



## Top Mark Zone Coaching Conferences 2004

### Top Mark Coaching Conferences

This year we have managed to get a star studded list of Tutors, who have coached and sailed at the highest levels, bringing you the best from rescuing sailors to trimming your spinnaker.

#### The basic details:

- This year you have the choice of attending any one of the conferences, which should make it easier to fit into your calendar.
- The conference runs throughout the day and you have a choice of 3 workshops in the morning and 3 in the afternoon. The conference will cost £15 each. We have added a cost this year to allow us to fund the coaches that deliver the workshops and the clubs/centres which host the event.
- Places are limited to 50, but any coaches needing to revalidate will be given priority. However, we would also like to think that you will be attracted by the workshops themselves.
- The revalidation process requires you to present your Coaching logbooks, Power Boat qualification and a valid first aid certificate. **The logbook does hold a space for you to note the coaching sessions you have run and this should be signed by a club official if possible.**
- If you need to revalidate and can't make the conference then you need to contact Jess Mapplebeck at the RYA.

Hopefully you'll like the programme that combines practical skills with expert knowledge, giving you the 'nuggets' that you can use within your club, class or squad.

See you all there,

**Alan Olive**  
**RYA Coaching Development Manager**

**Don't forget to bring your logbooks, first aid certificate and power boat qualification for revalidation!**



## 2004 Top Mark Conferences & Workshops

<b>0900-1000</b>	<b>Registration &amp; Revalidation</b>
<b>1000-1300</b>	<b>Workshop</b> <div style="display: flex; align-items: center; justify-content: center;"> <div style="display: flex; flex-direction: column; gap: 5px;"> A B C </div> <div style="font-size: 3em; margin: 0 10px;">}</div> <div>Choice of one</div> </div>
<b>1300-1330</b>	<b>Lunch &amp; Revalidation</b>
<b>1330-1630</b>	<b>Workshop</b> <div style="display: flex; align-items: center; justify-content: center;"> <div style="display: flex; flex-direction: column; gap: 5px;"> A B C </div> <div style="font-size: 3em; margin: 0 10px;">}</div> <div>Choice of one</div> </div>
<b>1630-1655</b>	<b>Final Address- High Performance Manager</b>

## Top Mark Programmes

Coming soon to a club near you!

<b>South West Zone</b>	27 <sup>th</sup> March 2004 Mount Baten Sailing And Water Sports Centre
<b>High Performance Manager</b>	Chris Atherton <a href="mailto:Chris.Atherton@rya.org.uk">Chris.Atherton@rya.org.uk</a> 07909 994641
<b>Club details including directions</b>	<a href="http://www.mount-batarn-centre.com">www.mount-batarn-centre.com</a>
<b>Workshops</b>	<b>Speakers</b>
<b>A- Tactics</b>	Mark Rushall (Youth Squad coach & Author)
<b>B- Coaching Nightmares</b>	Jon Metcalfe (Safety Specialist)
<b>C- Down hill sailing</b>	Adam Bowers (Cadet National Coach)

<b>West Zone</b>		<b>27<sup>th</sup> March 2004</b>	
		<b>Draycote Water Sailing Club</b>	
<b>High Performance Manager</b>		Jane Clague <a href="mailto:Jane.clague@rya.org.uk">Jane.clague@rya.org.uk</a> 07909 994638	
<b>Club details including directions</b>		<a href="http://www.draycotewater.co.uk">www.draycotewater.co.uk</a>	
<b>Workshops</b>		<b>Speakers</b>	
<b>A- Coaching Oppies</b>		Alan Williams (Optimist Head Coach)	
<b>B- Coaching Nightmares</b>		TBC	
<b>C- Talking the talk</b>		Steve Lovegrove (Mental skills coach)	

<b>South Zone</b>		<b>3<sup>rd</sup> April 2004</b>	
		<b>Poole Yacht Club</b>	
<b>High Performance Manager</b>		Chris Atherton <a href="mailto:Chris.Atherton@rya.org.uk">Chris.Atherton@rya.org.uk</a> 07909 994641	
<b>Club details including directions</b>		<a href="http://www.pooleyc.co.uk">www.pooleyc.co.uk</a>	
<b>Workshops</b>		<b>Speakers</b>	
<b>A- Coaching Oppies</b>		Ollie Green (Optimist National Coach)	
<b>B- Coaching Nightmares</b>		Jon Metcalfe (Safety Specialist)	
<b>C- Club coaching (on the water)</b>		Mark Barron (Paralympic Coach)	

