

The World's Biggest Dinghy Show

Press Release



16 January 2009

WHAT'S ON AT THE RYA VOLVO DINGHY SHOW 2009?

With over 100 sailing clubs, classes and associations, all the latest kit, boats and top tips from dinghy sailing's leading experts, coaches and sailors the RYA Volvo Dinghy Show 2009, in association with Yachts & Yachting and Suzuki, has it all.

Around the show there are many great displays including the new 'Fitness Zone' where you can pitch your fitness levels against the Olympic sailors on Concept 2 rowing machines, as well as pick up tips on improving your fitness levels and essential nutrition.

There is a stunning display of International 14s from across the ages. See just how these boats have developed over the years from the earliest boats to the cutting edge skiffs of today.

For the new sailor or a first timer at the show the 'New to Sailing' area could be right up your street. Find out what boat to sail, where to sail and ask as many questions as you like. There's plenty for the kids too with colouring competitions, face painting; the ever popular Holt Blow Boat Challenge and show treasure hunt.

Alongside all this the show has a great line up top talks from some of the sports leading experts, coaches and sailors.

What's on when:

Volvo Main Stage Hall 2 (West Hall) – at the heart of the show

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| 10.00 | Show opens |
| 11.00 | Olympic Anecdotes – a unique behind the scenes look at the 2008 Olympics with Stephen Park, RYA Team GBR manager and Olympic medal winners |

- 11.45 Trailing and roof racking your boat – Steve Cockerill (Rooster) & John Lefley (Volvo Car UK) - all the latest rules, regulations and tips on safe, easy and legal transportation of your boat in the UK and abroad
- 12.30 Prize draw – Tacktick Compass
- 12.45 Sailing Faster – Paul Goodison, OBE – Team Volvo for life sailor - tips and techniques with the world's no. 1 Laser sailor and Olympic gold medal winner
- 13.30 Prize draw – Rooster Aqua Fleece and Ronstan Orbit Ratchet Blocks
- 13.45 Cruising in a Wanderer – Tim Robertson - how to get the best from creek crawling and pottering with the family in a Wanderer
- 14.30 Fast Foward – Dick Johnson & Phil Morrison - a fascinating look at the International 14s history and impact, from the very start of dinghy sailing
- 15.15 Playing by the Rules – John Doerr - learn the latest on the NEW rules and get top tips from the experts on the most important rules to know
- 16.00 Prize draws – Sunsail Holiday and Children's Treasure Hunt
- 16.15 Volvo Champion Clubs Presentations (*Saturday only*)
Team Volvo for life sailor, Paul Goodison will be presenting these prestigious awards for sailing clubs across the UK
- 16.30 RYA Club of the Year Awards – awards for 5 clubs with one overall Club of the Year (*Saturday only*)
- 16.30 National Champions – celebrating the RYA National Champions – top sailors from across the classes (*Sunday only*)

RYA Coaching Area Hall 1 (Panorama Hall) – the part of the show where you get to talk to resident RYA experts (7th & 8th)

- 10.30 Winning communication principles – Adam Bowers
- 12.00 Fitness & physiology for successful sailing – John Wilson
- 12.45 Understanding Olympic sailing psychology – Ian Maynard
- 13.30 Basic Rig Tuning – John Thorn & Grahame Forshaw
- 14.15 Progress of the Portsmouth Yardstick Scheme – Bas Edmonds
- 15.00 Nutrition & hydration for sailing – Pete Slater, Science in Sport
- 15.45 Winning communication principles – Adam Bowers
- 16.30 Basic Rig Tuning – John Thorn & Grahame Forshaw (*Saturday only*)

Whatever your age and sailing ability there really is something for everyone, so book your tickets now. Call the ticket hotline on 0845 345 0424 or book online at www.dinghyshow.org.uk by pre-booking you could also win yourself a RS Tera dinghy in the free prize draw, courtesy of LDC Racing Sailboats.

-Ends-

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