

## Cadet News

### IMPORTANT DATES FOR CADETS 2004

Friday 16 <sup>th</sup> April	Senior Cadets "Social" (Lakeside Superbowl)
Saturday 17 <sup>th</sup> April	Senior Cadets start
Friday 28 <sup>th</sup> May	Junior Cadets "Social" (in the Clubhouse)
Saturday 5 <sup>th</sup> June	Junior Cadets start
Saturday 10 <sup>th</sup> July	Dinghy Cruise
Saturday 4 <sup>th</sup> September	Cadet Open
Saturday 25 <sup>th</sup> September	Cadets last day and Barbeque

### Senior Cadets "Social" (for those in Year 7 and above)

We are planning an evening at Lakeside Superbowl on Friday 16th April (the cost of 10-pin bowling is £3.85 for under-16's per game and £4.20 for over-16's per game - food is available from the bar). Please spread the word, as time is short!! I need to know numbers A.S.A.P. so that I can book the lanes. Please could you let me know by telephone, text message or e-mail whether you would like to go. Please could you also indicate whether you think it

would be a good idea to try and eat there or if you have any other suggestions where we could go on to eat afterwards?

**Dave Cumber - 01305-251482 - 07989-475027 - [dtcumber@aol.com](mailto:dtcumber@aol.com)**

### RYA Sailing Courses - 28th May-6th June

*Beginners, Stage 1 and 2, Stage 3, Red (sailing and racing)*

We are presently organising courses with WOEC and we need to know how many Cadets would like to take part. Last year these courses were very popular and over-subscribed and places will be allocated on a first-come, first-served basis so please reply early. Could you please let Ian Green know A.S.A.P. if you are interested. Please provide the following information: age, previous sailing experience, RYA badges held, boat availability and contact details. We hope to be organising more courses during the Summer holidays.

**Ian Green,  
17, Conifer Way,  
Southill,  
Weymouth,  
Dorset,  
DT4 9UR**



CCSC's Cadet member, Rob Foxell, who is Captain of Sailing at Canford School, shown here demonstrating "Team Racing Techniques" at the 2004 Boat Show. Rob, who has competed in numerous national team racing events in the country, was interviewed by the press to explain how "tricky" sailing in an artificially restricted pool can be.

## Castle Cove Sailing Club Child and Vulnerable Persons Protection Policy

Castle Cove Sailing Club has a Child Protection Policy. Boat drivers, instructors and all regular helpers at Cadets and the Sailability group are asked to complete a declaration form that would enable child protection checks to be made by the Police. This is part of the Club's regular commitment to providing a safe environment for our children and no one should feel any embarrassment at being asked to complete such a form.

Further information is available from Ian Green.

### NEW TO CASTLE COVE CADETS?

This page is particularly for everyone interested in joining the Castle Cove Cadets. If you have sailed with the Cadet group before you might be interested to read of some of the changes and developments we are introducing as the Club grows.

Before you can sail with Cadets you must be a Club member, either through Family membership or in your own right (12 and over only), and you must have returned a Cadet registration form to us.

The Cadet group is best thought of in two sections. The top group is probably the largest and it is for experienced young sailors who are capable of self-recovery in reasonable weather and sea conditions. Hugh de longh, Ben Evans and Richard Way run this group and they plan to run a structured programme designed to improve racing and sailing skills. Within the top group there will usually be separate groups on a Saturday morning to suit those with advanced skills and those who are more intermediate. Safety cover is provided at all times during Cadet mornings. Many of our Senior Cadets (ages 12 to 17) will be in this group and there will be encouragement given for them to join in some of the regular Club races.

