



PAUL WREN

RYA High Performance Manager
East & South East Zones
Tel: 07909 994642
Email: paul.wren@rya.org.uk

SARAH KNOX-JOHNSTON

Zone Administration Tel 02380 604237
Email: sarah.knox-johnston@rya.org.uk

VIV NANOPOULOU

Champion Club Liaison Officer Tel: 02380 604245
Email: viv.nanopoulou@rya.org.uk



RYA VOLVO ZONE AND HOME COUNTY CHAMPIONSHIPS 2012

The RYA Volvo Zone/Home County Championships will take place at nine regional venues over the weekend 29 & 30 September.

The event is the RYA 'Regional Championship' for each zone and is aimed at all sailors in local clubs under the age of 16 who are racing in the RYA classes (Optimist, Topper, RS Feva, Windsurfer, Cadet and Mirror) It is a great first time event for club sailors, giving them the opportunity to get a feel of a championship atmosphere.

There will also be 'novice' regatta fleets in Toppers and Optimists where novice racers who perhaps have been club racing can join in and experience the racing under the supervision of a coach at a larger event. Why not get together a few youngsters from your club and come to the event as a group. This is an event for sailors to set themselves as an end of year goal after training and racing over the year this Summer. It will give the young sailors a good learning experience to help start them along the pathway to success.

Volvo get some of the Volvo Team for Life sailors to attend some of the events, where they meet the young sailors and chat about their sailing career from club level, to first regional event and how they progressed to elite level.

All events are supported by coaches and international judges giving advice and help throughout the weekend.

The Championship that you enter depends on the class you sail and where you live. Entry will open on 1st June and close on 23rd September.

South Zone Champs—WPNSA
South West Zone Champs—Chew Valley SC
East Zone Champs—Alton Water SC
South East Zone Champs—Weir Wood SC
North Zone Champs—Rutland SC
West Zone Champs—Leigh and Lowton SC

HAPPY NEW YEAR!

We wish all of our sailors and clubs a very Happy New Year and hope you have a successful year of sailing in 2012.



The Gold Challenge in partnership with the British Olympic Association is proud to support Team GB



THE GOLD CHALLENGE

The Gold Challenge is an independent nationwide initiative to inspire a sporting legacy from England, the British Olympic Association and UK Sport. The Gold Challenge will inspire new and existing sailors onto the water, in support of one of 100 official charities. Individuals and teams can take the challenge, testing themselves in up to 30 Olympic and Paralympic Sports by the end of 2012.

For more information visit www.goldchallenge.org



RYA training centres and clubs can sign up as Gold Challenge official locations, providing participants with three hour taster sessions. This is an excellent opportunity to connect with new clients and members and, of course, to build participation in sailing.

For more information or to sign up as a Gold Challenge training centre or club, visit: www.rya.org.uk/sailforgold

EVENTS TO CONSIDER FOR 2012

RYA Volvo Youth National Championships – 31st March–6th April 2012 Pwllheli SC
Eric Twiname Championships– 12th & 13th May Rutland
Skandia Sail for Gold Regatta– 1st–9th June Weymouth
Olympic Games– 28 July–12 August Weymouth
Paralympic Games– 29th August–9th September Weymouth
RYA Volvo Zone Championships– 29th & 30th September
RYA Eric Twiname Racing Championships– 20th & 21st October Oxford

IOCA WINTER TRAINING DATES

East

28-29/1 Blackwater SC

18-19/2 Alton Water SC

24-25/3 Blackwater SC

Contact Ferderique Heinderickx. frederique.henderickx@tesco.net 07747 533269

Thames Valley

7/1, 3/3 Burghfield SC

Contact David Baddely db sailing@gmail.com

SE

4-5/2 Weir Wood SC,

18-19/2 TBA,

31-1/4 TBA

Contact Richard Baker. rbaker@servalssystems.co.uk 07710 148359

VOLVO CHAMPION CLUB

For more info on the Volvo RYA Champion Club scheme go to www.rya.org.uk/VCC

CLUB AND COACHING CONFERENCES

The club and coach conferences for 2012 will take place on the weekend of 1 & 2 December 2012. The conference is for all club representatives actively involved or developing race training and racing within the sailing club and coaches wishing to revalidate their Racing Coach Level 2 qualification. Specific details of venues for each area will follow.



