

**2015 Junior Sailing Programme**

**Summer Courses**

The Junior Committee are planning a range of ISA accredited training courses for June, July and August. Many of the familiar course modules will be offered again in 2015. We are also offering some class specific race coaching, which will hopefully encourage more participation in club racing and local regattas as well as covering the ISA Go Racing course modules.

The Learn to Sail Programme covers the ISA Taste of Sailing, Start Sailing, Basic Skills and Improving Skills course modules. These courses will run throughout the Summer and are intended to progressively develop sailing skills to a level where sailors can participate in other club sailing activities. Taste of Sailing courses will be one week long and Start Sailing, Basic Skills and Improving Skills will last for two weeks.

We will also be offering one week race coaching courses for Optimists, Toppers, Lasers and 420s. These courses will be run by ISA qualified coaches with experience in sailing and coaching in each of the classes. All course participants are expected to participate in club racing on a regular basis. Club coaches will in turn encourage and support their trainees at club races and selected local regattas.

The ISA J80s have been a popular feature of our Summer course programme for the past two years. A number of our dinghy instructors have now qualified as ISA Keelboat Instructors and we will be offering ISA accredited courses in keelboats this Summer. The Improving Skills Keelboat Course is suitable for teenagers who have reached improving skills standard in dinghies and who want to learn how to sail keelboats. We will also be offering ISA Adventure Courses in keelboats for sailors who have previously completed a keelboat course at Howth Yacht Club. All keelboat course will be one week long.

A full list of course dates is provided in the Table below. Places can be reserved using the training booking forms which are available from the [www.hyc.ie](http://www.hyc.ie) and the Club Office.

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|   | **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** | **Week 6** | **Week 7** | **Week 8** | **Week 9** | **Week 10** | **Week 11** | **Week 12** |
|  | 1st June | 8th June | 15th June | 22nd June | 29th June | 6th July | 13th July | 20th July | 27th July | 3rd August | 10th August | 17th August |
| ***Learn to Sail*** |  |  |  |  |  |  |  |  |  |  |   |
| ***Taste of Sailing*** |  |  |  |  | Taste Sail 01 | Taste Sail 02 | Taste Sail 03 | Taste Sail 04 | Taste Sail 05 | Taste Sail 06 | Taste Sail 07 |
| ***Start Sailing*** |  |  |  | Start Sailing 01 | Start Sailing 03 | Start Sailing 05 | Start Sailing 06 |
|  |  |  |  |  |  | Start Sailing 02 | Start Sailing 04 |  |  |   |
| ***Basic Skills*** | Basic Skills 01 |  |  | Basic Skills 02 | Basic Skills 03 | Basic Skills 04 |  |   |
| ***Improving Skills*** |  | Improving Skills 01 | Improving Skills 02 |  |  | Improving Skills 03 |  |   |
|  |  |  |  |  |  |  |  |  |  |  |  |   |
| **Race Coaching** |  |  |  |  |  |  |  |  |  |  |   |
| ***(Go Racing/Kites & Wires)*** | 420 S1 | 420 S2 |  | Topper S1 | 420 S3 | 420 S4 | Optimist S1 | Optimist S2 | Optimist S3 | Instruct Pre-entry |
|   |  |  |  |  |  |  | Laser 1 |  |  |  |  |   |
| ***Keelboats*** |  |  |  |  |  |  |  |  |  |  |  |   |
| ***Improving Skills (J80)*** | Keelboat 01 |  | Keelboat 02 |  | Keelboat 03 |  | Keelboat 04 | Keelboat 05 | Keelboat 06 |  |   |
| ***Adventure 1 (J80)*** |  | Adventure 01 |  | Adventure 02 |  | Adventure 03 |  |  |  |  |   |
| ***Fun Week for under 13's (J80s, 420s, Lasers)*** |   |   |   |   |   |   |   |   | Fun Week 01 |   |

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**2015 Junior Sailing Programme**

**Coaching**

The Dinghy Class Captains have organised a programme of coaching for their respective classes for 2015. Training for some of our more experienced sailors commenced in January. However Coaching for most of our club sailors will recommence at Easter.

Upcoming coaching dates are:-

*Optimists* 15th – 20th February – IODAI B*altimore* Training Camp –open to all

 14th-16th March for Performance & Transition Group

 28th- 29th March for Performance & Transition Group

 7th – 12th April for Trials Sailors Only

 10th May – 21st June (excl. 7th June) Sunday afternoon training for all

*Toppers* 28th March - Traveller Trophy Coaching in *Malahide* – open to all

 6th-7th April – Open to all

*Lasers* 19th to 22nd February – open to all

 28th to 31st March – open to all

 Saturday afternoons 18th April, 2nd, 9th, 16th & 23rd May – open to all

 Saturday afternoons 30th May, 6th, 13th, 20th, & 27th June – open to all

*420s* 15th – 18th February – ISA/420 Class Association Schull Training Camp –open to all

 6th-7th April – Open to all

For further information on events and to request inclusion in class mailing lists please contact the respective Class Captains.

Optimists William Lacy 087 2461424 Optimists@hyc.ie

Topper Des Flood 086 384 4088 Toppers@hyc.ie

Laser Niamh Hopkins 085 723 1892 Lasers@hyc.ie

420 Des Flood 086 384 4088 420s@hyc.ie

Places can be reserved for coaching using the training booking forms which are available from the [www.hyc.ie](http://www.hyc.ie) (link) and the Club Office.

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**2015 Junior Sailing Programme**

**Club Racing**

Howth Yacht Club would like to encourage all its adult and junior Members to participate in club racing. It is our objective that everybody who goes racing should enjoy themselves regardless of their level of experience or competitive aspirations. The Junior committee coordinates dinghy racing for both junior and adult sailors. Racing is currently organised to provide separate starts for Optimist and mixed handicap fleets.

The Club dinghy racing series for 2015 provisionally are:-

Spring Series – Sundays 12th, 19th ,26th April & 3rd , 10th, 17th May

June Series – Sundays 24th ,31st May, 7th, 14th, 21st, 28th June

Summer Series – Every Thursday evening from 4th June to 27th August

Entries for club racing should be made via the club website. For further information please contact one of the dinghy class captains.

**Regattas**

On the water support may be provided for HYC sailors at the following regattas, provided sufficient numbers are attending.

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| **March** |  | **July** *continued* |  |
| 29th | Topper Traveller No. 1 MYC | Sunday19th | Sutton Dinghy Club Regatta |
| **April** |  | 25th/26th | Optimist Crosbie Cup WHSC |
| Friday 3rd  | Optimist Brassed Off Cup **HYC** |  |  |
| Thursday 9th-12th | ISA Youth Nationals RCYC | **August** |  |
| **May** |  | Saturday 8th  | Malahide YC Dinghy Regatta |
| 2nd/3rd | 420 Leinsters **HYC** | Friday 13th-16th | Optimist Nationals SSC |
| **June** |  | 15th/16th  | Topper Traveller No. 4 **HYC** |
| Saturday 6th  | Lambay Race **HYC** | Friday 21st-23rd | 420 Nationals RCYC |
| 20th/21st | Topper Leinsters RSC | 22nd/23rd  | Topper Munsters RCYC |
|  |  | 20th-23rd | Laser Nationals NYC |
| **July** |  | Sun 30th  | Dinghy Regatta **HYC**  |
| Friday 3rd-5th | Topper Nationals CAYC | **September** |  |
| 11th/12th July | Optimist Connachts LRYC | 5th/6th  | Optimist Leinsters **HYC** |