



RYA Coaching Friday 12th June



begins 10.00am



George Barker has been the **RYA coach assessor** for many years and also a **racing coach**.

He was the 2.4 **Paralympics coach** from 2001 to 2004 and went to the Paralympics in 2004 as the coach to Allan Smith. Since 2004 he has been the RYA Sailability racing development coach and in this role has provided coach support to most of the classes in which sailors with a disability sail.

He will be giving advice and holding a dedicated race training day prior to the

Access Regatta which will be held at
Swarkestone Sailing Club - Saturday 13th June 2009



Topics Covered

- Setting up your Access for the conditions of the day
- Adding tell tails to the sail and how to use them
- How to make a good start
- Which way to go up the first beat
- Mark rounding
- How to sail the course efficiently
- An introduction to the racing rules
- Assessments using a video camera, a wipe board

Everyone Welcome

Camping Available from 5.00pm
Thursday

Where to stay - [Disability Direct](#) are a group who support disabled people in Derby. For information regarding accommodation please contact Raichel Collis (Information Officer) on (01332) 299449 or for a list of wheelchair accessible hotels near SSC see our website.