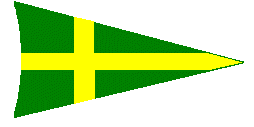




Greenwich Sailing Club

Family Sailing on Sydney Harbour



Training Programs

The training programs at Greenwich Sailing Club are designed to assist you to join our racing fleet and improve your skills. For people who are confident in the water, the best way to join the racing is to get a crew spot if one is available. If there are no crew spots, the Novice Training teaches sailing skills and provides practical experience for beginner sailors. As you become more skilled, you can then join the Novice Racing fleet as a skipper. For our experienced sailors, there is a Race Coaching program to improve the skills and competition of our fleets.

Novice Training

For the first few months of the season, the Novice Training runs from 10:30am to noon each Sunday prior to our regular racing program in the afternoon. The training sessions are designed for new members to find crewing positions and for beginner sailors to gain confidence on the water so they can join the afternoon Novice Racing program. Training is run on club MJs, F11s and Envys. Volunteer club members run the sessions with the assistance of experience sailors and parents.

Frequently asked questions about Novice Training

- How do I attend the Novice Training? You should email gsc-training@gsc.org.au to let us know you are interested and we can ensure experienced sailors will be present to assist.
- What should I wear? A wetsuit, foot protection, hat, sun glasses and plenty of sunscreen.
- How can I get a crew position? Size, weight and a shared level of commitment is important for a positive crewing experience – the Novice Training and Novice Racing is a great opportunity to trial new crewing partnership.
- What is the level of parental involvement? Parents are required to assist in the Novice programs, this involves helping to rig and launch the boats and assist on the support boats.
- How much does it cost and how do I sign up? You need to be a member of Greenwich Sailing Club to attend the Novice Training; the membership for a single person is approximately \$300. Prior to attending the Novice Training a parent will need to complete the club application including the indemnity form. If you are not sure about sailing you can attend two training sessions prior to paying for club membership.
- Do I need my own boat? Sailors own their boats which cost between \$1-\$10K depending on the age and quality. The club has a limited number of boats suitable for beginner sailors that can be rented.

Novice Racing

The Novice Racing program runs on Sunday afternoon with our regular fleets. The Novice race is run on a smaller course and one of the support boats closely monitors the fleet for safety and to provide coaching assistance.

Race Coaching

The club employs an experienced sailor and instructor to provide race coaching to all fleets. There are several coaching days throughout the season that provide structured coaching in the finer points of racing. They generally start with classroom instruction followed by on the water drills and coaching tips during the race. These sessions are open to all racing members of the club.

For further information see our website www.gsc.org.au or email gsc-training@gsc.org.au