

Royal Cork Yacht Club - Dinghy Skills Coaching with Fernando - Final Programme 2012

Groups	Oppie 1	Oppie 2	Oppie3	Oppie 4A	Oppie 4B
	Douglas Elmes Jil MC Ginley Harry Whitaker Harry DURCAN Johnny Durcan Adam D Arcy Rebecca O Shaughnessy Ronan Courname	Charlie Breen Claire O Sullivan Richard MC Ginley James MC Cann tom Keal Luke MC Grath Ronan Walsh Eoghan O Regan	Chris Bateman James Spillane Patrick Daly Cathal O REgan Luke Horgan Emily Whitaker Caoimhe Foster	Jennifer O Shaughnessy Juliette Nyhan Georgina Keating Maeve O Sullivan	Robert Keal Peter Thompson Conor Walsh

Note Regarding Oppie 4A & 4B

This group is split for the initial skills coaching so as to provide more individual attention to the sailors - session times are 2 hours
In Weeks 1 to 3 Group A starts at 2pm, Group B at 4pm

Week No.	W/C	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Coach
		Morning	Afternoon	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon	
1	4/6/12	Oppie 2	Oppie 3	Laser	Oppie 4	Oppie 1	Oppie 2	Feva	Oppie3	Off	Laser	Oppie 1	Oppie 4	Off	Off	Fernando
2	11/6/12	Oppie 1	Oppie 2	Laser	Oppie 3	Oppie 2	Oppie 4	Laser	Oppie 1	Feva	29er	29er	Off	Off	Off	Fernando
3	18/6/12			Oppie 1	Oppie 3	Laser	Oppie 4	Feva	Oppie 2	Oppie 3	Oppie 4					Thomas
4	25/6/12	Off	Off	Oppie Clinic*				Off		420 Clinic				Off	Off	Fernando
5	2/7/12	29er		Laser Clinic					Feva Clinic							Fernando

Oppies get 5 skills coaching sessions in small groups + a two day clinic
Lasers get 5 skills coaching sessions in small groups + a two day clinic
Fevas get 3 skills coaching sessions in small groups + a two day clinic
420s get a 2.5 day clinic
29ers - scheduled if needed - otherwise can be reallocated
*Extra coaches will be provided for the Oppie clinic

Cost (per sailor)
Groups 1,2,3-€170 Group4-€120
€160
€130
€100
€100

Event Constraints
6/4/2012 International IODA! Teams training - Oppies
6/15/2012 VP trophy (HYC) - Oppies
6/16/2012 Leinsters - Oppies and Lasers Munsters - Fevas
6/17/2012 Leinsters - Oppies and Lasers Munsters - Fevas
6/30/2012 Connaughts - Lasers
7/1/2012 Connaughts - Lasers
3-5/072012 Volvo Team racing - Oppies

Enquiries please to

Optimist	linda@eircom.net	Linda O'Keeffe
Laser	lasers@royalcork.com	Nick Walsh
420	420@royalcork.com	Tom Crosbie
Feva	paul@ptingle.com	Paul Tingle
29er	ronanlyden@eircom.net	Ronan Lyden

Please note

Payment will be collected at the start of the first session for each group by your class representative on the day - pls oblige by approaching the collector - this is all done on a voluntary basis

Mornings 9.30am to 1pm
Afternoons 2pm to 5.30pm (except Oppie 4A is 2pm to 4pm and Oppie 4B is 4pm to 6pm)
Clinics 9.30am to 5.30pm
Starting times are rigged and ready times