The second group is for beginners and less confident sailors with intermediate levels of skill. All beginners are expected to be able to demonstrate RYA level 2 skills; either by bringing along their RYA log book or demonstrating their competence. We cannot cater for complete novices and strongly recommend that children attend a recognised RYA training course before coming to Cadets. We are not looking for perfection, but the ability to leave and return to the shore, tack and sail a triangular course will be required unless, as a parent, you are willing to sail in the boat with your child. We will organise one Saturday morning each month when it will be possible for complete beginners (who are Club members) to try sailing while under close supervision. This will usually be in small groups in Wayfarer dinghies. Ian Green has lead responsibility but parents will be actively encouraged to 'get their feet wet'.

Most of our Junior Cadets (ages 8 to 11) will be in this group and parents are required to remain at the Club during the Cadet morning: sailing with their

child, helping on the water, on the shore or in the Galley.

The beginner group is ideal for any child who has just completed the RYA level 2 qualification and wants to improve their sailing. Places in this group are limited and require that the child has their own boat (usually an Optimist). As they develop they will move on to join the first intermediate group where they will be able to further improve their skills and gain in confidence.

Although safety cover will be provided for all groups on the water it is the parents' responsibility to decide whether the conditions are suitable for their child to sail. If in any doubt ask one of us for advice. We shall stop a child from sailing, or return them to shore if equipment is faulty or the conditions are clearly beyond the child's capabilities. Sometimes this embarrassment can be avoided by having a few words with one of us beforehand. Parents are responsible for the supervision of their child(ren) while they remain on the shore.

The Club has a limited number of Club boats for use by Cadets on Saturday mornings. The policy of having no charge for Cadets on Saturday mornings may have to be revised as it has proven difficult to maintain these boats. Please note that if a Cadet uses a Club boat at any other time the usual Club boat fee **MUST BE PAID**. There is no booking system for Saturday morning, first come first served. The Club has two Mirror dinghies and three Toppers. (No Optibats this year.)

Cadet mornings start with preparation at 9am. Sailing is from 10am to 12 noon. This may be shortened for young sailors, or depending on conditions. Club boats should be put away properly after the session, and all equipment returned unless you have arranged to use the boat in an afternoon event. Unfortunately we will be monitoring this and persons not complying will not be able to use Club boats in future Cadet sessions.

It may feel like a lot of rules and restrictions but please be assured our aim is for everyone to have a happy and safe time while sailing with Cadets. If you have any questions please contact the Cadet Officer, Dave Cumber, or one of the people named above.

# CASTLE COVE SAILING CLUB – CADETS 2004

**Please return completed form to: Ian Green, 17 Conifer Way, Weymouth DT4 9UR**

Your Name ..... Date of Birth .....

I will\*/will not\* be coming to the Cadet evening on Friday 16 April\*/Friday 28 May\*

I will\*/will not\* be coming to the Saturday morning Cadet sailing sessions

(Beginners and new members must await confirmation of a place and provide evidence of Level 2 ability)

*If you will be coming to the Saturday morning sessions please complete the following sections: (\*delete as applicable)*

I own\*/have arranged to share\* a boat

My boat is\*/I will be sharing: Optimist\* Mirror\* Topper\* Laser\*

Other\* .....

My sail number is: ..... My boat name is : .....

My sailing level is: Beginner (RYA level 2)\*/Intermediate\*/Experienced\*

I would like to be kept in touch by Email, my Email address is: .....

## **Medical consent form**

I am the parent/guardian\* of: ..... (Please print)

Child's date of birth: ..... Child's address: .....

.....

Emergency contact details: .....

**I SHALL INFORM THE ORGANISERS OF ANY KNOWN CONDITIONS AND MEDICATION REQUIREMENTS FOR MY CHILD.**

In addition, if the case arises, I authorise the Coaches/Instructors/persons responsible for activities during the Castle Cove Cadet sailing season 2004 to take my child to hospital and give full permission for any treatment required to be carried out in accordance with the hospital's diagnosis. I understand that I shall be notified, as soon as possible, of the hospital visit and any treatment given by the hospital.

Parent/Guardian's\* consent

Signature .....Date .....

Name ..... (Please print)