

The salient points considered at the RYA Club Conference for delivery of effective Training / Race Coaching

Outlined and summarised below are the findings from the work groups at the conference.

The instructor & coach meeting.

A meeting should be held at the beginning of the season looking at the agreed programme and the overall rotor and staffing.

For each training session there should be somebody who is there in the capacity of chief instructor/senior instructor. This person is responsible overall for the training.

Things to be given at this meeting:-

- Paperwork, all instructors and coaches to bring in photocopies of all their relevant certification. First aid power boat level 2 and their instructor/coaching qualifications. These should all go on file, held centrally in the clubhouse.
- During this meeting it is appropriate to go through the club's "Standard Operating Procedures", risk assessments, emergency action plan and any other relevant policies for the safety of a sailors and instructor/coaches.
- The sailors can be split into groups of ability, allocated to a specified instructor(s)
- Check the medical forms. (Is there anything unusual within them?)
- The training roster and control sheet.
- The proposed syllabus for each group (RYA stage 1,2,3 Start Racing)
- The resources available to the instructor's. This can include books of exercises, foul weather or no weather alternatives.
- Pre organised games and session plans.
- Agreed format and timing for each planned session.

Example of a part of a Rota & Control Sheet

		Week 0		Week 1	
		10/05/2006		Wed	
		SI		17/05/2006	
SI For Evening		Mark		SI	
				Paul	
	Sty Boat Allocation	Instructors	No Sailors	Instructors	No Sailors
Stage 2 (Raiders)	EG-G1	Mark	9	Mark	9
Stage 2 (Animals)	EG-G2	Chris	9		9
Stage 2/3 (Pirates)	EG-G3	Rob r	9	Rob	9
Stage 3 (Rammers)	EG-G4		9		9
Stage 3 (Rods)	EG-G5		9		9
				Chris	
Total On Water					
Shore Administration					
Beach Masters					
		Paul		Paul	
Rib Launches					
		Volunteer			
Training Equipment					

The Cadet Enrolment Evening

The cadet enrolment evening is the most critical meeting, where the instructors set out their expectations to the parents and the sailors. If this is done correctly the training will run more effectively and to the advantage of all. Below are some of the points that should be covered.

- Outline what you are hoping to achieve over the duration of the training and what the expectations of the parents and sailors should be.
- If you don't have an assessment day to assess the ability of the sailors before grouping them, sailors and parents need to know this.
- The timings on the day. Start and finish.

- What time you expect the sailors to be ready, for example, your sailors need to be dressed & rigged ready to go by six o'clock. (They need to know that you will start on time!)
- Volunteer roles; this is an ideal time to enlist volunteers to help within your club, rolls on training evenings straight days conclude.
 - The galley rotor
 - People to help launch and recover the boats
 - People to help prepare, launch and recover the safety boats.
 - Safety boat assistants.
 - Beach master and safety control
 - Someone to run the administration and registration.
- Outline what is expected of the parents, and when they and instructors are responsible for the sailors.
- It is an ideal time to let people know how they can get involved in junior/novice racing.
- How you intend to segment, the group's, stage 1,2,3 racing group bronze, silver gold

On the day.

Ideally chief instructor and instructors/coaches would meet before the sailors to discuss and agreed suitable plans for the sessions.

It was agreed that a well thought out session plan is the secret to good training! It was also agreed that the training had to be fun and varied.

Check on the weather, to decide on how suitable it is for sailing for each of the ability groups.

For each session, there needs to be

- A clear brief
- A structured to the coaching
- A debrief

Sailors need to understand that they must attend the debrief before they get changed?

There needs to be contingency plans for either foul weather or no weather. All agreed that instructors/coaches often fail to have alternative plans, and therefore send the sailors home. This doesn't provide continuity of training, and shows that there has been poor planning.

There needs to be a clear record of who attends which sessions and what they have achieved to date. Instructors can therefore monitor people's progress and clubs can see who has been attending the training sessions.

Post training

Everybody agreed that the social after the training was very important to the sailors, therefore the following suggestions were made:

- Fun nights after sailing quizzes etc
- Prize-giving and logbooks and certificates handed out. (This could include a guest speaker)
- video feedback