

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

Groups	<b>Oppie 1</b>	<b>Oppie 2</b>	<b>Oppie3</b>	<b>Oppie 4A</b>	<b>Oppie 4B</b>
	Douglas Elmes Jil McGinley Harry Whitaker Harry Durcan Johnny Durcan Adam D'Arcy Rebecca O'Shaughnessy Ronan Courname	Charlie Breen Claire O'Sullivan Richard McGinley James McCann Tom Keal Luke McGrath Ronan Walsh Eoghan O'Regan Lucy Donworth	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 Kate D'Arcy

**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 Group 4-€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**

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Feva	<a href="mailto:paul@ptingle.com">paul@ptingle.com</a>	Paul Tingle
29er	<a href="mailto:ronanlyden@eircom.net">ronanlyden@eircom.net</a>	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