



The Harbour
Fortrose
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CHANONRY SAILING CLUB TRAINING PROGRAMME 2013

Issue 21/2/13

Black = Training Activity open to Chanonry members

Blue = Important external event when no Chanonry training will be scheduled

Red = Important non-club training event @ Chanonry when no other training will be scheduled

Green = Coaching/Race Training Activity open to Chanonry members

Date	Activity	Point of Contact	Details	Instructors (decode below)
January				
February				
27	Racing Rules and tactics 2	Richard Evans	Open to all those interested in racing (free) Start 1930	RE
March				
2/3	HMS Coaching	Richard Evans	Topper & Laser R	?MM
7	Mind and Muscle	Marisa Astill-Brown	Prepare your mind and body for sport and competition. Open to all (free to members). Participants to be prepared for exercise and to wear suitable clothing and trainers. Start 1930	Joan Maxwell
9/10	Safety Boat Course	Helen Jenner		HJ, JC, DB
16/17	HMS Coaching	Richard Evans	Optimist & Feva XL	RE
23	Working party		All members – to prepare club for season Start 10am	
23	Reading Charts	Richard Jenner	Open to all, members FOC. 1330 – 1700 Introduction to nautical charts to include understanding scale, identifying hazards, reading depths, recognizing buoys, measuring bearings & distance and plotting a position.	RJ
28	Crane-in #1			

Date	Activity	Point of Contact	Details	Instructors (decode below)
April				
13	Crane-in #2			
14	Safety Boat Skills	Helen Jenner	Start 10am FOC	HJ
20	Race Officer Training	Richard Jenner	One-day non-certificate course for club racing (free). Start 1000.	RJ
21	Start Line Practice	David Bell	Open to all members, an opportunity for novice sailors and novice race officers to practice race starts. Starts 1100.	?DB
21	Safety Boat Skills	Helen Jenner	Start 10am FOC	HJ
27	Crane-in reserve			
28	Safety Boat Skills	Helen Jenner	Start 10am FOC	HJ
30	Chanonry Dolphins	Marisa Astill-Brown	£2	MF, SB
May				
2	Chanonry Champs	Richard Evans	£2	RE
5	Safety Boat Skills	Helen Jenner	Start 10am FOC	HJ
11	Open RNLI Day; Nessie Cup			
12	Ness Cup			
14	Chanonry Dolphins	Marisa Astill-Brown	£2	MF, SB
16	Chanonry Champs	Richard Evans	£2	RE
25	Adult Dinghy 1/5	Marisa Astill-Brown		RJ, HJ
26	Race Coaching	Richard Evans	Sunday morning £2	MM
28	Chanonry Dolphins	Marisa Astill-Brown	£2	RJ, HJ
30	Chanonry Champs	Richard Evans	£2	RE
June				
1	Adult Dinghy 2/5	Richard Jenner		?CC
8	Adult Dinghy 3/5	Richard Jenner		RJ, HJ
9	Race Coaching	Richard Evans	Sunday morning £2	MM
11	Chanonry Dolphins	Marisa Astill-Brown	£2	CC
13	Chanonry Champs	Richard Evans	£2	RE

Date	Activity	Point of Contact	Details	Instructors (decode below)
June (cont.)				
15	Adult Dinghy 4/5	Richard Jenner		RJ, HJ
15	Assistant Dinghy Instructor 1/3	Marisa Astill-Brown		MF
18	Chanonry Dolphins	Marisa Astill-Brown	£2	RJ, HJ
20	Chanonry Champs	Richard Evans	£2	RE
22	Adult Dinghy 5/5	Richard Jenner		RJ, CC, HJ
22	Assistant Dinghy Instructor 1 or 2/3	Marisa Astill-Brown		MF
23	Race Coaching	Richard Evans	Sunday morning £2	RE
29	Assistant Dinghy Instructor 2 or 3/3	Marisa Astill-Brown		MF
30	Grenville's Sail			
July				
2	Chanonry Dolphins	Marisa Astill-Brown	£2	CC
4	Chanonry Champs	Richard Evans	£2	RE
6	Assistant Dinghy Instructor 3/3 (Reserve date)	Marisa Astill-Brown		MF
7	Race Coaching	Richard Evans	Sunday morning £2	RE
8 - 10	Junior Stage 1 course	Richard Jenner		RJ, ?CC (not 10 th)
15 - 19	Junior Stage 2/3 week	Richard Jenner		RJ, DB, CG, HJ
16	Chanonry Dolphins	Marisa Astill-Brown	£2	CC
18	Chanonry Champs	Richard Evans	£2	RE
20	CSC Cruiser Regatta			
21	Better Sailing	Marisa Astill-Brown	Sunday morning £2 Improve your general sailing skills - open to all members	MF
30	Chanonry Dolphins	Marisa Astill-Brown	£2	CC

Date	Activity	Point of Contact	Details	Instructors (decode below)
August				
1	Chanonry Champs	Richard Evans	HW 2113 (3.5m) £2	RE
3/4	CSC Dinghy Regatta			
13	Chanonry Dolphins	Marisa Astill-Brown	HW 1711 (4.0m) £2	MF
15	Chanonry Champs	Richard Evans	HW 1913 (3.7m) £2	RE
18	Race Coaching	Richard Evans	HW 1038 (4.0m) Sunday morning £2	RE
25	Better Sailing	Marisa Astill-Brown	Sunday morning £2 Improve your general sailing skills - open to all members	MF
27	Chanonry Dolphins	Marisa Astill-Brown	£2	
29	Chanonry Champs	Richard Evans	£2	RE
September				
1	Race Coaching	Richard Evans	Sunday morning £2	RE
14	Black Isle Challenge Cup			
15	Race Coaching	Richard Evans	Sunday morning £2	RE
22	Club Champs			
October				
November				
December				

Instructor Decode (Red = lead)			
Dinghy	Powerboat	Coach	Shorebased
CG Caireen Gourlay	DB David Bell	KH Kevin Holliday	Marisa Astill-Brown
DB David Bell	HJ Helen Jenner	MM Miles Mack	
HJ Helen Jenner	JC John Crossley	RE Richard Evans	
GC Gavin Campsie	KF Ken Ferguson	JE Jack Evans	
MF Miriam Fisher			
RJ Richard Jenner			
SB Steve Bramwell			
CC Colin Chandler			
JE Jack Evans			
NF Niall Ferguson			