



RYA Zone Coaches Course 2004

16th-20th August or 20-24th September

Weymouth & Portland Sailing Academy

The Zone Coaches course is a 5-day intensive coaching programme aimed at high level, experienced sailors who are looking to get involved with coaching squad sailors or class race training. The syllabus covers a range of subjects including coaching the rules, sail and rig tuning, coaching skills, safety on the water, first aid, power boat level 2 assessment, use of video, etc.

Successful candidates will be awarded the Club Racing Coach qualification, which will allow them to run race training within any club or class.

This course is the first step for any aspiring coach wanting to get involved with RYA and class coaching and takes the best practices from the Junior, Youth and Olympic programmes to provide a thorough grounding in running effective race training. Minimum age is 18

Could you inspire them?



Alan Olive
RYA Coaching Development Manager

RYA Zone Racing Coaches Course Application

Name: _____ **Course date** _____
Address: _____

Postcode: _____
Day time phone: _____ **Date of Birth:** _____

MOB Phone: _____ **E-Mail:** _____

Racing experience and results (Helm/Crew):

Coaching/ Training/Teaching experience (inc qualifications):

Sport Science Experience (If any):

Date:	Signed
<p>The cost of the course is £150, which includes accommodation, meals throughout the week, first aid certificate & power boat level 2 assessment. Cheques to be made payable to the RYA and returned with the form to Jess Mapplebeck at:</p> <p style="text-align: center;">RYA House, Ensign Way, Hamble, Southampton, SO31 4YA jessica.mapplebeck@rya.org.uk</p>	