<b>South East Zone</b>		<b>3<sup>rd</sup> April 2004</b>	
		<b>Queen Mary Sailing Club</b>	
<b>High Performance Manager</b>		Bruce Bonar <a href="mailto:bruce.bonar@rya.org.uk">bruce.bonar@rya.org.uk</a> 07909 994642	
<b>Club details including directions</b>		<a href="http://www.queenmary.org.uk">www.queenmary.org.uk</a>	
<b>Workshops</b>		<b>Speakers</b>	
<b>A- Coaching Toppers</b>		Dave Cockerill (Topper National Coach)	
<b>B- Coaching Nightmares</b>		Charles Wand-Tetley (Safety Specialist)	
<b>C- Talking the talk</b>		Steve Lovegrove (Mental Skills Coach)	

<b>North Zone</b>		<b>17<sup>th</sup> April 2004</b>	
		<b>Hollingworth Lake Sailing Club</b>	
<b>High Performance Manager</b>		Gerry Ball <a href="mailto:Gerry.ball@rya.org.uk">Gerry.ball@rya.org.uk</a> 07909 994637	
<b>Club details including directions</b>		<a href="http://www.hlsc.org.uk">www.hlsc.org.uk</a>	
<b>Workshops</b>		<b>Speakers</b>	
<b>A- The Interactive rules</b>		Chris Kameen (Head team racing coach)	
<b>B- Coaching Oppies and Toppers</b>		Alan Williams (Optimist Head Coach)	
<b>C- The winning mind</b>		Dr. Ben Chell (Sport Psychologist)	

<b>East Zone</b>		<b>17<sup>th</sup> April 2004</b>
<b>High Performance Manager</b>		<b>Grafham Water Sailing Centre</b>
		Bruce Bonar <a href="mailto:bruce.bonar@rya.org.uk">bruce.bonar@rya.org.uk</a> 07909 994642
<b>Club details including directions (next to Grafham Sailing Club)</b>		<a href="http://www.grafham-water-centre.co.uk">www.grafham-water-centre.co.uk</a>
<b>Workshops</b>		<b>Speakers</b>
<b>A- Tactics</b>		Mark Rushall (420 Youth Coach)
<b>B- Coaching Oppies</b>		Ollie Green (Optimist National Coach)
<b>C- Talking the talk</b>		Steve Lovegrove (Mental Skills Coach)

## The Workshops

- **Coaching Nightmares**

Losing a sailor or being unable to rescue someone is the biggest nightmare for all coaches and this workshop looks at some common rescue and first aid techniques.

**(This is an on and in the water workshop)**

- **Coaching Oppies & Toppers**

How do you get your sailors to have a chance at getting into a Junior squad and what are the best coaching tips for Oppie coaches? This workshop is run by the National Oppie and Topper coaches to give you the latest information. A must for any Oppie or Topper coach.

- **Tactics**

Mark Rushall's articles on tactics constantly adorn the pages of Yachts and Yachting. This is your chance to quiz our expert and add his ideas and rules into your own sailing/coaching armoury.

- **Down Hill Sailing**

This workshop looks at getting the best from your spinnaker. Adam Bowers extends his dynamic presentation to take the principles of sail tuning and applying it downwind.

- **Talking The Talk**

Using the right language affects the relationships you create and the image you have of yourself. Deep stuff? Steve looks the very essence of how we learn and how we teach. Whether you are a sailor or a coach this will change your view on how you sail.

- **Club Coaching**

How do you run coaching at a club, especially when you have the Fireball champion next to you in the dinghy park? This workshop gives you the ideas and exercises to actually make a difference across a range of classes and sailors. **(On the water workshop)**

- **The Winning Mind**

Ben Chell is the up and coming sport psychologist for the RYA and looks at how to integrate the science of controlling your thoughts and emotions into practical coaching techniques.

- **Interactive Rules**

The RYA have been working at developing a rules package that uses the most effective techniques for learning using animated scenarios, video clips and on the water exercises. This represents a pilot scheme for a revolutionary new style of learning and teaching the rules.



## Coaching News

<http://www.rya.org.uk/Racing/Coaches/>

### Changing the face of British Coaching - we need your views & ideas!

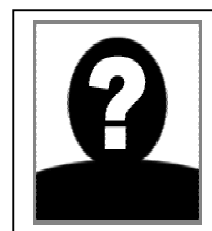
Just when you had started to understand the coaching qualifications we're thinking of changing them. Actually, we are looking to improve the courses and awards so they link into the coaching you do and we need your opinions and ideas to help this process. Should coaches be members of the RYA? How much should courses cost? etc. If want to let us know your opinions fill in the coaching questionnaire on our website or e mail us for a paper version.

