



Club Race Training and Increasing Club Membership



1. Ingredients for Quality Coaching
2. Case study's
3. RYA Qualifications
4. Resources that can improve your coaching

Quality Coaching will give an goal for the learning

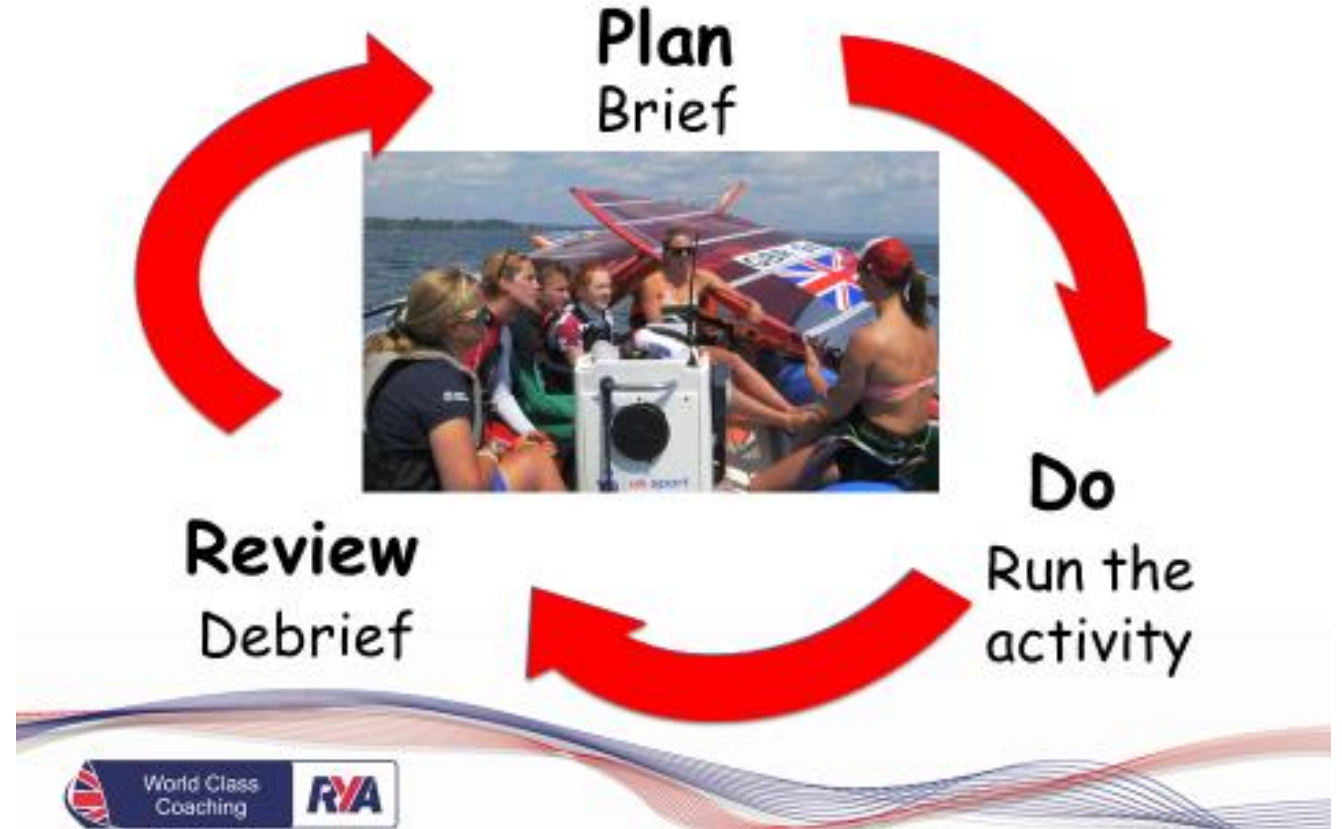
1. Join in club racing
2. Achieve the next stage
3. Becoming an Instructor
4. Attending the Zone Championships
5. Selection for Zone Squad



Quality Coaching will have structure

1. Plan the training programme – what will you be doing each session
2. Have a plan for each session – what do you want to achieve today

THE COACHING PROCESS



Case study's – why did it work for them?



Feed back

- 5 Common Things
- Does your club Display the 5 Attributes
- What else

RYA Coaching Qualifications

- Racing Coach Level 2 (RCL2) (2 day Course, First Aid, PB2)
- Racing Coach Level 3 (RCL3) (3 weekends, Safety Boat)

<http://www.rya.org.uk/courses-training/teaching/race-coaches/Pages/hub.aspx>



RYA Coaching Qualifications

- Assistant Instructor (training at RTC, by SI)
- Dinghy Instructor (Pre Entry, 5 day course, First Aid, PB2)
- Senior Instructor (4 day course, Safety Boat)



Resources that can support Coaching

- Wet Notes <http://www.rya.org.uk/shop/Pages/products.aspx?product=rya-wet-notes>
- Race Training Exercises <http://www.rya.org.uk/shop/Pages/products.aspx?product=rya-race-training-exercises-ebook>
- Race Coaching Handbook <http://www.rya.org.uk/shop/Pages/products.aspx?product=rya-race-coaching-handbook---2nd-edition-ebook>
- Show-me whiteboards <http://www.show-meboards.co.uk/search/show-me-boards/L1/L2/L3/group/type/price/keyword/1/>
- Magic whiteboard <https://www.magicwhiteboard.co.uk/category/magic-whiteboard/>
- Magnetic Boats <https://www.sailmates.eu/>



Any Questions?

