

2010 RYA Eastern Region Instructor Conference



OUTLINE AGENDA

Venue: **Grafham Water Centre, Perry Huntingdon, Cambs. PE28 0BX**

Date: **Sunday March 14th 2010**

- 9:00 - 09:30 Arrival Tea and Coffee
- 09:30 -10:30 Welcome and intro by Robbie Bell RYA Development Officer East
RYA Training update by John Thorn RYA Chief Dinghy Instructor
- 10:45 - 11:15 First round of Workshops (See attached Program)
- 11:15 - 11:30 Regroup for next session
- 11:30 - 12:00 Second round of Workshops (See attached Program)
- 12.00 - 13:00 Lunch (Provided)
- 13:00 - 13:30 Briefing for afternoon sessions – Get Changed
- 13.45 - 16:00 Afloat Sessions (See attached program)
Ashore sessions (See attached Program)
- 16:00 - 16:30 Get Changed, Tea Coffee
- 16:30 - 17:00 Summary and Finish

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Workshop Sessions

In the Morning we will be running a series of workshop sessions. You have the opportunity to select two of these 30 minute sessions to attend. Spaces are limited for each of the sessions and so we will allocate the spaces based on a first come, first serve basis. We would like you to choose your preferred sessions, but in addition we would like you to nominate two reserve choices in case we cannot fit you into your first choice. Please do this on the attached booking form.

Workshop	Topic
A:	Developing Windsurfing at your Club/ Centre (Learn about how the RYA can help develop new or support existing windsurfing activity)
B:	Using sail controls to best advantage (Get the most out of your Dinghy so you can increase control and sail faster/more efficiently)
C:	Talk to the Manufacturers about their latest kit and Offers (Representatives present from Laser, Hartley Laminates, RS, Topper, Tushingham and Starboard)
D:	RYA Programmes and Development Opportunities for Clubs/Centres (Want to increase participation, learn about funding streams & development planning?)
E:	Want to become a Senior Instructor? (For Instructors wanting to learn more about the process and how to prepare)
F:	Basic Boat Repairs (Techniques for working with Gel Coat and fiberglass)
G:	Delivering the Safety Boat Course (Discuss the latest rescue techniques, lessons learned and share ideas on course delivery)
H:	Coaching Resources and their effective use as teaching aids (Develop your coaching and feedback through use of video and Internet resources)

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Afternoon Afloat/ Ashore Sessions

In the Afternoon we will be running a series of Practical sessions. Please choose one of the following Full sessions to attend or two of the half afternoon Sessions. We would like everybody to get afloat, but if you need to stay ashore there will be a chance to talk to the manufacturers and RYA Staff.

NEW for 2010! We will be giving you the opportunity to compete in a 'one day only', **HONDA RIB CHALLENGE!** So if you fancy undertaking the timed challenge and pitting your wits against the 2009 Honda Youth Rib Challenge winners then you will be able to sign up on the day for a practice run and timed run around the official course. Fastest time of the day will win a prize!

FULL AFTERNOON SESSIONS:

- Double Handers: Asymmetric Spinnaker work, Improving Downwind Speed.
- Windsurfing: Introducing Racing and Team 15 sessions personal development (demo new kit)
- Powerboat: Safety Boat exercises and personal skills

HALF AFTERNOON SESSIONS:

- Demo Session/Free Sail/Skills Clinic: Try the Latest Dinghies and Windsurfers from: Laser, RS, Hartley Laminates, Bic, Tushingham & Starboard (RYA Coaches on hand to give you tailored input if required)
- MOB: Powerboat handling Session, Practice the manoeuvre and update your coaching techniques.
- Single Handers: Team Racing, fast and fun sessions.
- Skills Clinic: Get some bespoke input from an RYA Powerboat Trainer to help improve your driving/ coaching skills.