

## HIGHLAND & MORAY SAILING 'SUCCESSFUL SAILING' – 27TH FEBRUARY 2010

### SPECTRUM CENTRE, INVERNESS

#### Supported by Coaching Highland

The main intent behind this event is to provide sailors, instructors and coaches across all disciplines with the opportunity to develop their knowledge further, add to their tool box of teaching tricks, and to encourage networking between all the groups of instructors and sailors based in the Highland and Moray areas.

There is an EGM planned from 1000hrs; this is to approve a new constitution to move from Gaidhealtachd Sailing to 'Highland & Moray Sailing' which will represent a wider group of sailing communities and place a yet greater emphasis on development of all disciplines of the sport.

Included in the cost are the coaching fees and teas/ coffees, but we would ask that you bring your own lunch which helps to keep costs down.

Timings	Activity
1000 – 1030hrs	Gaidhealtachd Sailing EGM - becoming Highland & Moray Sailing (only current GS club reps need attend)
1030 – 1040hrs	Registration and coffee
1040 – 1045hrs	Welcome and introductions Introduction of Highland & Moray Sailing with Richard Jenner
1045 – 1100hrs	Update from Coaching Highland
1100 – 1115hrs	Update from Sport Moray with Ann Rossiter, Chair of Sport Moray
1115 – 1145hrs	Keynote speaker – Chris Owen, Owen Sails 'Building Sails for 3 Blondes in Boat'
All day workshop (starts at 1045hrs)	Club Race Officer course organised by Iona Cornish
1200 – 1300hrs	Workshops: Basic Race Training – how you can deliver fun and innovative sessions – Matt Toynbee, sportscotland Cumbrae Weather Chat – key tips and points to get across – Rod Smith, sportscotland Cumbrae
1300 – 1345hrs	LUNCH – bring your own sandwiches Rules seminar over lunch – speaker to be confirmed
1345 – 1445hrs	Workshops: Working with GPS in small and open boats – Richard Jenner, Chair of HMS Dinghy cruising, and linking in the Day Sailing module – Matt Toynbee, sportscotland Cumbrae Cruising News – Rod Smith, sportscotland Cumbrae
1445 – 1515hrs	'The importance of linking performance and proficiency' - speaker to be confirmed
1515 – 1530hrs	Linking your activities with the North of Scotland Sailing Squad with Paul Bartlett
1530 – 1600hrs	Debrief and then home