ZONE SQUAD MEMBERS 2011/2012

EAST OPTIMIST

Colette BACON James GRANT Deborah HUGHES Bethan MATTHEW Ellen MORLEY Thomas PROCTER Hannah TUCKER Conor WEY

SOUTH EAST OPTIMIST

Abbie BACK Iain BIRD Freya BLACK Isabella BLACK Hatty CAGE James HAMMETT Jake HARDMAN Oliver HILL Zoe JAMES Christopher JAMES Jack LUCAS-CLEMENTS Helen SCEALES Alex SMALLWOOD Alice SMITH Ross THOMPSON Daniel THORNE-LARGE Fla-

EAST TOPPER

Louis Brand Daniel BULL Michael CARVER Alexander CLARKE Ashley DEATON Ollie DIXON Adam FULLER Ben GAGE William LOUTH Katherine PARISH Ciaran RANDERIA Izzie STYLIANIDES Tom JOICE

SOUTH EAST TOPPER

Edward BENZ Grace BRADLEY-SHANKAR Imogen CAGE-WHITE Stanley CHICK William COOK Emma CRANE Patrick CROGHAN Iona DIXON Callum DIXON Toby FREELAND Peter FREELAND Drystan HARNETT Matthew HODGES Lewis HUMPHRIES Nick HUM-

EAST AND SOUTH EAST WINDSURFER

Ben BARNWELL James BARNWELL Thomas CAVE Toby CAVE Jasper GEDDES Emilia GIBSON Alysia GIBSON Eilidh HARDS John HUMPHRIES Alexei MURPHY Zara PETTS Henry SEIFERT Hugo THOMAS Luke WILLIAMS Galahad WISBEY

NORTH CADET

Jonathan VAN INGEN George BATTERSBY Joe BARR Rhiannon Williams Francesca INGALL Eve TURNPENNY Christopher GLADWIN Oliver PAYNE Ed HARRIS Faye CHATTERTON Alex PAGE Richard TOWNSLEY Scarlett ANDERSON Ella PHELPS Robert KEEN

EAST AND SOUTH EAST FEVA

Emily KIRKBY Sam BLUNDEN Rex FARRANT Lewis KEEN Courtney BILBROUGH Orla MITCHELL Oskar BISSET Max TAYLOR NOBBS Buzz GILKS Poppy GILKS

PLANNING YOUR CLUB TRAINING



Club training throughout the winter often makes a big difference to how well our sailors develop their racing skill. We know that training and racing can help. Have you thought about planning a junior training programme for next winter?

Benefits of a winter training program

- Continually develop their racing skills
- Gives all the club sailors the opportunity to get together for some fun.
- Planned well it should complement the Class and RYA Squad systems
- Keeps the group together socially
- Increases retention for the following season

Key Dates

This winters zone squad dates have now been finalised, why not consider planning your club training around these dates so that all of your club sailors can get together to sail and train on the same weekend.

Single Handers

	Optimist	Topper	Techno
Land Day	05/06 Nov	05/06 Nov	05/06 Nov
ZS1	12/13 Nov	12/13 Nov	26/27 Nov
ZS2	3/4 Dec	26/27 Nov	14/15 Jan
ZS3	14/15 Jan	14/15 Jan	18/19 Feb
ZS4	28/29 Jan	4/5 Feb	10/11 Mar
ZS5	18/19 or 25/26 Feb	10/11 Mar	11/12/13 April Easter Camp
ZS6	17/18 Mar	24/25 Mar	26/27 May

Double Handers

	Mirror	Feva	Cadet
Land Day	05/06 Nov	05/06 Nov	05/06 Nov
ZS1	19/20 Nov	19/20 Nov	19/20 Nov
ZS2	3/4 or 10/11 Dec	10/11 Dec	17/18 Dec
ZS3	7/8 Jan	7/8 Jan	28/29 Jan
ZS4	21/22 Jan	4/5 Feb	25/26 Feb
ZS5	10/11 Mar	25/26 Feb	17/18 Mar
ZS6	24/25 Mar	17/18 Mar	31/1 Apr

ARE YOU LOOKING FOR SOMEWHERE TO STAY IN WEYMOUTH WHY NOT TRY THE RYA'S PORTLAND HOUSE?

RYA Portland House Located at Osprey Quay on the northern shores of Portland Bill, it is ideally situated close to the Weymouth and Portland National Sailing Academy and the new Portland Marina.

The RYA's new accommodation building in Portland opened in January 2010 and has been specifically designed and fitted out for the RYA to a high standard to provide accommodation and a conference centre for the Olympic team, squads, staff, coaches, support staff and members. It has been used by a variety of groups and squads, as well as Team GBR sailors. We are keen for RYA members, clubs and those belonging to affiliated organisations to use the facility and whilst availability is limited, there are periods over the next three months when rooms are available.

If you would like to enquire about availability and booking,
email portlandbookings@rya.org.uk

RYA LEVEL 2 COACHING COURSES

The list of courses and further details about courses can be found by going to www.ryaracingevents.org.uk, then scroll down the page and click on RYA COACHING COURSES.

More information can be found by visiting

<http://www.rya.org.uk/coursestraining/coachestrainersinstructors/racecoaches/Pages/Howtobecomearacingcoach.aspx>

