

What is Open Training? OT provides the opportunity for young sailors who wish to continue with their sport during the winter the opportunity to do so. The activity is based around RYA Race Training syllabus, giving these sailors the opportunity to develop their racing/sailing skills and potentially move forward into Regional/ Welsh/ GBR Squads.

Who runs it...? OT is run by the clubs within Wales, and co-ordinated by the Regional Committees.

How does it all fit in...? Below is the approximate timescale and pathway that is possible for junior sailors to achieve. Many different



Year 1	Example Events
Learn to Sail at OB or an RYA Training Centre or club	Attend the Acorn Beginner Regatta at the end of the summer
Year 1 - 2	
Take Part in Winter Open Training	Attend CYRC Series
Sail as often as possible with your local club: Training should now be racing focused	Welsh Regatta Fleets Maybe a National Class Regatta fleets
Year 2 - 3	
Continue club training and hopefully make regional squad place after your first season main fleet racing if you so desire	Attend the Welsh Championships, National Class Events to get your first UK Ranking place
Year 3 – 5 onwards	
Welsh National or GBR Squad could be your target!! If your good you can achieve selection in around this time	Attend National Events Sail for Wales Maybe Travel overseas and sail for Great Britain

avenues exist in sailing into many different pathways within the sport. This diagram is an example for a typical 8 – 12 year old. For further details see the Welsh Squad Newsletter.

Who is Open Training aimed at?

Everyone- the only pre- requisite is that they can happily sail a triangle course and are keen to learn more!

How old do you have to be...?

Under 19 on the 31/12/2012. There's no bottom limit on age, however most sailors start sailing through the winter from age 8 upwards. The top age limit tends to be dictated by what class of boat you sail... Some boats like the Optimist have an upper age limit in their class rules. **Open Laser training is Open to all ages to help develop the numbers.**

Where does it take place? Is it nearby? There are a number of clubs running open training this winter, so hopefully there will be a venue relatively near to where you live... Although you may choose to travel a bit further if you feel the training might be more appropriate.

How much does it cost? It ranges very slightly from club to club, and from class to class, but on the whole each day costs between £10-£25 per day.

When does it happen? Each Club is running a block of days that you can book on to- just pick which you want to attend... Check out the Date info sheets for each region for further info.

Do I need my own boat? If you don't have your own boat already you will probably be able to borrow a boat from your club (although you may have to pay a hire charge and insure it). Please contact your club training co-ordinator for further details.

What class of boat should I be sailing...? Open training is as it says 'Open', but most people will sail RYA Youth and Junior Pathway classes and a lot of the sessions are very much class specific- check out the info sheets to find out where might be best to go.

What are they? Please note; in most cases the age limit is there for pathway purposes; however the Optimist and Cadet class do apply age limits specified in their class rules. The other classes you can continue to sail as an adult...! Also there are other adult classes, with great competitive fleets for those sailors coming late into the sport.

Junior		Youth	
Class	Age	Class	Age
Optimist	U15	Laser Radial	U18
Topper	U16	Laser Standard	U18
Laser 4.7	U16	420	U18
Mirror	U16	29er	U18
RS Feva XL	U16	Open Laser Training- No Age Limit!	
Cadet	U16 (U17)		

I'm a Laser sailor. Am I just limited to sailing at the open Laser training sessions or can I sail at some of the OT? The majority of the OT is u18, so if you fulfil this requirement, and the club is catering for your needs then it shouldn't be a problem. It would be worth taking part in your local Frostbite series too...

I'm a Regional/Welsh/ GBR Squad Sailor. Could I attend Open Training? Yes, it's a great opportunity for you to practise what you've learnt at squad training.

What about dates...? Check out the Calendar online @ welshsailingevents.org or you can download a sheet with all the dates on from there too.

How do I apply? To apply fill out the application form and send it to the club you want to train at, along with your payment. Application forms/ Processes will vary from Club to Club

Who do I send it to/ Make cheques payable to? Details should be on the bottom of your application form or via the relevant website. Cheques should be made payable to the clubs.

So, there must be a catch...? What are the expectations? All we ask is that in return for taking part in the Open Training is you also take part in the Xmas Regatta, Club Youth Racing Circuit; and also that you regularly sail at your own club! Those Laser sailors that are over 18 are asked to volunteer and take part on a regular basis at your club- What about doing the Welsh Laser Championships next year?!

What else is there? What are these events?

Xmas Regatta- 18th Dec in North and 17th Dec in the South, West Wales TBC. The Xmas Regattas are legendary! Lots of sailing and training, combined with tinsel and a GSOH. Plus the disco is quite good too☺

Club Racing A number of Clubs have pre-Christmas Frostbite series which sailors should be utilising to practise what they have learnt. The aim is to encourage all sailors when appropriate to have the opportunity to practise between training sessions.

For further details of any of Club Winter Racing series; Please contact the specific club as it makes it easier for them to plan for numbers etc. **Please note** Racing in the winter is always very weather dependant!

Club Youth Racing Circuit Series 2011

The CYRCs as they're better known, are great little first time coached race events that happen around the region- Dates usually come out around Xmas time. And you'll be able to find them on the Google Calendar on the website.

I'm interested, but require more details...?

A good place to start is to talk to your Regional Development Officer or contact the club you want to train at directly:

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South and West Wales Ben.smith@welshsailing.org 07824990694