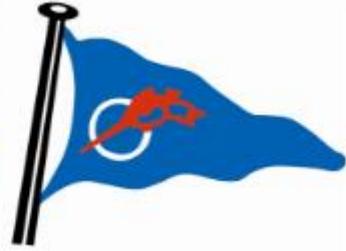


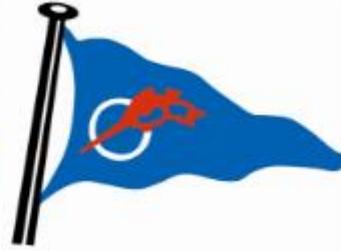
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Race Training Evenings

Following on from last years very successful race training evenings run by Ken Fowler 2017 sees another series of Tuesday night training sessions run by club member & Contender World Champion Simon Mussel and new member and RYA Instructor Ben Schooling.

Sessions start at 6:30 ending in the bar about 9pm, dates are as follows:

Tuesday 2nd May—18:30 Start on the water
Tuesday 23rd May—18:30 Start on the water
Tuesday 6th June—18:30 Start on the water

Race Training FAQ

How much does it cost? Training costs £1 a session, boat hire is £5 per session

Is it open to non-members? Training is open to all paid up members of Highcliffe Sailing club. If you are not a member or have not rejoined yet contact the membership secretary ASAP. Non-members are welcome to come and watch.

What time is the training? Training starts on the water at 6:30 pm

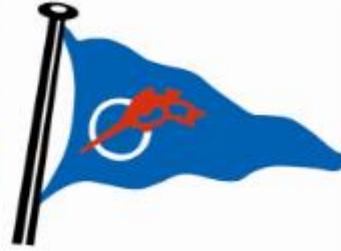
How do I hire a boat? Club policy is that boats are hired on a first come (& pay) first served basis.

I'm a member how do I join in? Just turn up on the night ready to sail. It would also be helpful if you would let us know you are interested by filling in the online form [here](#).



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Ladies That Launch Evenings

Back for the 4th year run by Club Senior instructors Richard Brooks and Margaret Norris Ladies that Launch are Friday evening sessions for ladies only where you can improve your sailing, meet other members and have a laugh in the bar afterwards.

Sessions start at 6pm ending at 8-8:30 with a debrief and open bar. Dates are as follows:

Friday 3rd March – Planning Meeting
Friday 28th April
Friday 19th May – Harbour Racing
Friday 9th June
Friday 23rd June
Friday 30th June
Friday 21st July – Ladies Interclub

Ladies That Launch FAQ

How much does it cost? Training costs £1 a session, boat hire is £5 per session

Is it open to non-members? Ladies that Launch Training is open to all paid up lady members of Highcliffe Sailing club. If you are not a member or have not rejoined yet contact the membership secretary ASAP. Non-members are welcome to come and watch.

I'm a member how do I join in? Please fill out the online form [here](#). To be included on the mailing list for all LTL sessions.

What time is the training? We aim to be on the water from 6pm to 8pm with a debrief in the upstairs training area at 8:20pm.

How do I hire a boat? Club policy is that boats are hired on a first come (& pay) first served basis. However Richard & Margaret hope that if more people want to hire boats than there are boats people will agree to share and split the hire cost.

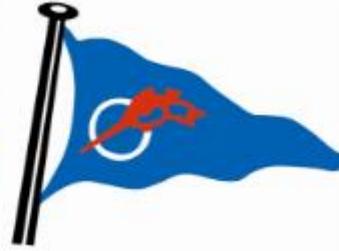
What equipment do I need to bring? Clothing suitable to go in the water. Choice of wetsuit, drysuit or old clothes and water proofs etc is up to you. The only items the club does insist on is a buoyancy aid when on the water (not life jacket) and footwear at all times when outside.

What happens if the weather is bad? Training will still take place, there are plenty of activities planned for bad weather.



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Junior Training Weekends

After a very successful trial last year the Junior Training Weekends run at the club by Hengistbury Head Outdoor Activities Centre are back for 2017

Two weekends are organised for 2017, times and dates are:

13th & 14th May 10 am to 5 pm

27th & 28th May 9am to 4 pm

Junior Training Weekends FAQ

Who can take part in the training? Training is available to all junior members of the club including juniors who are part of a family membership and juniors who have their own Junior Single Membership. Training must be booked and paid for in advance.

