

Programme

Dinghy Week 2019

31 July - 4 August 2019

Times below are for guidance only and may be adjusted.
Lunch breaks to be scheduled around racing program

Wednesday 31 July HW 11:30

Day 1

9:15	Arrive
9:15-9:30	Welcome, Parents Briefing
9:30-10:15	On-shore teaching, rigging
10:15 -13:15	On the water coaching with breaks
13:15-13:45	Lunch
13:45-15:00	On-shore coaching
15:00-15:30	De-brief and discussion
15:00	Pickup

Thursday 1 August HW 12:20

Day 2

10:00	Arrive
10:00-10:30	Briefing and on-shore teaching
10:30-15:30	On the water coaching with lunch break
15:30-16:30	De-brief and discussion
16:30	Pickup

Friday 2 August HW 13:11

Day 3

10:00	Arrive
10:00-11:00	Briefing and on-shore teaching
11:00-14:30	On the water coaching with lunch break
	Instructors race
14:30-16:00	On-shore Training
15:00	STR Pickup and Kayak Race
16:00	RYA Pickup

Saturday 3 August HW 14:00

Day 4 – Pirate day

10:30	Arrive
10:30-11:45	Briefing and on-shore teaching with break
11:45-12:15	STR change, get ready for picnic
11:45-12:15	RYA Lunch, change for sailing
12:15-16:00	STR Picnic
12:15-16:00	RYA on the water coaching
16:00-16:15	Tea break and change
16:15-16:30	De-brief and discussion
16:30	Pickup

Sunday 4 August Day 5
HW 14:50

11:00	Arrive
11:00-12:30	On-shore teaching
12:30-13:00	Lunch change for sailing
13:00-16:30	On the water coaching with snack break RYA Voyage weather permitting
16.30-17.00	De-brief and discussion
17:00	Pickup
17:00-17:30	Certificate Presentation as part of Prize Giving Ceremony

Notes:

Children should bring a packed lunch and snacks each day and a labelled bottle of water.

Children will need a well-fitting buoyancy aid with straps between the legs.

They will need appropriate clothes for both on and off the water, including sun hat and sun cream, non-slip footwear for the water and trainers for onshore games and a warm top if necessary.