



## 2010 WYA North Wales Training Conference Provisional Agenda

Venue: **Plas Menai**

Date: **Sunday March 21st**

9.30 – 10.00	Arrival, tea and coffee.
10.00 – 11.30	Welcome and Introduction by Ruth Iliffe, WYA Regional Development Officer North Wales RYA Training update by John Thorn (RYA National Sailing Coach)
11.45 – 12.15	Morning Workshops (see attached Program)
12.15 – 13.30	Lunch (Provided)
13.30- 16.00	Afternoon Sessions (See attached Program)
16.30 – 17.00	Summary and Finish

### Morning Workshops-

- A. **Honda Rib Challenge-** Karen Griffiths Offshore Sea School
- B. **Using Sail Controls to your Best Advantage-** Get the most out of your dinghy so you can increase control and sail faster/more efficiently.
- C. **RYA Sailability-** Debbie Blachford RYA Sailability Development Manager and Keith Rollinson NW Sailability RO
- D. **RAY Assistant Instructor Training-** John Thorn, RYA National Sailing Coach
- E. **Trade Suppliers-** Check out the new kit, strike up a deal?

Afternoon Sessions- please indicate your preference in advance, places will be assigned on a first come first serve basis.

### Full Afternoon Sessions-

- A. **Windsurf (Afloat) –**Bit of a Blast, Bit of a Chat about how we can develop Windsurfing in North Wales- Louise Emery
- B. **Powerboat (Afloat) –**Powerboat Challenge; – a fun challenge testing a range of slow speed power boating skills against the clock and against the scorecard; followed by an opportunity to consider the coaching points for each skill
- C. **Sailability- Disability Awareness (Afloat and Ashore)-** Disability Awareness with Debbie Blachford RYA Sailability Development Manager and Keith Rollinson NW Sailability RO
- D. **Dinghy ( Afloat)-** Asymmetric Spinnaker Work, Improving Downwind Speed

### Half Afternoon Sessions

- E. **Demo Session/ Free Sail/ Skills Clinic (Afloat) –** Take the opportunity to have a look at/ play with some of the Trade Suppliers kit.
- F. **Dinghy (Afloat) -** Singlehanded- Team Racing. Fast and Fun sessions.
- G. **Shore based Workshop-** Looking after your Club Powerboat.