

Junior Race Training

i.e. More Fun Stuff!

- Intermediate and experienced young sailors
- by invitation only based on experience
 - Normally minimum of 1 year experience necessary and capable of self help.
- Small groups and one-to-one tuition
- Session Leader(s): Mike Stace and Mark Dashfield (Racing Coaches)
- Boat available:
 - As above plus members own boats.
- Every other Saturday afternoon (when tide is in) from May to September.
 - Reserve night is following Tuesday if adverse weather conditions.
- Registration at 5.15pm
- Safety briefing at 5.30pm.
- Duration 5.30-7.30pm approx.
- Sailors are expected to be able to:
 - Rig and de-rig boats
 - Launch and recover boats unaided
 - Sail a simple course
 - Assist in launching and recovering of safety boats
 - Right a capsized boat and sail on.
 - Pack away and care for equipment
- Topics Include:
 - Advanced boat handling
 - Starting
 - Mark rounding
 - Basic rules
 - Courses
 - 'Go fast' hints

Safety boat in attendance at all times.

TSC changing rooms and hot showers available.

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Junior Club Racing

i.e. Most Fun!

- Experienced young sailors only.
- Racing at the same time as Adult Club Racers.
- Smaller/ Inshore club courses.
- Junior Cups and Prizes awarded.
- Mentoring and Pairing scheme with adult races.
- Leads onto Competitive Racing Pathway

Competitive Racing Pathway

i.e. Onwards and Upwards!

- RYA basic sailing and race training courses are available in partnership with Pembrokehire Watersports Activity Centre:
 - Tel: (01646) 622013
 - Website : <http://pembrokehire-watersports.com>
- Regional Junior Events (Club Youth Racing Circuit)
 - One day events.
 - Organised in West Wales by Welsh Yachting Association (WYA) Regional Coach, Richard Twining
 - Regional coach at a number of local venues in Pembrokeshire and Tenby.
- Welsh Events
 - Welsh Schools Championships
 - Milford Haven - July 2006
 - Welsh Youth Championships
 - Pwllheli - April 2006
 - Welsh Youth Regatta
 - Llangorse - September 2006
- Regional, Welsh and UK National Squad Training
 - By invitation for the talented sailors.
 - Young sailors are selected to train with the above squads.
- UK, European and World Youth and Class Championships
 - Held annually - contact your coach for more details.

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