

## Cadet Week Training Course 26<sup>th</sup> – 30<sup>th</sup> July 2010

### Guidance notes for applicants.

In recent years many young people have enjoyed and benefited from participation in training courses run at the Solway Yacht Club, at weekends throughout the season and during Cadet Week. Many have completed Stages 1 & 2 of the RYA Youth Sailing Scheme, but yet feel a little reluctant to get out with the racing fleet.

Accordingly, in 2010 we plan to run a course for those who have already completed Stage 1 (and may have done some or all of Stage 2) who yet need to build their skills and confidence to the point where they feel ready to race.

The aim is to ensure this year's course participants can complete Stage 2 during the course of the week and have time towards the end of the week to do some racing practice in the inshore area.

This sets some constraints on applicants.

- 1 The minimum age for participation is 10 years.
- 2 Applicants should be competent swimmers.
- 3 Following training in capsizing procedures, applicants should be able to right their dinghy and climb aboard, unaided if necessary.
- 4 There will be 12 available places. It would be helpful to give as much detail as possible on the application form about previous training undertaken.

The application form appears below. Please return completed forms to Training Officer, SYC, The Clubhouse, Kippford, Dalbeattie. DG5 4LL