

# 2010 WINDSURFING WITH BTYC

Recently there has been a major change in the way windsurfing is taught and coached. All the good things have been kept but much has been updated to reflect equipment and style changes.

**What does that mean to me?** You will learn to windsurf and then progress to as high a skill level as you want – waves, jumps, willy skippers. In fact you decide how far you want to go.

We offer the RYA windsurf training schemes as well as an ongoing coaching programme that matches your aspirations.

**What is Club check-out?** When you have learned to tack, gybe and get round a three cornered course and paddle yourself back to land, you will be ready to be checked out. This means that you can use Club equipment outside formal training sessions.

If you've windsurfed before, just tell us and we'll arrange a check-out – either on a Thursday evening, or at weekends.

## FOR COMPLETE BEGINNERS

### Thursday evening taster session

**When do they run?** From 6.00pm, starting on 15 April 2010 and continuing through the summer until 9 September. Thursday evenings are social as well as training. We'll have food available, or you are welcome to bring your own food and cook it in our galley. The bar is always open.

**How do they work?** The windsurf beach team will be running sessions with space for two groups of three novices each Thursday. These run on a first come first served basis.

**What equipment will I use?** The club's equipment reflects the current trends with a selection of wide style boards from Hi-fly coupled with batten rigs to give a true buzz to the taster session. We will be using a simulator that makes starting windsurfing easier – and you don't even get your feet wet!

**How much do they cost?** The taster session costs £10 (refundable from your membership if you join). It's a chance to see if you like us and the way we do things before committing yourself. You can do up to two taster sessions; after that you will need to join the club.

Just turn up as early as possible and sign on at the club house. We have wetsuits and buoyancy aids for members to use free of charge – you just need a pair of old trainers which you don't mind getting wet.

## Start and Intermediate courses

If you want to do a full RYA windsurfing course which includes theory and practical coaching, you can book for a course.

**When do they run?** Weekend courses will run on Saturday morning and Sunday afternoon. Dates will be confirmed subject to level of interest:

Weekend 8 & 9 May

Weekend 5 & 6 June

Weekend 10 & 11 July

Weekend 14 & 15 August

Weekend 4 & 5 September

Weekend 2 & 3 October

Keep an eye on the website and ask the beach team on Thursdays

**How much do they cost?** Each course costs £90, including your Log Book.

**How can I book?** Talk to the windsurf instructors and then make your booking at the admin desk in the club.

## **Improver sessions**

- When do they run?** Sessions will be organised on various Saturdays through the summer. The windsurf team will be able to give you more information about the dates available.
- How do they work?** Each session will be 3 hours long, covering individual skill sets.
- How much do they cost?** They are free, but open to full members only.
- What level do I need to be?** Talk to the windsurf instructors who can advise you.

## **FOR IMPROVERS**

- I've done a bit before...** There will be various coaching sessions at the weekends, and full RYA Intermediate windsurf courses available subject to demand.
- We will also make use of our coastal base at Pagham to give you more sea-sailing experience. These are not formal club events – you will be there as an individual, and there is unlikely to be safety cover.

- Dates to remember** 15 April: Thursday training starts from 6.00pm onwards
- Coastal trips may be organised if there is sufficient interest – talk to the beach team

Check the notice board for when & where or give either  
**David Woodcock** 020 8346 1982 or  
**Martyn Davies** 07813 476387 a call to discuss.

See you on or in the water

The Beach Team