

Questions to Consider...

What actions has your club taken/ does your club intend to take to change or develop the following questions...?

1. Does the Data from Welsh Events/ Squads mirror what you feel is happening within your clubs?

- Clubs joining together to pool resources and promote Y&J sailing in one venue (Rhyl Marine Lake example)
- Rhyl YC-Need OnBoard to tie in with national branding of sport; branding- 2 new members in 6wks
- Llyn Brenig SC- need to develop on from just OnBoard sessions/ activity- retention
- Parents on site
- Involve Parents- give them something to do!
- Clear Progression/ pathway
- Role of junior volunteers to link junior specific racing → main club racing
- Role of Junior volunteers to link between club → CYRC → Events
- Enthuse parents- engage with them socially?

2. Race Training/ Regular Participation up or down

- Enthuse parents- engage with them socially?
- Provide opportunities to get adults and parents sailing
- Link up with WYA to
- Adult club coaching sessions
- Integrate training with regular club activity

3. Is Club Racing Numbers Up or down

- Juniors helping w/ Race management
- Older Juniors/ Youth helping with Safety Boat
- Coached racing, both Adults and Junior
- Help (give confidence to) Adults to travel too!
- Set appropriate courses- where and length
- Turnout up, but could be misleading... less double handers/ more singlehanders

Essential Elements of a Good Race Training Program

Central Group

Essentials

- enjoy learning in a safe environment
- ② with an element of competition
- appropriate to age + ability
- producing good sailor skills, club membership
- Social side
- family race sailing
- long term goals → process.
- athlete, nutrition, — sports person healthy lifestyle.

① Infrastructure

- planning
- team led — co-ordinator
- qualified, trained, all ages
- mentor process.
- skills updates, sharing

- Early adulthood involvement → costs
- child care issues, retention at 18yr

③ types of racing

- turbo, team, long sail, ...
- Communication — FB, ...

Group on left of room from front

Essentials

- PLAN.
- OBJECTIVES.
- RESOURCES - PEOPLE
 - EQUIPMENT.
 - VENUE.
- COMMUNICATION - FACE BOOK
 - TEXT
 - BLOG.
- CONTENT - WEATHER DEPENDENT
 - FUN - INTERESTING - CHALLENGING
- TIMING. -
- REVIEW -

Group nearest windows

Essentials

- ① - Trained Staff / Volunteers
 - Sailors
 - Equipment
 - Training Resources }
 - Wel class room?
 - Accessible - where, how much
 - Defined reason to learn to race
 - Pathway boat? - for kids not adults
- ② - Willing parents!
- ③ - FUN !!!
 - Briefing + Debriefing - effective
 - right level group