

PBSC Training program

Context

The club is not just about winning and champions, it is about a group of people coming together to enjoy their leisure time.

The objective of the training program is to foster the development of catamaran sailing and to develop and improve the capability of individuals or teams in a safe and friendly environment **to learn and have fun.**

The training program is open to all classes of catamarans.

The club is currently pursuing and joint "Wave" program with the RPA, which will involve input from PBSC in terms of supporting the training program. This is still formative at this stage and is not included in the following.

Status

The 2006/07 and 2007/08 training programs were been successfully completed. They focused on:

- Learners (A Fleet) – primarily group based on the beach with one-on-one tuition on the water. No "on the water" training in under 5 knots or over 15 knots.
- Intermediate (B Fleet) – generally group based on the water requiring the use of the "rubber ducky".
- Experienced (C Fleet) for 2006/07 only. Targeted training with specialist coach Traks Gordon.

2007/08 A Fleet participants have gained the skills to move into B Fleet. A core of B Fleet is expected from existing members and last years A Fleet.

Program Content

In 2008/09 there will be separate management the different training needs for A, B and C Fleets with a focus on there particular needs.

For A Fleet:

- Safety and the rules of safe sailing
- The catamarans components and rigging a catamaran
- The catamarans engine - dynamics of a sail
- Wind characteristics
- The tide
- Basic boat handling
 - Learn to skipper
 - Crewing
 - Leaving the beach and getting out of irons

- Tacking
- Jibing
- Re-righting a capsized boat

For B Fleet:

- Safety
- The rules of safe sailing and at starts and marks
- Maximising the catamarans engine - dynamics of a sail
- The tide
- Advanced boat handling
 - Tuning and trim
 - Tacking
 - Jibing
- Fundamental approach to racing strategy and tactics

For C Fleet:

- Safety
- Rules
- Advanced boat setup and handling
- Advanced racing strategy and tactics

Delivery

Two training programs as in 2007/08 – one pre-Xmas and the other post Xmas.

A and B Fleet training will occur on Pointscore days while C Fleet will occur on Club Championship days.

Refer to racing calendar for pointscore and club championship days.

Training will commence promptly at 10.30 am and conclude at 12 noon.

A Fleet:

- on-the-beach group tuition
- “one-on-one” on the water tuition
- on-the-beach group review

B Fleet

- group training using “rubber ducky”
- on the beach briefing pre training
- on the water practice

C Fleet

- experienced teams only with aid of specialist coach.
- on the beach briefing pre training
- on the water practice

Training Mentors

Fleet	Mentor
A Fleet	Andrew Nelson - lead Vaughan Price John McCormick Upu Kila
B Fleet	Anthony Duchatel
C Fleet	Rod Waterhouse - lead Traks Gordon (fee to be paid)

Training Days

A and B Fleets - on the morning of each Pointscore race

C Fleet - on the morning of each Club Championship race

Confirmation with the lead mentor is essential by close of business the Thursday before each training day