

Port Dinorwic Sailing Club



Training Courses 2009

Improver Race Training: From Saturday April 25th, 5 weeks

This training will be integrated with normal club racing (in the slow fleet) on Saturday but a coach will be provided to brief the sailors in advance of racing and to provide on the water coaching throughout the course of the 2 afternoon races, followed by a onshore debrief. Sailors must be able to complete a basic triangular course to take part. Participants must be club members

Dates: Saturday afternoon (1:30pm to 5:00pm) 5 weeks from 25th April.

Course Fees: £50 club boat, £40 own boat (per complete course). Please book by Monday 20th April. Participants must be club members

Youth Beginner Training: From Saturday May 23rd, 8 weeks

This training on Saturday morning will teach youth* sailors the very basics of sailing, including upwind and downwind skills, tacking and gibing, with the aim of leading them on to learning to sail a triangular race course via the follow on summer training week.

Dates: Saturday morning (9:30am to 12:30pm) 5 weeks from 18th April.

Course Fees: £96 club boat, £80 own boat (per complete course). Please book by Saturday 9th May. Participants must be club members

Adult Beginner Training: From Friday 8th of May, 6 sessions

No experience necessary, sessions start at 6:30pm.

Dates: Friday 8th May, Monday 11th May, Friday 15th May, Monday 18th May, Friday 22nd May, Friday 29th May

Course Fees: £72 club boat, £60 own boat (per complete course). Please book by Friday 1st May. Participants must be club members

PDSC Open Summer Youth Training Week: Mon Aug 23rd to Fri Aug 29th (5 days)

This training is open to any youth* sailor from any sailing club who has completed a beginners sailing course. Optimists and Toppers are the predominant classes but other boats are welcome. The aim of this week is to build on the basic sailing skills of the sailor so that by the end of the week they can sail a triangular race course and compete in the mini-regatta on the final day of the week. Subject to demand, this course will also provide more advanced race training for those sailors who are already racing but want to improve their skills.

Dates: Mon Aug 23rd to Fri Aug 29th (5 days), 9:30am to 4:30pm.

Course Fees: £125** (per complete course), hire of club boat for the week = £20. Booking necessary before June 30th.

**fees cover cost of coaches, safety boats, use of club facilities and prizes for regatta on final day.

* Sailors must be aged 8 or over. Sailors under 8 may be allowed at the discretion of the PDSC Training Officer but must be accompanied on the water by a suitably skilled parent/guardian at all times. The Training Officers decision in such cases is final.

*For further details please look at training page on the club website www.pdsc.org.uk
Or contact Ken Newing 01248 671052 or Merrion Edwards 07788623946*

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