What is the youngest age for the training? From 7 years upwards

What is the cost of the training weekend? The training weekend cost £90 per junior member

How do we book & pay for the training weekends? Places are booked by sending payment with a completed Participant information form (found at the back of this document) to the address shown on the form.

Can we cancel after booking? Yes and a full refunds will be given if we can fill the place.

What Equipment do the juniors need to have? The juniors must have appropriate clothing wetsuits, water proofs etc., the club and centre will provide buoyancy aids and helmets.

Do I need to stay at the club whilst my child is doing the training? The club byelaws state:

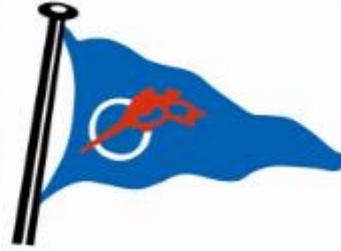
Family members are responsible for the conduct of their children whilst on club premises. Junior members are only allowed on the club premises with a named member who is responsible for their conduct.

When a junior arrives at the club for training the instructors will take a note of the named member who will be responsible for their conduct and will remain at the club. Parents/Guardians can make arrangements between themselves to be responsible for each other's juniors but the club, centre and instructors cannot be involved in making these arrangements.



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Adult Training Weekend

For 2017 we are also running an adult training weekend along similar lines to the junior training. The training will be provided at the club by Hengistbury Head Outdoor Education Centre.

The weekend will focus on learning to sail and improving sailing skills in the harbour, it is open to all members from 16 years old upwards.

The weekend organised for 2017 is on:

10th & 11th June 10am to 5pm

Adult Training Weekend FAQ

Who can take part in the training? Training is available to all adult members of the club . Training must be booked and paid for in advance.

What is the youngest age for the training? From 16 years upwards

What is the cost of the training weekend? The training weekend cost £100 per member

How do we book & pay for the training weekends? Places are booked by sending payment with a completed Participant information form (found at the back of this document) to the address shown on the form.

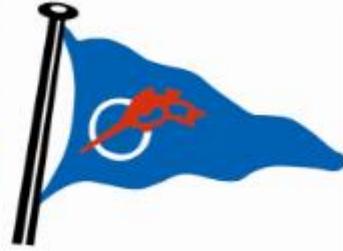
Can we cancel after booking? Yes and a full refunds will be given if we can fill the place.

What Equipment do the I need to have? You must have appropriate clothing wetsuits, water proofs etc., the club and centre will provide buoyancy aids and helmets.



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Powerboat Training

Following a successful start last year we are expanding the powerboat training we provide to members,

We have two options for this year:

Club member Andy Daish is an RYA qualified Power Boat instructor who with years of experience teaching at Stormforce Coaching. He has kindly volunteered to do some informal training for club members. To find out more please email Office@highcliffesailing.co.uk

Hengistbury Head have put together a package for the club which enables the club to offer good value RYA level 2 Power boat courses which the club will subsidize to keep costs down. The course takes 2 days and requires 3 club members per boat/instructor and costs £130 per person.

If you are interested in either of these please email training@highcliffesailing.co.uk



**Participant Information form for training at HSC provided by
Hengistbury Head Outdoor Education Centre**



Please complete this form and send it with payment to:
Richard Brooks
300 Rempstone Road,
Merley,
Wimborne,
BH211SZ



Participant details

Surname: First Name: Date of Birth:

Home phone: Mobile phone:

Email:

Address:
.....
.....

Emergency contact

Relationship to participant:

Surname: First name: Title:

Home phone: Mobile phone:

Email:
As Above
.....

Address (if different from above): ...
As Above.....
.....

Doctor's details

Doctor's name:
.....

Doctor's phone number:
.....

Doctor's surgery:
.....

