



ABINGDON

From: Teacher i/c sailing: Ben Simmons

28 April 2017

Dear Parent/Guardian,

*Summer Holiday Sailing Courses
Tuesday 29 August – Thursday 31 August 2017*

Abingdon School's Sailing club would like to invite boys from the first year to the fifth year to take part in a sailing course in the last week of the summer holidays at Farmoor reservoir. The courses will be run in partnership with the Oxford Sail Training Trust which oversees all sail training at the reservoir. The total cost of the 3-day course will be £100.

Option 1 – Beginners (no previous experience)

This course provides a short introduction to sailing for beginners. By the end of the introductory course, participants will have a basic understanding of how a boat sails, and some experience of steering and handling a boat.

Option 2 – Intermediate (previously completed a week or two of sailing)

This course is for people who have some previous sailing experience, maybe having completed a level 1 or 2 course previously. At the end of this course, you will have a range of sailing skills and background knowledge, and be a confident small boat sailor, able to take a boat out un-aided in moderate conditions.

Option 3 – Spinnaker Sailing (previously completed an RYA stage 4 course)

This course is for those who have completed an RYA stage 4 course or are of an equivalent standard. The aim is to get students used to the principles of sailing with a spinnaker using boats like a double handed Feva.

Option 4 – Performance sailing

This course is for those who have previously got experience of spinnaker sailing. Using our fast, high performance dinghies (RS500s or 29ers) you will be coached to a high level using planning techniques, spinnaker sailing and trapeze techniques. If you have seen these fast boats on the water and want to find out what all the fuss is about, this course is for you!

Students will need to be dropped off at Farmoor at 9am and collected at 5pm each day. They should bring a packed lunch and will need to wear clothing appropriate for being out on the water including some old shoes.

If you would like to book a place for your son on one of these courses, I would be most grateful if you could complete the attached google form with the relevant details, giving permission for the full cost to be added to the next school bill.

<https://goo.gl/forms/V7aDoiYRUKa7BbK72>

Places will be allocated on a first come first served basis and further information, with more detailed instructions, will be sent out nearer the time. If you have any additional questions please do not hesitate to contact myself via email.

Yours sincerely

Ben Simmons

ben.simmons@abingdon.org.uk

Abingdon School, Park Road, Abingdon, Oxfordshire, OX14 1DE

Tel: +44 (0)1235 521563

Fax: +44 (0)1235 849079

www.abingdon.org.uk