



TRAINING QUESTIONNAIRE

Do you want to improve your sailing and racing skills?

We intend to run training sessions for members who fit the following categories:

- Those who have completed their RYA level 1 and 2 Courses (or who are at level 2 standard)
- Those who still feel the need for more basic training in their sailing but don't yet feel ready for racing
- Those who are at a beginner or intermediate racing standard

Sessions will be **FREE**

They will be arranged so that no more than 3 helms/crews at similar levels participate at any one time in order that maximum improvement can be made.

We will try to make the sessions fun.

Please only complete this if you want to be trained.

(ONLY FOR MEMBERS OVER 14)

Please take some time to complete this and send it to

Colin Brockbank

32 Green Lane

Hanwell

London

W7 2PB

Name and telephone number and/or email address

What courses have you already done?

RYA level 1	Yes	No
RYA level 2	Yes	No

Other sailing courses: please specify

What would you like to do ?

Helm a boat

Crew a boat

What type of boat do you prefer?

What standard are you?

Complete novice

Can sail but never raced before

Have raced but prop up the back of the fleet

Race but finish mid-fleet

How do rate your skill in ?

General boat handling

Racing rules

Starting

Downwind speed

Upwind speed

Mark rounding

Race tactics / wind shifts

Spinnaker handling

Windy conditions

Boat tuning / sail controls

Poor/non existent = 1 Reasonable = 2 Good = 3

When would you prefer to train?

Sunday Afternoons

Saturday Mornings

Mid week during the day

The sessions will be run in September and October. State which month you would prefer.

State any dates you CANNOT do training.

Signature of parent if under 18

We will be in contact within 2 weeks of receipt of your questionnaire.