**Coaching Questionnaire:** <http://www.rya.org.uk/Racing/Coaches/>



### Coach of the year

This year's award will be presented at The Dinghy Sailing Show with awards for Best Squad Coach, Best Club Coach and Best Coach Under 20. The Dead line is 14<sup>th</sup> Feb 2004 so you still have a chance to twist those arms. Application form is on the website and anyone can nominate their favourite coach.

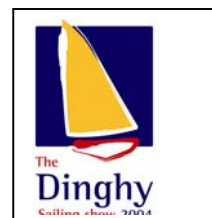


### The Dinghy Sailing Show 2004 (AKA 'Sailboat')

After last year's success we are looking to expand the Coaching Section of the show with:

- **'Coaches Corner'**

A chance to ask about the RYA schemes and interrogate our expert coaches Adam Bowers (sail and rig tuning), Mark Rushall (tactics), Steve Lovegrove (sports psychology) and John Doerr (rules). This is the chance to sort out your speed issues or improve your understanding.



- **'Talk to a coach'**

These mini workshops involve a 30 minute interactive session followed by question and answers with our coaching guru. There will 3 per day covering tactics, rules and develop team work.

- **Live Stage: Down Hill Sailing**

Adam Bowers will be performing the latest chapter in his sail and rig tuning show, this year looking at down wind sailing. What is elephant arsing? Come and find out.

- **The RCTG- (Race Coaching and Training Group) Club & Class Consultancy**

This is a new RYA group whose members have been taken from a range of successful clubs and classes. Their aim is to raise the standards of race coaching and training (as it says on the tin). This dynamic team will be running a number of sessions looking at how you can increase the quantity and quality of the racing at your club. If you want to log on to their e mail group contact Jess Mapplebeck.

Show details on [www.rya.org.uk](http://www.rya.org.uk) from February 2004

## Coaching Courses 2004

All the coaching courses have now been placed on our website and published will be published latest RYA magazine or Briefing, including all of the Top Mark Conferences. If you require an e mail version of the application form or even a hard copy, please contact Jess Mapplebeck at the RYA.



## Top Mark Conferences

We are looking to introduce a number of changes to stream line the process for revalidating and to clarify which Top Mark conference to attend.

### The changes are:

- If you are a Club or a Class Racing Coach then you need attend a Zone Top Mark.
- The Annual Top Mark conference will now consist of a number of workshops delivered by World Leaders in their subject with an Annual dinner aimed at elite coaches such as class racing coaches and RYA squad coaches.

Don't worry about not being able to attend. We will be booking the same coaches for the Dinghy Sailing Show.



## RYA Coaching Website:

<http://www.rya.org.uk/Racing/Coaches/>

Keep up to speed with courses, conferences and resources by checking our website.

Part of our coaching strategy for improving access to coaches is to place their details on the RYA website. We've divided coaches into the RYA squad coaches and the rest but this is just an initial attempt to allow people to have an educated choice. As our website improves we will be able to refine these details.



## Do you wish your details to appear on the RYA Website?

Part of development process for allowing sailors to get access to coaches involves placing your contact details on the website. If you are happy for this information to be displayed please fill in the details on the application form. If you are not attending one of the conferences but still wish to be on the web please clearly write 'NOT ATTENDING' at the top of the form.



**How to contact us: [Jessica.mapplebeck@rya.org.uk](mailto:Jessica.mapplebeck@rya.org.uk)  
02380 604167**



# Top Mark Zone Coaches Conference

You can also reserve your place by applying on our website:

<http://www.rya.org.uk/Racing/Coaches/>

A cheque will still be required to confirm your place

Venue/Zone		Date	
Name			
Address			
			Post code
E mail address			
Day Contact No		Date of birth	
Qualification			
Home Club			
Classes Coached			
<b>Choice of Workshops</b>			
Sat am	1 <sup>st</sup> Choice	2 <sup>nd</sup>	3 <sup>rd</sup>
Sat pm			
I am happy to have my details displayed on the website (Please tick)			
Address		E mail	
Telephone Number		Club/class	

Please return your application with a cheque for £15 (made payable to the RYA)

to:

Jess Mapplebeck RYA House, Ensign Way, Hamble, Southampton, Hampshire,  
SO31 4YA

**Closing date for applications: 1 week prior to the conference**