

After the Training Courses

I want to tackle the subject of what you do after you have completed a training course or perhaps attended a series of coaching sessions through the year.

Each year the training team organizes some fantastic training for Adults and Children. This training contains the building blocks to help you become confident and capable of sailing in your own right. Each year many of you achieve this, but what many of you don't do is come and utilize the sailing club at other times when there is no training. We are all guilty of this, but the fixtures list provides you with an endless array of days where Club racing is on, which means a safety boat is on the water, so YOU can either Race or just go for a recreational sail.

Going sailing in your own right and using your boat or booking a club boat is an important part of your development. This is the stage where you come away from being under instruction and look to your new skills to get on the water and tackle the challenges we all face when sailing. Though this process your ability grows and you gain more confidence.

How to approach it?

Look at the fixtures list and see when a day may suit, often it will be a day where racing is on but this is fine it does not mean you have to race you can still book a boat and go recreational sailing.

Come down to the club, book a boat out and rig up. (Perhaps consider grouping up as a team?) Need some advice – There will be many people around the club and in the dinghy park, grab someone and ask their advice. Ask them to demonstrate something if you feel a little uncertain.

Get changed and Go for it! Just you and your boat! (With the Safety boat out) take to the water and just go and play, work with the boat, see what works and just have FUN!

Children's coaching

Children doing coaching courses at Hill Head (EG: The Feva Squad, the Topper Squad) In this instance it's not just about coming to the squad sessions. Your Children will not learn anything unless they put their coached skills to the test and this is done by picking the "Class Racing" Series out of the fixtures list and coming to race with their friends and demonstrate their new racing skills.

REMEMBER: The 5 squad sessions each year do not equal a great sailor or racer; back it up by coming to the club to practice what you have learned, when there are no training/coaching courses. The boats are always there available for you to use.

This is an important issue about which I and the committees give serious thought and discussion. It is the key to getting the new sailors from training to sailing in their own right. It's all about spending time on the water and gaining confidence. By working on those two elements – you are good to go.

Luke Morrison

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