



Notice of Coaching Clinic
Waimakariri Sailing Club

Club Coaching two Day Clinic
26th 27th February 2022

The WSC will be running coaching clinics for Junior Club members. We have secured the services of Gareth Moore of Moore Coaching Services NZ for these clinics.

1. Rules.

- 1.1. The on water Coaching Clinics will be run according to the Sailing Instructions and the Sailing Safety Procedures as published on our website.
- 1.2. The coaching clinics will be run by sailing coach Gareth More who will determine how the clinics are run.
- 1.3. The Club will be represented by a rostered Race Officer who will be responsible for all on water activity and safety.

2. Eligibility and Entry.

- 2.1. All clinics are for financial WSC members only.
- 2.2. The junior clinics are for junior members who have been sailing with the Club for at least one season.
- 2.3. The cost of \$10.00 for the juniors covers both coaching clinics, diner, breakfast and the sleep-over.
- 2.4. There will be a Club based coaching session open to ALL members on Saturday afternoon. A gold-coin donation would be appreciated.
- 2.5. The junior on water clinics will be limited to eight participants. The possibility of increasing this number will be determined closer to the date and depend on support boat crew.
- 2.6. Pre-registration can be done through our Club website.

3. Schedule.

- 3.1. The first junior on water clinic will be run around the same time as Club sailing on Saturday 26th.
- 3.2. After Club sailing on Saturday 26th there will be a debrief from Gareth Moore coaching for all members. This will be run in the club rooms.
- 3.3. There will be BBQ evening meal for all Club members for which you are asked to please bring a salad.

- 3.4. Saturday finishes with games, other activities and the Junior sleep-over.
- 3.5. Sunday starts with breakfast. There will then be off water and on water coaching sessions. The day will finish with afternoon tea and a debrief.
- 3.6. A more detailed programme will be advised closer to the date.
- 4. Sailing Instructions and Course.
 - 4.1. Sailing instructions for the coaching sessions will be advised by the sailing coach.
- 5. Safety.
 - 5.1. A Race Officer will be appointed for the Coaching Clinics who will make any on water decisions in co-ordination with the sailing coach as to the river, the weather or the wind conditions being suitable for any on-water activities.
 - 5.2. If there is a warning signal of six or more short horn blasts all boats must come ashore as quickly as possible.

Kerry O'Brien for
Heather Walls
Junior Coaching Clinic Co-Ordinator