



FAIRLIE YACHT CLUB



16



TRAINING WEEKENDS AND IRC ICE BREAKER REGATTA

CLYDE MARINA ARDROSSAN
10th 11th and 17th 18th April 2010

Dear Boat Owner

We would like to invite you and your crew to the second Scottish IRC Training weekends with IRC Ice Breaker Regatta to be held at Clyde Marina, Ardrossan.

This year Fairlie Yacht Club has stepped in to help us run this event under their banner.. We welcome their help and hope lots of there members will take part in the training weekends.

The main aim of these two events is to help you get your boat and crew in shape before the race season on the Clyde. It will also be a good chance for you all to sample one of the best patches of water in Scotland.

To help us run the events we are enlisting some of the best coaching staff in Britain.

Barry Dunning RYA Keelboat Coach

North Sails

John Highcock Saturn Sails Head designer

3rd April IRC weigh in to help optimize your IRC handicap rating before the season starts
Please let Chris Dodgshon know if you wish to attend so he can finalize numbers and cost per boat.

The Program

10th and 11th April the weekend to be run by Barry Dunning

First day

0930 Morning briefings run by Barry Dunning, North Sails and John Highcock

1030 All boats out on the water with Barry Dunning taking all boats with help from North Sails and John Highcock

Plan for training will be discussed with you at the briefing in the morning but will be mainly crew positions, mark rounding and starts.

1600 Off the water and debrief in the event tent. This will be on an informal forum discussion with Video of the day's events.

Second Day

0930 Morning briefing by Barry Dunning North Sail and John Highcock

1030 All boats out on the water with Barry Dunning taking all boats with help from North Sails and John Highcock

Plan for training will be discussed with you at the briefing in the morning but will be more of the same but with Sail handling and general boat handling targeted and lots of practice starts

1600 Off the water and debrief in the event tent. This will be on an informal forum discussion with Video of the day's events.

On both days we will have Electronics experts to help with calibration and instrument set up and also Chris Dodgshon will be available for a one to one chat about your running rigging and deck gear.

IRC ICE BREAKER REGATTA FOR THE ICE BREAKER TROPHY WITH COMBINED TRAINING WEEKEND

17th 18th April the weekend's Training to be run by Barry Dunning North Sails and Saturn Sails

Same format for both days sailing instructions to follow

0900 Morning race briefing with the race office, Barry Dunning, North Sails and John Highcock.

Race start 1030 for class 1 with class 2 and 3 at five minutes after that.

On the water coaching will still be available from all the coaches with VHF commentary of the start from the committee boat.

The Coaches will be allowed too coach boats during racing.

Planned to sail 4 races each day

1600 Off the water and debrief in the event tent. This will be on an informal forum discussion with Video of the day's events.

1700 Prize giving held in Sunday afternoon

This is only an out line of the weekend's events and the program might change due to the level each boat owner wish to achieve. So please fill out the entry form with as much detail as possible so we can pass this to the coaches so they can tailor the training around all the boats.

Checchinis the local restaurant and bar have agreed to run a small bar offering drinks, tea's and coffee's during the briefings.

Berthing during the event will be discounted to half the Clyde Marina weekly price base on five days prorated. Berthing for the weekend will be free.

We plan to have photographer on hand to take any shots you would like of your boat while you are sailing.

So if you wish to attend this IRC focused Training weekend with IRC Ice Breaker Weekend please fill in the entry form attached with this email or download the entry forms from the Fairlie Yacht Club Website www.fairlieyachtclub.com

HEAD COACH BARRY DUNNING CV

International Keelboat Racing Coach

RYA Yachtmaster Offshore (Sail & Power)

ISAF National Judge

Currently coaching In the following classes:

Etchells (Coves fleet
Dragons
RORC IRC fleet (all classes)
6 Metres
SB3's
Elite fleet
Classic Fleet coach (Med fleet)

2008 Italian Etchells Champion
2007 Commodores Cup coach
2005 Commodores Cup coach
2003/2004 Yngling coach to Cathy Foster
2003 420 UK Coach for World Championships
2002 Qualified as Coach
1992 to 2002 owned and raced Etchells
Coves week winner. 2nd National Championships
1983 to 1992 owned and raced J24
Great Britain National Champion twice
1987 Admirals Cup Team
1970 to 1983 sailed International Soling, attending many International, European & World Championships:
1971 UK National Champion
1972 UK Soling National Champion
1972 2nd European Championships
1972 Great Britain Soling Olympic representative Munich Germany (5th)
1976 Great Britain Soling Olympic representative Montreal Canada (11th)
1979 Great Britain Soling World Championships Rio de Janeiro (4th)
1965 to 1970 Dinghy sailing.
Merlin Rocket Champion (3Times)
National 12 Champion

Personal Statement:

I have always been an enthusiastic and active person which, together with my passion for sailing and yacht racing, has enabled me to become a successful all round yachtsman. The wide range of experience I have acquired both in the United Kingdom and abroad, has been of great value in developing myself as a professional coach.

Days spent in the coach's rib, videoing, learning, observing and passing that information on to the competitors has given me a great understanding of what is required to perform on the race course. Working recently with other top coaches and the GBR team has prepared me well for the challenges of an Olympic campaign leading up to 2008 and 2012.

I continue to attend the current courses/coaching seminars with the RYA to keep myself up to date with the latest development. I have qualified as a National Judge and sit on the Arbitration panel for our local area. Recently I have been in Weymouth with the ISAF International Judge, Chris Watts, working on Rule 42 with the Laser fleet.

I would very much welcome the challenge of working with your team and be able to use my expertise to help them towards success.