

2012 RYA Midlands Instructors' Training Day

0930		Registration opens - Tea and coffee available
1000		Gareth Brookes - Regional Update
1020		Amanda Van Santen, RYA Dinghy and Windsurf Schemes Chief Instructor - National Training Scheme Update
1100		Break (A chance to order your RYA publications with a 45% discount!!)
1120 – 1200 + 1205 - 1245	Morning clinics (select 2)	<ol style="list-style-type: none"> 1. Briefing and debriefing skills - ashore Advice on running slick brief and debriefs ensuring you cater for all your students learning styles and aims 1. Video coaching - ashore How to do it well! 2. Working in the industry – ashore Advice on the pros and cons and how to succeed 3. Teaching Children – ashore Discussion on games and ideas for teaching children the RYA schemes 4. Asymmetric handling shore drills – ashore Learn how to use one or tips on how to run the session 5. Spinnaker handling shore drills – ashore Learn how to use one or tips on how to run the session 6. Basic Rig tuning dinghy – ashore (outside) A practical look at kicker, downhaul and outhaul 7. Advanced rig tuning dinghy – ashore (outside) A practical session looking at mast rake and rig tension 8. Powerboating Entrapments – afloat double session An opportunity to see a demo and have a go at the best ways of preventing and resolving an entrapment 9. Powerboat Instructor Skills Assessment – ashore Find out about the assessment and how to pass it 10. Intermediate Windsurf Instructor course preparation – ashore Find out about the course, pre entry requirements and look at the coaching models used 11. Try a boat/board + speak to the trade – afloat double session A great opportunity to see and sail the latest offerings from the trade
1245 – 1400	LUNCH	Order RYA publications with a 45% discount & mingle + an opportunity to speak to Gareth Brookes re how to become a Coach or Trainer
1400 – 1600	Afternoon Sessions	<ol style="list-style-type: none"> 1. Seamanship skills and coaching top tips Coaching on seamanship skills and ideas on planning and programming a course and delivering high quality fun sessions 2. Sailing with spinnakers skills and coaching top tips Coaching on sailing with spinnakers and ideas on planning and programming a course and delivering high quality fun sessions 3. Performance sailing skills and coaching top tips Coaching in and ideas for running sessions in performance boats for those hoping to become an advanced instructor 4. Race training sessions Have a go at some imaginative, fun sessions to enjoy or try at your club/centre 5. Senior Instructor Course Preparation (Dinghy & Windsurf) An introduction into becoming a Senior Instructor. Shorebased + practical. 6. T15 Coach Workshop How to keep sessions fun and challenging 7. Windsurfing - Carve gybing skills and coaching top tips A look at the carve gybe and how to do it or coach it in bite sized chunks 8. Safety boat techniques A chance to try out techniques you can pass onto your safety boat candidates or refresh your own skills 9. Advanced Powerboating Skills Learn and have a go at some of the advanced skills to get ready for the course 10. Powerboat Instructor Course pre entry assessment – Preparation Get ready for the pre entry assessment
1600		Pack up & get changed
1630		Debrief & prizes – Gareth Brookes
1645		Finish