



# Apparently!

## Spring Newsletter 2017

The changing rooms are on target for completion and use by 22nd March and, in spite of unexpected costs, is only a few hundred pounds over the budget of £103K. Those who have taken a peek are very happy with the results, and they will enhance the attractiveness of the club for members and visitors alike. We have more space and better showers, and the shelves have been extended to take bags. Many thanks to Barry Scutt who has kept an almost daily check on progress and acted as project manager for the club, I have to admit to never having bought a lottery ticket, but we should all be grateful to those who do; they paid three quarters of the cost.

Barry Grant has again coordinated Sunday working parties to maintain pontoons, club boats, clubhouse upgrades, gardens and supply refreshments. These events are a good way to meet other members and discuss the coming season over coffee and bacon butties. It also keeps costs, and therefore membership fees, down.

This year, twenty four new memberships have been completed or in process, six of which are keelboat owners. Several others do not yet own boats and are keen to crew, with many attending the recent club event linking owners with crew. This was very successful and may be repeated.

The social side is being enhanced this year, with the usual evening talks such as diesel engine maintenance and sailing race management, with dinners and suppers being organised. Add on the invitation to attend WPCA events at the club on Tuesday evenings, and there is more than enough to meet everyone's interests. Keep an eye on the website social calendar, watch for emails and look at the Special Dates in the handbook.

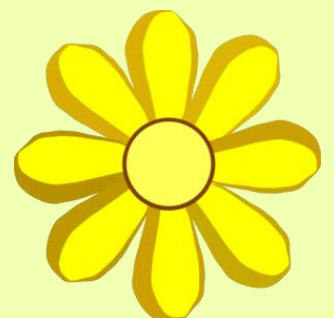
The Eric Twiname Trust has granted the club a new Topper, but we adults are not allowed to use it; a condition of the grant is that it is for those in full time education. Thanks to Jock and Andrea Fellows for applying for this. We will be upgrading our 20 yr old Toppers to make them more reliable, and to hopefully keep up with the new one. For those who are yet too small for Toppers, we have the loan of three Optimists for a year from the Oppy Association to help develop sailing for youngsters. Thanks to Jeni Richards, Lucy and Emma Bishop for setting this up.



With cadets getting younger and younger, we will be installing a baby change unit in the disabled loo.

That's it; there's a lot going on so get involved and use the club.

**Steve Green—Commodore**



## CCSC Sailing Programme 2017 – What is going on?

### **Sunday Morning Racing**

Racing for keelboats and dinghies. Keelboats should check the Notice of Race (NOR) as the start line may be in the bay using Weymouth Sailing Club start line or in the harbour using CCSC start line. Dinghies will have two races each morning. In the first series – the Spring Series – Asymmetric and non-Asymmetric dinghies will start together but will have separate results. One of the two races each morning during the Spring Series will always be a windward/ Leeward course. This only applies to the Spring Series. The first race is 2<sup>nd</sup> April with a start time of 10.35. The clubhouse and bar will be open for food and drink after racing.



### **Monday Evening Racing**

Racing for keelboats sailing together in Class Z and for Fast Class Dinghies (Class 2) and Asymmetric Dinghies (Class A) on the second start and Slower Class Dinghies (Class 1) and Lasers (Class L) on the third start. A shorter beat is set for Class 1 Dinghies and Lasers meaning that they sail a shorter course overall. The clubhouse and bar will be open for an evening meal and drinks after racing.

### **Wednesday Evening Racing**

Racing for keelboats with the first start for Class 3 (Fast Keelboats) and the second start for Class 4 (slower keelboats). The 3<sup>rd</sup> start is for all dinghies sailing together as Class 9. The clubhouse and bar will be open for an evening meal and drinks after racing.

### **Friday Sailing**

Ladies Sailing meets in the morning. The group is for women and men with an emphasis on supporting each other and working together to improve skills and confidence.

Cadets meet in the evening. The group is for younger members of the club and is usually followed by a barbeque in the garden.

Cruiser Racing takes place on Friday evenings, see the handbook for dates and the Notice Board for other details.

### **Weekends**

Various club activities take place at weekends, see the Club Calendar (CCSC website) for details of social activities and the Club handbook – available by the end of March – for details of sailing activities. Additional sailing activities and any further details will be notified by email and by notices in the club house.

