

Dear Sailors and Parents

Looking ahead to the IOCA early summer champs this weekend here is a little about what is planned and expectations for the coached regatta fleet.

The aim of the coached regatta fleet is to help young sailors understand how a large regatta operates and how to navigate the many complexities both onshore and afloat, so that they can confidently compete in the un-supported fleets at future events.

Timings for Saturday, will run in line with the main fleets. Please attend the main sailors briefing at 9.40 in the events hall, after which we will have a separate briefing and begin the training. Could parents please attend this briefing.

Lunch will be ashore for 45 minutes starting from between 12 and 12.30.

The fleets are scheduled to return to shore at around 3.30, in line with this we will finish the training and return to shore at approximately the same time. When ashore coaches will be on hand and will try to have a chat with each sailor individually. Once sailors have 'tallied', they will be free to go with parents.

On Sunday the competitors briefing will be at 9.00 in the main events hall, please meet us there and we will brief the day and begin the training.

Return to shore will be earlier than on Saturday to allow for the prize giving at 3.30.

Parent responsibility. The weekend will involve coaches supporting and offering training to the sailors but is not a training course where the sailors are looked after all day. A parent or someone responsible for each sailor **must** remain on site during the duration of the regatta and if needed should help the sailors with their boats ashore and ensure sailors are fed, watered and toileted before going afloat and during lunch.

It is especially important that a parent is present towards the end of sailing on each day as over 200 sailors will be returning to the boat park.

The training will focus on preparing sailors for larger regattas. Afloat this will include;

- Important skills for successfully getting around a large course.
- Working out where the course is.
- Where to wait between races
- Understanding the signals used.

Ashore it may include,

- how to use the tally system
- How to launch and land
- What the flags and signals mean
- How to find the course
- Boat and sailor setup for big regattas.

The weather is looking like it may be windy this weekend. If it is looking too windy to run useful training and racing, we will look to run a programme ashore and possibly high wind activities in the harbour.

If racing finishes early due to the conditions for the main and regatta racing fleets, we will likely also end before the expected 3.30.

We look forward to meeting/ seeing you on Saturday.

Andy, Cian and Amelie