



## Accessible Courses for Clubs

**Availability:** Volunteers from Dragon Sail Clubs with DS coordinator approval

**Cost:** Courses are subsidised by the W.Y.A however a contribution is required

**To book:** Please use the provided forms sent with cheques made payable to "The W.Y.A"

### RYA Instructor Courses

#### Senior Instructor – PAC

19<sup>th</sup> 20<sup>th</sup> & 26<sup>th</sup> 27<sup>th</sup> January

£120 [£250]

#### Dinghy Instructor – CBYC

20<sup>th</sup> – 24<sup>th</sup> March

£50 [£250] + £20 for pre assessment

#### Keelboat Instructor – CBYC

25<sup>th</sup> 26<sup>th</sup> March

£50 [£195]

These prices  
and places are  
a limited  
offer!!

1<sup>st</sup> come!  
Book by  
sending form  
to W.Y.A

Prices in red denote  
"usual" full fee!

### RYA Club Racing Coach Course 6 places

23<sup>rd</sup> 24<sup>th</sup> February

CBYC

£35

### RYA Powerboat Courses

#### RYA Powerboat Instructor – Pembroke Activity

2<sup>nd</sup> – 4<sup>th</sup> December

£50 [£250]

#### RYA Safety Boat Course - CBYC

15<sup>th</sup> 16<sup>th</sup> December

£30 [£135]

## *More Courses for Clubs*

#### VHF Short Range Certificate

CBYC - January 12<sup>th</sup>

£10 + (RYA Certificate fee £22) [£65]

#### RYA 1<sup>st</sup> Aid

CBYC - January 13<sup>th</sup>

£10 [£27]

## **Club & Coach Development workshops**

*Book these directly with host club!! Or contact your RDO*

### Sports Coach UK Courses

*Start 18:30 – Cost Free!*

#### Coaching Children & Young People

*November 27<sup>th</sup>*

Mumbles Yacht Club

#### Coaching Sports Effectively

*February 26<sup>th</sup>*

Penarth Yacht Club

### Running Sport Workshop

#### Funding Your Club

*Thursday 24<sup>th</sup> January*

Swansea Yacht & Sub Aqua Club

*Find out how to raise the funds your club needs. Every sports club could use more money. This workshop provides practical ideas for raising funds from a range of sources.*

### Cool Club Stuff

*Start 18:30!!*

#### Optimist Essentials

*November 27<sup>th</sup>*

Penarth Yacht Club (Free)

#### Racing Rules Night

*Tuesday January 15<sup>th</sup>*

CBYC (Free)

*Enhance your own sailing and coaching knowledge*

**Transitional Squad, Instructors & Coaches**

#### Boat Whispers (Max 100)

*Monday February 4<sup>th</sup> 2008*

Cardiff Bay Yacht Club

*Steve Cockerills Series to upset the pecking order of club racing. An inspirational evening of video, technique and tips of getting the best from your boat*

**CBYC - £5 per person - Pay on the night**

### Junior Class Coaching Workshop – Ollie Green

Mumbles Yacht Club – 1900 – Free March 10<sup>th</sup>

*A quick look at sailor core skill development and delivering sessions to match*



## More & Better Sailing in Wales

### W.Y.A Coaching Plan Booking Form

Contact your RDO  
[Iwan.basten@welshsailing.org](mailto:Iwan.basten@welshsailing.org)  
07814 649574

|                               |  |
|-------------------------------|--|
| <i>Name</i>                   |  |
| <i>Club</i>                   |  |
| <i>Your Role in Your Club</i> |  |

|   |  |
|---|--|
| Course Details (As described on the info sheet) |  |
| Name of Course                                  |  |
| Date of Course                                  |  |
| Venue   |  |

|            |   |   |
|------------|---|---|
| Course Fee | £ | <i>Cheques shall be made payable to "The W.Y.A"</i><br><i>Please return to W.Y.A at the address above</i> |
|------------|---|---|

|                              |  |                   |  |
|------------------------------|--|-------------------|--|
| E-mail                       |  | Telephone         |  |
| Address                      |  | Date of birth     |  |
| <b>Welsh Language Skills</b> |  |                   |  |
| <i>Fluent</i>                |  | <i>Quite Well</i> |  |
|                              |  | <i>A Little</i>   |  |
|                              |  | <i>Not at all</i> |  |

#### Accessing Coaching Plan Courses

I certify I have been put forward by:  
[Name of W.Y.A Approved Dragon Sail Club Coordinator]

*Contact you RDO for approval if this is not possible*

And shall continue to assist with club or centre voluntary work towards more & better sailing in Wales

Signed \_\_\_\_\_

Date \_\_\_\_\_

#### UNDERTAKING I understand that:

A. I will be liable for full course fee if I have not obtained recognized approval for my course place from Dragon Sail Club Coordinator or RDO

B. I shall forfeit all monies if two weeks, or less, notice of cancellation is given.

C. The signing of this form signifies that: I am confident in water; physically fit to take part in the Activity; and willing to comply with all safety regulations.

|                |                                  |                                  |     |    |
|----------------|----------------------------------|----------------------------------|-----|----|
| For office use | Date Received:                   | Dragon Sail Coordinator Approved | Yes | No |
|                | Region    South    West    North | RDO Approved                     | Yes | No |