**The Keelboat Cruising group** have a full programme of activities and cruises planned throughout the season. See the Handbook for details or pick up the cruising booklet from the club house.

Those interested in **Open boat cruising** meet informally and occasionally through the year. Contact the Dinghy Cruising Rep for more information if you are interested. See the handbook for contact details.

**Ian Green**

**Sailing Secretary**

## **CCSC Cup Events**

Each Club race series has an award of a Cup, Plate or Plaque, which you have to give back but it is great to have them for a year on the sideboard. Through the season we have a number of special Cup Races that either take place at weekends or for keelboats may be awarded for week night races. See the Handbook Sailing Programme for details of Cup Races and see the back pages for details of the Cups and Trophies that are available. This year there will be 'Best Points' awards for keelboats racing under NHC.

The **Weymouth Dinghy Regatta** will take place 8<sup>th</sup> and 9<sup>th</sup> July

The **Weymouth Keelboat Regatta (IRC)** will take place 2<sup>nd</sup> and 3<sup>rd</sup> September

**CCSC Open Events** – these are events when we welcome visiting boats to compete at Castle Cove:

Toppers have a training day 13<sup>th</sup> May followed by a Topper Open 14<sup>th</sup> May (there will be no club racing on the 14<sup>th</sup>)

In the autumn, 9<sup>th</sup> and 10<sup>th</sup> September, we have an Open weekend for Musto Skiffs and the 470 Class. The Musto Skiffs will return to Castle Cove for their Nationals in 2018.

### **Gul Scorpion Nationals at Castle Cove**

This is our big open event in 2017. We expect to welcome 50 or more Scorpion Class dinghies for a week of competition on the water and some serious socialising at all other times.

### **CCSC Sailing Committee**

Your Sailing Committee is there to represent you, to turn ideas into action and to make sailing happen. We usually meet the last Tuesday of the month.

Contact details for Class Captains and Representatives for Club activities are in the handbook.

When it is necessary to make a change to the Sailing programme details will be sent out by email and notices put up in the clubhouse.

The Sailing Programme relies on members completing their duties.



## **What is new in the Club Sailing Instructions for 2017?**

When we race we follow the same rules that would apply to Sailboat races anywhere in the world, with a few local variations, so that we get the best racing experience at our club for the boats that we sail. If you want to do well, or just like this kind of thing then the Racing Rules of Sailing (RRS) 2017-2020 will be a good read, available from bookstores or as a free download from the RYA website. The Club Sailing Instructions (SI's) are in the handbook and really you should take a good look at them if you want to know what is happening on the race course.

On the other hand, if you just want to see how you do sailing in company, then start at the right time, sail the course, don't get in anyone's way, don't hit anything and go home when the flags are flying. If we know your sail number you will get a result and hopefully we shall all have had a lot of fun.

### **There are some changes to the Club Sailing Instructions in 2017:**

SI 3.6.3 Is new and is for the attention of anyone sailing with crew who are not club members, this applies equally to dinghies and keelboats. Guests and visitors are very welcome at Castle Cove. We want you to introduce your friends and the best way is by going sailing with them (well maybe not always – use your judgement!). Always sign in your guests, the visitors book is by the bar. Do it on arrival, it means that your visitors are covered by the Club Insurance and it keeps us legal as a club. If someone is enjoying sailing at Castle Cove then encourage them to join, Ordinary membership is around £140 and the joining fee is lower than it has ever been. The rule is no more than 6 visits as a guest crew otherwise your boat will be disqualified from the race.

SI 6.2.4 has been deleted, really, yes you can forget about it. I bet you still look it up.

SI 7.3 We have a new moveable mark in 2017 and the flag colour for V has changed

W is our new moveable dan-buoy and it will have a bright blue flag. In the main we expect it will be used as the windward mark for Keelboats.

V was lost last year and has been replaced by a new dan-buoy. It will have a red flag.

The fixed marks should be back in the water soon and back in similar positions to last year.

SI 8.2 Just to note that 3 minute starts will only be used for the Alan Welling Cup

SI 13.1.5 The Discards Table. This has been updated to allow for a possible 14 race series. This could only apply to the Autumn or Winter Championship Series and, so far, we have never managed to hold all of the races scheduled – but as was pointed out you never know.

