

RYA Coach Development: How to coach team racing

Date: 16th November 2012

Venue: Bartley SC, hosted by Birmingham University

The RYA are running a one day shore based training event aimed at university captains and sailors who want to learn how to train and coach their own teams at university. The training is for sailors who already have their RYA Racing Coach Level 2 qualification (inc PL2 and valid First aid certificates) or a RYA Dinghy Instructors award.

Attendees will receive a free copy of the RYA Race Training Exercise booklet and the latest Team Racing training guide. The day's session will also include; plan, do, review, training exercises, communication and the rules.



The costs is £10 per person and includes Coach revalidation for those who need it.

Applications to be emailed to Jess Beecher by the 5th November 2012.

E: Jessica.beecher@rya.org.uk Tel: 02380 604 167

Applications must include:

Name:

Email:

RYA Membership number (if known):

Home address:

RYA Qualifications:

First aid expiry date: