

# Windsurf Training at Chase Sailing Club – 2009



## Adult Windsurfing

## Youth Windsurfing

## T15

### ADULT & YOUTH WINDSURFING

Here at Chase we would welcome you to your first taste of what is an exciting and dynamic sport for all ages and ability.

We are an RYA Training Centre, which has been independently inspected to create informative and enjoyable courses in a safe learning environment.

We run the RYA National Windsurfing Scheme at our approved centre with nationally recognised and qualified instructors. The RYA Scheme has been designed to take you progressively through the skills required to become a competent windsurfer in a variety of conditions. Each level enables you to log your progress, set goals and enhance your knowledge and understanding of the sport. In addition to the practical elements, each session covers an amount of windsurfing and related background knowledge.

### T15

T15 is a Club for children and young people who have completed a level 1/ Start Windsurfing course. Once they can sail out and back, 8 -15 year olds can join T15, which meets on Thursday evenings in the summer months from 5.30 to 8.00 pm, to develop their skills and have fun on the water.

Some Chase Aces have their own kit; others hire a set of T15 kit to practise on. We have various sail sizes which sailors can try.

There are also T15 events across the region and keen sailors can go along to various lakes to pick up top tips for going faster. Parents are always surprised how quickly their children progress when they are able to encourage and challenge one another. For the past two years we have run some weekend sessions in the autumn too.

£2.50 – per session; £5 – kit hire for one evening. Members of T15 can come along for 3 evenings on trial to see if they want to join; they will then need to become Club members which means that they can come along to any weekend and autumn training sessions and (if they have their own kit) can sail outside T15 training times. The T15 Thursday evening activity operates alongside other Club training.

### COURSE FEES

FAST FORWARD INTERMEDIATE				
NON PLANING/PLANING .....	Members	£75.00	Non-members	£95.00
START WINDSURFING LEVEL 1 .....	Members	£65.00	Non-members	£85.00
START WINDSURFING LEVEL 1 (weekend) Adult .....	Members	£70.00	Non-members	£90.00
START WINDSURFING LEVEL 1 (weekend) Junior .....	Members	£35.00	Non-members	£45.00
TASTER SESSIONS - Thursdays .....	Members	£25.00	Non-members	£35.00
TASTER SESSIONS - Weekends* .....	Members	£10.00	Non-members	£10.00
JUNIOR/YOUTH .....	Members	£30.00	Non-members	£40.00

\*If Start Course booked, this £10.00 comes off the cost of the Course

Cost for weekend course includes logbook and certificate. All weekend courses run subject to numbers.

Anyone interested in a weekend FastForward Non-Planing course please contact Susan Benbow 07789 485435 and this may be arranged if there is sufficient interest to run alongside Start courses on same weekend dates.

**The Club is always looking for enthusiastic experienced Dinghy Helms and Sailboarders to join its training team. If you have the ambition to teach others to sail, we'll help you acquire the skills needed.**

**FOR FURTHER INFORMATION  
PLEASE SEE THE CLUB NOTICE BOARD  
OR VISIT OUR WEBSITE [www.chasesc.org.uk](http://www.chasesc.org.uk)**

Training Officers: Betty Irwin .....Sailboard Training Officer  
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Dr Susan Benbow .....T15 Coordinator  
07789 485435 smbenbow@aol.com

# Training Courses – 2009

	May	June	July	Aug	Sept	Oct
<b>Course</b>						
Fast Forward Intermediate Non Planing / Planing	7, 14 21					
Start Windsurfing Level 1 - Course 1		4, 11, 18				
Start Windsurfing Level 1 - Course 2		25	2, 9			
Start Windsurfing Level 1 - Course 3				27	3 & Sun 6	
Start Windsurfing Level 1 - Weekend	16 & 17	13 & 14	11 & 12		12 & 13	10 & 11
Taster Sessions - Thursdays		4, 25		27		
Taster Sessions - Weekends*	9	6			6	3
Junior / Youth		4, 11, 18				
Team 15	May 7th onwards					

\* Taster Sessions, Weekends ~ 2 sessions ~ AM (11am to 1pm) or PM (2pm to 4pm)

### Activities throughout 2009

Chase Sailing Club Open Day .....Monday May 4th  
Boardwise Demo van with equipment Every Thursday pm  
Free to members: £5.00 non-members (must be competent windsurfers)  
Birmingham University Windsurf Club .....Wednesday pm  
Boardwise Demonstration Day .....Saturday 20 & Sun 21 June, Aberdovey  
Boardwise Demonstration Day .....Saturday 17 & Sun 18 October, Aberdovey

### Intermediate Windsurfing (non planing / planing)

**Day & Time:** Thursdays 5.30 pm  
**Pre-Course Experience:** Should be able to sail on all points of sailing in light winds.  
**Course Content:** New techniques such as the beachstart and harness work will get you ready for the excitement of blasting control.  
**Ability After Course:** Able to sail on all points of sailing in stronger winds, using beachstarts and faster tacking and gybing.  
**Assumed Knowledge:** The Start Windsurfing course **Course length:** 12 hours approx.

### Start Windsurfing Level 1

**Day & Time:** Thursdays 5.30 pm  
**Pre-Course Experience:** None  
**Course Content:** Teaches you the basics of windsurfing using the right equipment, enabling you to sail to where you want to go and sail back to where you started.  
**Ability After Course:** Able to sail to a chosen point on the water and return to where you started from in light winds.  
**Assumed Knowledge:** None **Course length:** 10 hours approx.

### Youth Stage 1 & 2

**Day & Time:** Thursdays Start - 5.00 pm Finish - 8.00 pm  
**Age range:** 10 years to 16 years  
**Pre-Course Experience:** None  
**Course Content:** Getting to know the board, learning about the wind, getting to know the rig, sailing the board, free sailing and lots of FUN activities.  
**Ability After Course:** You will be able to sail to a chosen point on the water and return to where you started from in light winds.  
**Assumed Knowledge:** None **Course length:** 8-10 hours

### Team 15

**Day & Time:** Thursdays (May 8th onwards) Start - 5.30 pm Finish - 8.00 pm  
**Age range:** 8 years to 15 years  
**Pre-Course Experience:** Passed Junior / Youth Level 1 Course  
Preferably children who have their own boards, but can hire for £5 per lesson, plus £1.00 member, £2.00 non members per lesson



## Youth and Adult Windsurfing at The Chase Sailing Club

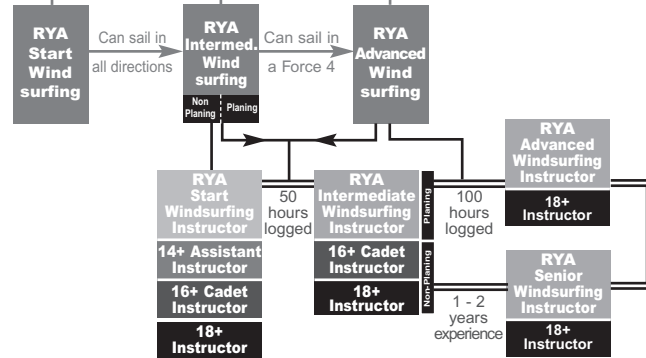
'The Chase Aces'  
Windsurf Club  
Age 8 - 15 yrs



'fastfwd formula'

Learn to Windsurf!

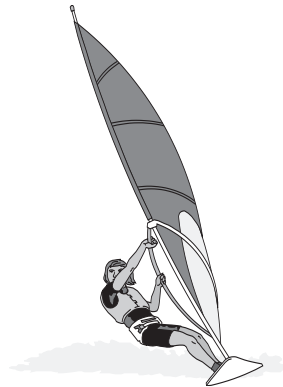
Learn to Instruct!



"A GREAT WAY TO GET INTO WINDSURFING"

**What next?  
Enjoyed your course?  
Want to do more?**

- Join Chase Sailing Club for the best windsurfing in the Midlands
- Store your kit in our secure containers
- Open all year round
- Visit Boardwise for special deals for Club members ~ [www.boardwise.co.uk](http://www.boardwise.co.uk)



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