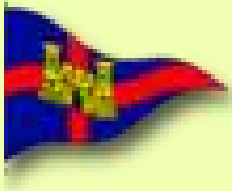
SI 13.1.9 In 2017 the Cove Cup Long Race 27<sup>th</sup> May 2017 has been added to the short list of races for which no discard will be allowed, the others are the 7 x Class 9 races of the Alan Welling 'Endurance Sunday' event 18<sup>th</sup> June.

### **OD Guidance (the blue pages in the handbook)**

Not strictly Sailing Instructions but they do work with the Sailing Instructions to give you a little more information about race management. The only significant change is that it will now be permissible to run Z Class races on an 'average lap' basis. We expect that this is only likely to be used on Monday evenings when the OD makes the call to send fast keelboats round the course again so as to get the best sailing for all when the conditions are right.







## **NHC Cups in 2017**

We are grateful to Bob Turner for agreeing to re purpose three Trophies previously awarded to the J24 Class so that they can be awarded to non-IRC keelboats sailing to the National Handicap for Cruisers. NHC has mostly replaced PY racing for Cruisers. It aims to promote a single National Handicap scheme for Cruisers giving clubs a uniform scheme that can easily be adapted for individual club use. NHC aims to promote participation in Club racing and to work alongside the IRC rating system.

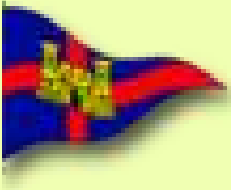
The Sailing Committee has agreed NHC trophies will be awarded to the first non-IRC boat at Castle Cove for Best Points series as follows:

Z Class Non-IRC Monday Series, Cove Cup, Allen Welling, Basso and Castle Cup – **The Brig-and Cup**

Class 3 Non-IRC Wednesday Series – **The Joskin Cup**

Class 4 Non-IRC Wednesday Series – **The Pendragon Cup**





# Castle Cove Sailing Club

## OPTIMIST

### New for 2017

The Optimist is a small, single-handed sailing dinghy intended for use by children. It is ideally suited to younger or smaller sailors.

This year Castle Cove is starting an Optimist Flotilla, a training group for members which is overviewed by the International Optimist Class Association (IOCA).

The programme runs around a core of 7 full training days (mainly Saturdays) spread throughout the season where sailors will follow and work through IOCA training guides. IOCA have provided Optimist log books which are aimed at the younger sailors (7 to 12) and are used to chart their progress. Coaches for this training are Emma & James Bishop, both club members and ex-Optimist sailors, assisted by parents & volunteers. No charge is being made for the training, which is in addition to Friday evening cadet sessions.

The sailors will be split into two groups, the first for children who can already sail confidently and are beginning to think about racing and the second for complete beginners up until they can sail confidently. IOCA have arranged the loan of three boats which will be available for hire so you do not even need your own boat to get started.

**Would your child like to be part of this exciting new venture?**

All we ask from you is to commit (in advance), ideally to all 6 of the full day training sessions, and as parents to be ready and willing to volunteer to help when required.

**Training Course Dates:**

**15 April, 1 June, 10 June, 1 July, 22 July, 26 August & 7 October**

**(For more information or to sign up please email  
[ccscoptimists@gmail.com](mailto:ccscoptimists@gmail.com))**

Dear Members,

A huge thankyou to you all, this makes a real difference.



For about a year now we have begun sorting our waste into stuff that can be recycled and that which we send to landfill, just as we do at home, with increasing success, but we could do more.

Slowly, slowly, the landfill bin is becoming less and less full on emptying day, with more and more going into the recycling bins, so a big thank you to all who are now helping to change the way we manage club waste, just as we do at home.

The cost of one landfill bin collection is over twice that of the glass and mixed recycling bins together, so please have a think before you next lift the lid on the big one.

- Could that stuff in your black bin liner be sorted better ?
- Should some of it go into the recycling bins ?

Any hazardous stuff you have that's covered in oil, paint or antifoul must be taken to a recycling centre and no longer left for the club to deal with. **This is a legal requirement.**

We will continue to monitor this with a view to gradually reducing the size of the landfill bin and/or collections.