**Participant Information form for training at HSC provided by
Hengistbury Head Outdoor Education Centre**



Please complete this form and send it with payment to:
Richard Brooks
300 Rempstone Road,
Merley,
Wimborne,
BH211SZ



Please indicate if you (the participant) have any of the following:
If you answer yes to any of these questions or you have any other information you think we should know please provide further details on the reverse of this sheet.

	No	Yes
Do you have asthma?		
Do you have any physical disabilities?		
Do you have any medical issues? <i>For example: heart conditions, diabetes, epilepsy or bronchitis.</i>		
Do you have any allergies? <i>For example: medicines, materials, foods, plants or stings.</i>		
Are you prone to fainting, blackouts, severe headaches, mental health issues or panic attacks		
Do you have learning difficulties?		
Have you been given specific medical advice to follow in an emergency?		
Have you received a vaccination against Tetanus in the last 5 years?		
	No	Yes
Would you like to receive a copy of the HHOEC brochure once a year by post?		
Would you like to be added to our email list to receive updates about the Centre and our courses?		
Can we use photographs of the participant for marketing?		
Can we post photographs of the participant on our social networking sites?		

To enable us to provide appropriate support please ensure that you keep us informed and of any new or ongoing medical issues.

The information on this sheet will be used in accordance with the Data Protection Act 1988.

The Hengistbury Head Centre uses 'National Governing Body' instructors and all safety measures are in place however there are intrinsic risks involved within each activity.

If the participant develops flu like symptoms within 10-12 days please inform your doctor that you have been involved in water sports activities at a river location.

I confirm that the participant is water confident. All participants will wear buoyancy aids when they are taking part in water based activities. If you are not water confident it may not necessarily mean you cannot take part, please contact the Centre for advice.

If the participant is under 16 this must be signed by a parent or guardian.

Signed: Date:.....

Club Trainers

Margaret Norris works as a part-time casual instructor at the Hengistbury Head Outdoor Education Centre, where she learned to sail 25 years ago. She became an instructor at the age of 50 and a Senior Instructor at 55 so is a great believer that its never too late to try something new. She joined the Club 3 years ago and was keen to help with the Club training from the outset. She describes her teaching approach as nurturing and is particularly good at putting members who are new to sailing at ease on the water. Margaret describes her teaching approach as nurturing and is particularly good at putting members who are new to sailing at ease on the water.



Ken Fowler is the Club's Vice Commodore with overall responsibility on the committee for training.

Ken is a qualified RYA Dinghy Instructor and noticeable for his enthusiastic approach to teaching and sailing and his willingness to sail in any conditions or to anywhere.

After sailing round the Isle of Wight for Charity Ken decided he needed a proper challenge and plans to set a new record for sailing solo in a dinghy from Lands End to John O Groats in May. Full details of the trip and how to donate to the charities it is raising funds for can be found on the following [website](#)



Simon Mussel

We are very pleased to announce ex HSC Commodore Simon Mussel has kindly volunteered to take the lead in this years race training.

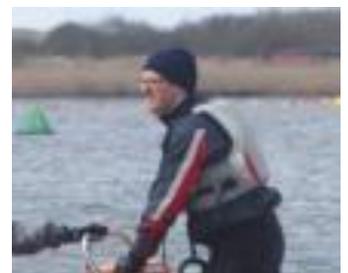
As current Contender World Champion Simon brings with him a wealth of experience in racing and winning to pass on to club members in the race training evenings



Dominic Rogers

Club Commodore and qualified RYA instructor Dominic Rogers will teaching at each of the junior training weekends.

Dom has a wealth of experience in the waters around the club both as a sailor and RNLI lifeboat Crew Member.



Richard Brooks

Club training coordinator Richard Brooks qualified as an RYA Dinghy Instructor in 2001 & Senior Instructor in 2011.

Richard has experience of sailing a wide variety of craft from the smallest of Dinghies on rivers to 67 foot 40ton Ocean Racing yachts in Force 10 gales in a variety of locations as far a field as Western Australia. He first taught sailing to the 2nd Andover Sea Scouts and has taught all ages in the past at Calshot Sailing Club, Spinnaker Club, HSC and Longridge Activities Centre.

Richard joined the club in 2012 after years racing Catamarans in the Solent and at open meetings around the country.

