



WASZP UK CLASS OPEN TRAINING CLINIC POLICY

The purpose of this policy is to confirm the arrangements for the WASZP UK Class Open Training Clinics. The clinics have been set up to help improve individual sailors with developing their WASZP sailfoiling, the objective to provide non-selective high-quality coaching to sailors of all ability levels to enable as individuals and collectively the WASZP UK Class competes effectively on both the national and international stage.

WASZP UK HEAD COACH: The Head Coach will oversee and run all aspects of the Training Clinics and can be contacted;

Class: WASZP UK

Head Coach: Max Todd

Mobile: 07876 805592

Email Address: chair@waszp.org.uk

Please note we may from time to time use additional or alternative high calibre coaches throughout the training series. You will be notified of this on the individual events pages on the website.

Training Clinic Dates and Venues Autumn – Spring 2019/2020:

2019	October 5-6	Carsington Water SC
2019	November 16-17	Draycote Water SC
2019	December 7-8	Parkstone YC
2020	January 4-5	Tata Steel SC
2020	March 28-29	Dalgety Bay SC
2020	May Pre-Nationals	Rutland Water SC

Registration:

To register for a 2 day clinic please visit

<https://waszp.org.uk> EVENTS <https://waszpuk.ourclubadmin.com>

Once you have entered and paid online you will automatically receive an entry confirmation form via email. Payment must be made at the time of entering to secure place. Please can you print the form, check the details, fill in any that are missing, and alter any that are incorrect. For sailors aged under 18 it is important that we have the correct name and contact number of the person responsible for the sailor during the event. The form should either be signed by the sailor and, for sailors aged under 18, by the parent or guardian who will be responsible for them during the event. Please ensure we are aware of any necessary medical information.

Single training clinic days are available. Please contact us to check space availability, sign up and for details of how to pay contacting training@waszp.org.uk

N.B. Please remember to bring the completed signed entry form with you to registration for each event!

If you have signed up and cannot make the training clinic, please contact training@waszp.org.uk ASAP.

The WASZP UK Class will always attempt to provide enough places for all sailors wishing to attend a training session and will operate a waiting list system whilst more resources are arranged. If more places for an over-subscribed weekend become available, sailors on the wait list will be offered places in wait list order.

Training itinerary:

Usually two full days of training in various venues across the UK usually a Saturday and Sunday 9-4.30pm with theory and practical sessions and as much time on water as possible, workshops and slalom/series racing with rib and coach support on and off water. Workshop discussions require participation and help share in good practice, based around problem solving with coach guidance. Fleet oriented sessions will put into practice the learning in a series of class races. We intend to focus on different key areas of coaching each weekend session building a complete picture over the Autumn - Spring series. We will cater for all proficiency levels; those who are new to the boat and those more experienced offering dynamic and flexible training for all.

Please ensure you arrive in good time to set up your boat on the Saturday morning and be ready for the initial briefing. The more you put into your time with us the more you will benefit and get out of it.



Ratios:

We will have a maximum of 10 boats to 1 coach and rib at the training sessions with beach cover.

Timings communication:

Final detailed plans for the weekends will be sent out from the Head Coach via email prior to each clinic.

Conduct:

You should recognise that as a member of the WASZP UK Class your behaviour and attitude will reflect on the Training Squad, the WASZP UK Class and the sport of sailing as a whole.

Accordingly, you should agree to project a favourable and positive image of the sport and to demonstrate high personal standards of behaviour, good manners and sportsmanship at all times while participating in any related WASZP UK activities. Please see separate WASZP UK code of conduct. By participating in these Training Clinics, it is deemed you agree to be bound by our code of conduct.

Equipment and Clothing:

You need to make sure you bring the following (if you have them) to all training clinics:

Your boat

Appropriate sailing kit

Appropriate training kit

Appropriate snacks and reusable water bottle (let's save the planet)

Your sailing plan, any goal setting, what you want to achieve. These clinics are for you and will be tailored to your needs!

Let us know and please feedback to training@waszp.org.uk

Any fitness training log/plan you may be following

Notepad and pen

A smile

Accommodation and food:

Currently WASZP UK Training do not provide overnight accommodation for these clinics. It is up to the individual to arrange this. In time we are looking at hopefully being able to include accommodation within the training package fee. WASZP UK Training will provide a complimentary breakfast bap and hot drink on both mornings and complimentary Saturday lunch at the Sailing Club venue. You are responsible for providing your own food and drink during the rest of the training clinic and on the Saturday evening however we would like to endeavour to all eat together on the Saturday night to encourage WASZP UK team spirit.

You may want to bring more food for the training days and suggest that you bring a range of energy drinks and bars for in between briefings. Snacks that are high in carbohydrate are ideal; bananas, muesli bars etc.

Class Cancellation:

It is not our policy to cancel clinics. We will if it is deemed unsafe to travel due to adverse weather conditions. In the unlikely event that we do need to cancel a clinic, we will aim to send an email before 1pm on the day before the clinic is due to commence and will endeavour to post a notice on the What's app group; WASZPs UK and the social media sites; Facebook, Instagram and Twitter. A full refund of the Training Clinic cost will be given if cancellation occurs.

Sailor Cancellation:

Refunds for non-attendance of the training clinic will only be issued 8 weeks prior to the Training Clinic, except in exceptional circumstances. If a sailor cannot attend a training weekend the entry may be transferred to another weekend.

Communication:

If you are not already on our What's app group WASZPs UK please do let us know so you can be added.

Follow us on Facebook, Instagram and Twitter to keep up to date with WASZP and the WASZP UK Class.

Volunteers/Helpers

The WASZP UK Class Open Training is run by professional coaches but we do rely on volunteers to assist for beach duty, registration etc. Do let us know if you can be an essential part of the team and at which event.

Further Information:

If you require any further information or have any questions, please contact Petrina Blomeley via training@waszp.org.uk