This will not only improve the club's green credentials and save us money but, (and this is because we are classed under Business Waste not Domestic), it complies with our legal requirement to Reduce, Reuse or Recycle as stated in Reg 12 of the Waste (England and Wales) Regulations 2011, and to manage hazardous waste separately, which we have to sign every year to confirm we comply.

On your next visit you will see a sign behind the big landfill bin as a reminder of what can and can't be left in there.

Please note that, just as at home, used oil, engine filters, batteries, fluorescent tubes, old paint or antifoul tins, used brushes and rollers etc are classed as hazardous waste and must not be dumped in the landfill bin.

Unfortunately, Dorset waste companies don't offer a hazardous waste collection service so we all have to do our bit and take our old paint tins and rollers away ourselves.

Council waste recycling centres accept hazardous waste from individuals free of charge, and you will see a list of local ones on the sign.



**Once again on behalf of the whole Committee Thank you.**

# Members Articles

Did You know Several CCSC cadets took part in the Topper Winter regatta at WPNSA over the weekend 25/26th February. There's quite a good write up in yachts & yachting. I'll endeavour to send the link.....

<http://www.yachtsandyachting.com/news/194677/Volvo-GJW-Direct-Topper-Winter-Regatta>



(Tricky to blow your son's trumpet - but we were stoked he came 2nd!).

All sailors need to be commended. It was hugely challenging conditions.

Charlie

An old sea captain was sitting on a bench near the wharf when a young man walked up and sat down. The young man had spiked hair and each spike was a different color... green, red, orange, blue, and yellow. After a while the young man noticed that the captain was staring at him. "What's the matter old timer, never done anything wild in your life? The old captain replied, "Got drunk once and married a parrot. I was just wondering if you were my son!"





## Training in Malaysia by Jon Emmett

Well they say time flies when you are having fun, and this year has certainly been extremely busy right from the get up and go and it is not long now until the season kicks off.

Training and sailor development is always on my mind which is why I decided to take on a new job this year: Technical director for Malaysia. Obviously there is a lot of work to do and it is always great to be involved in a project where you can make so much difference.



The RYA does a great job of running their programmes in the UK and you can see why many other federations will try and emulate them. Indeed, part of my job, as well as to assess and educate the coaches, is to approve all their programmes for each year, for every class (Junior, Youth and Olympic) for each of the squads (regional, national, international) ... sound familiar?

Sailing is an amazing sport and something I hope as many people as possible can take part in it as well. It is not just the elite, although of course I have been lucky enough to spend time with such legends as Ben Ainslie and Robert Scheidt who no doubt inspire the future generations, but it is these future generations which are by definition the future and the more young sailors who participate the higher the highest of the achievers is likely to get.

It makes me sad when politics get involved in sailing, for I see the sailors, the coaches, the managers, all good people who just happen to have been born in the place they were born. First we have the Israelis not attending the Youth Worlds in Malaysia, something those young sailors will live with for the rest of their lives, just like the British sailors who missed the Moscow Olympics due to the boycott and now Israel was forced to redraw from hosting the 2017 Youth Worlds due to lack of funding.

The idea with a sailing programme is to get the big things correct: this means enhancing the positives and mitigating the effect of the negatives, so for now I have decided to look at 3 key areas:

### *Progression*

It is important to do the right regatta at the right time. Indeed when you are new to a class you may be better off saving your money and staying at home improving your fitness, boat handling and boat speed (note there was no mention here of being of an appropriate age: age is just a number, it is performance which matters. We had a 56 year old win a Gold medal at the Olympics last year).

The UK system is in my opinion the best in the World, although I of course have some in-built bias here. We have active clubs, active open meetings, and National championships and we have so many more classes than most countries.

Then you often don't need to head far abroad to race in Europe, not so easy for Asian sailors, although I

truly hope Brexit won't alter that. Every year we see our club sailors attend Europe, World Cup and World Championships.

We often talk about SMART goals which are an excellent way of progressing performance goals: improved tacking in strong winds and big waves, that sort of thing, but people also need a dream goal, something which may not seem realistic. Remember 150 years ago, it would have been completely unrealistic to expect to walk into a room, "flick a switch" and have light... it is a good job Thomas Edison wasn't limited by this belief!

