

Training Report AGM 2021

Tim Hulse

Super Grand Prix Training

Super Grand Prix were successfully launched in the summer of 2019, with Burghfield Sailing club and Staunton Harold both holding Saturday local training sessions followed by Sunday racing. Queen Mary SC started the 2021 sailing season with the same format with huge success. The training is open to all ages, rigs and ability with a focus on making 'quick wins' allowing sailors to see the beauty and simplicity of one design racing. Queen Mary set high bar with over 70 sailors for training and 90 for the Sunday racing. Other SGPX at St Marys Loch, Pennine and Castle Cove show its popularity across the regions. I would like to take the opportunity to thank the club members who make these events happen. If you would like any training event such as this to happen at your sailing club, please do make a contact with the UKLA.

Club Training

Unfortunately, due to lockdown we were unable to attend organised club training due to restrictions on many club grounds which were only open to club members. However, Hollowell made the most of our new Zoom skills, by arranging two evening online sessions for the ILCA fleet. Lots of boat handling and racing ideas were shared and hopefully all sailors took some key points away! As restrictions ease, should any club wish to run 'in house training' or open local training, the UKLA can provide coaches and organisational support. Please contact training@ilca.uk

Regional Training

The UKLA is committed to running high quality regional training for all its members. The current training offered is for all three rigs, open age category and of all sailing abilities and experiences. The winter of 2020/2021 showed a huge benefit to the regional training system. Trainings have run all across the country with a huge variety of venues, from rolling seas in the south west, to lakes in the midlands, and some amazing tidal sailing out of West Kirby. As we continue to develop the regional training programme building on the already successful system has created many logistical challenges. From a National system of 6 weekends per winter, to a regional system of four weekends a month, the time required is more than a One-person job! Therefore, I am extremely happy to be 'handing over the reins' in certain areas to some very experienced coaches. Whilst we will continue to work as a training team ensuring consistency across all our trainings, the following coaches will be taking the lead in these regions:

- East/South East – Shaun Priestly
- South/South West – Dan Belban
- Midlands – Ali Goodwin
- North – Tim Hulse

I would like to take this opportunity to thank all the support we have received, but specifically Brett Lewis and Paul Colquitt who have worked really hard to successfully support the UKLA in developing trainings in the South East and North West.





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If you feel you could offer your support through club contacts, bit of time to help organise or just a rib on the drive that could be used for training please contact me training@ilca.uk - any support would be greatly appreciated.

Currently, most restrictions on numbers will lift for 2021 allowing for more sailors per weekend. We will monitor this and communicate as we move forwards. We would expect all briefings and debriefings for 2020 to remain outside in small numbers or online from our respective spaces.

Please find the link to the training dates webpage. <https://ilca.uk/training>

ILCA 4

The RYA Regional Training Groups (RTG) system looks to be in full swing this winter with an ILCA 4 Northern and Southern squad. James Hadden will oversee both squads, ably assisted by some of the best ILCA coaches in the country. There will be a North and south selection weekend in September ran by the UKLA. Training and racing will take place and will be overseen by James. Please refer to the RYA RTG selection policy for all details.

As we continue to work in slightly difficult times, I thank all the clubs and venues that have worked so hard allowing us to continue the new regional training structure. Future training success is very much based around the engagement of all members not simply youth and junior. The SGPX have provided a fantastic advert for mixed racing and the benefit it can have for all members.

I look forward to seeing many boats on the water this winter.

Yours,
Tim Hulse
Training Officer

