West corridor there will be a centenary celebration display of Jack Holt designed dinghies, children can enjoy the ever-popular treasure hunt or they can relax and surf the net in the Volvo Chill-Out Bubble. Here you can also find out more about some of the country's top sailors on the Volvo Sailing App. There will be special visit from Team Volvo's and Skandia Team GBR's 470 pairing of Saskia Clark and Hannah Mills. The top sailors will take time out of their busy training schedules to head to the show for the whole weekend to inspire and motivate the next generation of sailors. The girls, who teamed up early in 2011 to campaign together, will take to the Volvo main stage for an Olympic catch up and Q&A focusing on how they are preparing mentally and physically ahead of the games. There will also be opportunities for one on one coaching with the Team in the Volvo Chill-Out Bubble.

There are some great competitions taking place too. In the RS 'Design a Sail' competition you could win an RS Tera, or take part in the Portsmouth Yardstick draw and you could win a laptop for your club. Find out more by having a chat with the RYA's Technical Team in the Panorama Hall. You could also take part in the RYA Volvo Dinghy Show SailX Championship. In this virtual regatta, race online against friends, family, fellow club members or other dinghy sailors. Check out www.sailx.com/ryavolvodinghyshow to find out more.

"The show has a really unique atmosphere and with the Games on the horizon and guest appearances from Team GBR and Team Volvo sailors, it will have an added buzz about it this year. So as well as being a great place to get up close to your sailing heroes, you can check out all the latest equipment, boats and kits; meet up with friends, win great prizes and chat with class associations, have fun and much more, all under one roof," commented Helen Waterhouse, RYA Volvo Dinghy Show Manager.

What's on when?

Volvo Main Stage Hall 2 (West Hall) – at the heart of the show

10.00 Show opens

10.30 Oliver's Travels – Sailing around the UK for charity – Olly Rofix tells us how he not only beat leukaemia but also sailed around Britain single-handed in a Valiant 18 for charity

11.15 Technology and Tactics – Billy Aylward explains how you can use GPS tracking to hone your racing tactics

12.00 Sail for Gold and Olympic preview – relive and celebrate past Olympic and Paralympic success and look forward to the London 2012 Games (speakers to be confirmed)

- 12.45 Professional driving and towing – Former British touring car champion Robb Gravett gives you all the information you need to be confident while towing
- 13.30 Prize draws and presentations
- 13.45 Jack Holt centenary celebration – Industry and class experts give the low down on how and why Jack Holt was so influential on design of so many popular dinghies
- 14.30 Olympic medal racing: the rules and tactics – Chris Watts shares his top tips to keep you competitive in your own club racing
- 15.15 RYA Volvo Dinghy Show SailX competition final – The culmination of the virtual regatta will take place live on the Volvo Main Stage with commentary from Mark Jardine and Hugh Styles
- 16.15 Treasure Hunt presentation
- 16.45 Volvo RYA Champion Club presentation (Saturday only)
- 16.50 RYA Club of the Year Award presentation – presenting prizes to the top five clubs and announcing the overall winner (Saturday only)

RYA Coaching Area Hall 1 (Panorama Hall) – the part of the show where you can get up close and personal with our resident RYA experts

- 11.00 Basic Rig Tuning – Grahame Forshaw
- 12.00 Trapeze tips – Ant Chapman
- 13.00 Portsmouth Yardstick – Bas Edmonds
- 14.00 Improving your core stability – Matt McGovern
- 15.00 Wetsuit and drysuit repairs – Andark Diving and Watersports
- 16.00 Setting the spinnaker – Grahame Forshaw

Whatever your age and sailing ability there really is something for everyone, so book your ticket now. For more information and to book your tickets visit www.dinghyshow.org.uk or call the ticket hotline on 0844 811