### *Fitness and Injury*

This is somewhat of a pet subject of mine but I guess anyone who has spent 3 months only able to lie down would feel much the same way as I do about injury prevention. Indeed, the greatest indignity was when the Farm cat would very affectionately jump on me and refuse to move while I wasn't allowed to lift ANYTHING so I had to call for my dear old Mum to come and lift the cat off me, so I could go to the loo!



So again, the RYA does a great job for those small number of sailors lucky enough to be in the squads but any Laser sailor can make the choice to improve his fitness. Not only does this make you less susceptible to injury (but of course no one is "bullet" proof) it will undoubtedly increase your on-the-water performance in medium to strong conditions (which we are lucky enough to get in the UK, far more often than many other countries).

Hindsight is a wonderful thing and when we look back, even at my age you can see things with 20/20 vision. The best example of this for me was in the 2016 Olympics where Lijia Xu from China (the 2012 Gold medallist, whom many of you will have met) was able to race only 2 days pain free, despite cortisone injections, but it all started years before.

After the 2012 Olympics I took some time off, starting coaching again at the Hyeres regatta and Lijia quickly returned to good form winning Sail for Gold in 2013 (indeed not only did she win but she and her team mate 'Eko' secured Gold and Silver before the medal race). At this point she returned to China. It was a long time to the 2016 Olympics and understandably the leaders wanted to save money....

So, the next time I saw her was at the end of the year in Rizhao (China) for the World Championships and by then she was injured (and yes you guessed it, it was the AC joint). We got through the regatta, I taped



her up every day and despite her pain I was very proud that she still finished top ten, and I left China giving the strongest possible recommendation that she rested and healed. Sadly, with the next event being the Qingdao China World Cup she was forced to sail, for the honour of China, only being permitted to stop once the injury was so bad she couldn't lift her arm and it was then and only then she was finally allowed to retire from sailing.

No one was more surprised than me when at the very end of 2015 she came back to compete. The first I heard was when I started taking lots of middle of the night phone calls during a very windy Nationals at Mounts Bay, about Lijia returning to sailing with a year to go to the games, whilst her main rivals had done 4 or even 8 years of continuous training. She felt the injury issue was gone as she was now pain free (after all any type of desk job is not so physically demanding, so with no stresses she was no longer aware of it) but the injury had not been rehabilitated and this in the end came back to bite.

So, whatever your Laser sailing remember look after your body and your body will look after you, as one serious mistake can end a sailing career.



### *Good Habits*

You could write a whole book on the importance of Good habits and many people have: the key concept is to train like you race and race like you train is true of all sports and when talking to highly successful people in all walks of life they all seem to have a similar attitude.

In the UK we like to work with people who are honest, and two faced people are distrusted but this is not the same in all cultures. I discovered that in China that "in business" any practice is acceptable to get the desired end result and it distressed me to see in China there was an encouragement from the leaders for their sailors to win, whatever



the cost. In the Rizhao World Championships I saw a Chinese boat stuck to a German boat at the leeward



# Club Open Day 2017

As many of you will be aware we are looking to hold an Open Day for the Club on Saturday 6th May this is a chance to showcase our sport, our club, our friendly group and hopefully attract some new members to join us.

So we hope to try and do/offer the following if we can get enough support, i am asking early as we need to think about our advertising for the event.

## Inside

Set up manned info tables about the different types of activities we do ( ie Dinghy Racing / Dinghy Cruising / Keelboat Racing / Keelboat Cruising / Cadets / Social)

Hopefully the RNLI and maybe a few other sponsors will join us for the day.

Galley open offering refreshments (cake making, sandwiches etc )

Welcome team to meet and greet and record our visitors details.

## Outside

Tour Guides

Rescue Boats

Dinghy Sailing (try a boat as crew)

Keelboat Sailing trips around the Harbour as crew.



We cannot do any of this without your help, so please if you can assist in any of the roles above i would love to hear from you.

If we continue to keep our membership numbers up, it means we can keep our costs low, duties covered and full race nights, and continue to thrive as a club.

Shortly, on the notice board in the club a volunteer sheet will go up, please sign in if you can help or alternatively send me an email and i will record your interest, or catch me in the club to discuss either way i don't mind.

[neilandleahstroud@btinternet.com](mailto:neilandleahstroud@btinternet.com)

Thank you for your assistance look forward to hearing from you.

Neil Stroud