

LSC22/FF

18 Jan 22

FF Fleet  
Sailing Secretary  
Training Principal

LSC FLYING FIFTEEN (FF) COACHING 13 – 15 MAY 22  
INITIAL ADMINISTRATIVE DETAILS

1. Background. The scale of response from earlier polling on FF coaching has been universally positive. Consequently, Richard Whitworth (RW) has been booked to deliver coaching for interested parties of the FF fleet over the period from the evening of Friday, 13 May to the late afternoon of Sunday, 15 May 22. It is RW's intention to repeat a well proven arrangement by making the event socially engaging whilst focusing on general and boat/crew specific coaching.
2. Inclusion. The coaching is primarily focused on boats and their crews, the following have declared interest in the event:

Boat	Helm	Crew
2481	Peter Thomas	Mark Laundry
2645	Peter David	TBC
2695	John Craddock	Frankie Devereaux
2880	Jacque Layton	Dave Hemingway
3121	Rob Dangerfield	Claire Ellis
3144	Ross Lambert	Aimee Morse
3339	John Farmer	TBC
3675	Paul Atwell (PVA)	Lyndall Merry
3691	Ben Williams	TBC
3780	David Morgan	Lorina Walden
3784	Nick Taylor	Claire Taylor
Additional Crews		Huw Farmer?
		Max Farmer?
		Charlie Hancock Lashley
		Laurie Lewis
		Rhydian Jones
		Richard McCulloch

It is suggested that helms/crews associate themselves with the boat which they aim to campaign for the coming season as this will maximise the benefit from coaching. Boat helms will be regarded as the point of contact for their boat and deemed to be acting on behalf of that boat's crew. Those crew members without a berth may want to look towards borrowing a boat to participate more fully, however, there will be limited opportunities to benefit from the coaching, which have yet to be confirmed.

### 3. Schedule. The outline schedule for the event is as follows:

3.1. Pre-Event. Completion of pre-event questionnaire to encourage everyone's thought processes towards coaching and what they'd like to do to make the biggest impact from the weekend.

#### 3.2. Friday, 13 May.

- Meeting at LSC clubhouse 6.00 – 8.00pm.
- Course overview, team building, fundamentals plus anything that filters out of the pre-event questionnaire.
- BYOB.

#### 3.3. Saturday, 14 May.

- Meeting at LSC clubhouse 9.30am.
- Morning session: briefing on plan for the day, discussing rigs/checking the measurements, land drills.
- BYO lunch.
- Afternoon session: on-the-water sailing basics - tacking & gybing exercises, boat speed plus other boat handling exercises building up to starts. Video exercises and racing including drone overheads (weather permitting).
- Evening session: De-brief of the day's exercises and racing, including footage overview.
- For evening session BYOB (light meal available at additional cost TBC).
- Depart around 8.00pm.

#### 3.4. Sunday, 15 May.

- Meeting at LSC clubhouse 10.00am, (boats rigged ready to launch and changed into sailing gear).
- Morning session: briefing on plan for the day, short period on theory on starts etc, then on-the-water exercises/starts including video and drone overheads (weather permitting).
- BYO lunch.
- Afternoon session: micro-races.
- Final debrief around 4.30pm, all video/drone footage made available on RW 'drop box' site.

### 4. Administrative Matters.

4.1. Place Confirmation. We need to make a financial commitment to RW for his services and to finalise his involvement. To that end all boat helms are asked to complete Annex A and commit to the event, making their return to PVA by 1 May 22. The costs involved will depend entirely on the number of boats taking part, which on current estimates would result in a cost per boat of circa £40. If the number of participating boats reduce, there would be the option of

increasing the cost per boat or reducing the extent of coaching. A decision on final costs will necessarily be taken closer to the event and following consultation.

4.2. Pre-event Questionnaire. RW's pre-event questionnaire will be circulated to participating boat helms following receipt of Annex A. Completed pre-event questionnaires should be returned to PVA by 8 May 22.

5. Event Support.

- RIB Chauffeur. The LSC sailing calendar may have club handicap fleet sailing taking place on the Sunday. It has yet to be confirmed whether there will be sufficient duty personnel to take on additional support roles for the FF training. RW expects to be running on-the-water sessions from a LSC RIB and will require a competent power boat qualified driver to be available on the Saturday afternoon and Sunday. This represents a good opportunity for additional crew who are power boat qualified to become closely involved with the coaching. Interested parties are asked to make themselves known to PVA by 8 May 22.
- Race Officer. RW will probably need support to mount start training and run the micro races. This would involve the minimum of a dory with some starting flag arrangement to be run by an acting race officer to control start sequences etc. Again, this represents an opportunity for additional crew with a power boat qualified individual who is familiar with starting races to get involved more closely with the coaching.
- Housekeeping. There will be a need to setup and clear up the LSC clubhouse for briefing sessions etc; all participants are asked to contribute. In particular there is a need to arrange a large screen/projector for RW to show video footage; a volunteer is requested.

6. Communications. The LSC point of contact and organiser for the FF coaching will be PVA. Queries concerning the event should be addressed to [llangorsesailingclub@gmail.com](mailto:llangorsesailingclub@gmail.com)

7.

P V ATWELL  
FF 3675  
Event Organiser

Annex:

A. Commitment of Boat Participation in Coaching Event 13 – 15 May 22.



ANNEX A to  
LSC22/FF dated  
18 Jan 22

COMMITMENT OF BOAT PARTICIPATION IN COACHING EVENT 13 – 15 MAY 22

Ser	Required Information	Details
1	Name of helm	
2	Name of crew	
3	Boat number	
4	Hull design (if known)	
5	Mast type	
6	Make of Sails	

Please include the above boat and crew in the coaching event planned for 13 – 15 May 22. Note: this information is requested to be provided to PVA by 1 May 22.

I acknowledge that this return represents a commitment to meet one share of the costs of the event and understand that funds need to be provided in cash to PVA by 8 May 22, and that non-payment will preclude participation in the event. I am aware that the final cost of shares will not be known until closer to the event. I understand that should there be a significant drop in the number of boats participating. The cost per share will need to be affordably adjusted, or the extent of the event curtailed. Details of any proposed changes will be notified before 8 May 22, prior to which the opinion of prospective participants will be sought.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Return to DrPVA18@gmail.com by 1 May 22**