

Lake Windamere Training

22nd ~ 25th April 2011 Easter long weekend,

Coach & Report:
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Eager children just kept on turning up!

On the Friday morning (prior to my arrival), 2 Manly Juniors (MJ's) with "local" children had gone for a sail, capsized, paddled ashore and gone to get warm.

On the Friday afternoon we started with 1 boat and gradually built the crowd through Saturday until on Sunday and Monday all 5 local MJ's were sailing and the children were keen to stay out sailing. 15 children were involved plus 6 "helper" children.

The overall plan was to provide close supervision and lots of encouragement while building observation and sailing skills. This was primarily done with follow the leader exercises and short informal races from a stationary start (out on the water).

Skills included:

- wind observation
- basic sail setting
- holding a straight course (picking out landmarks)
- tacking (back foot across) and gybing

Location

Lake Windamere is near Mudgee and this part of the Lake has a public camping ground. Easter is a busy time but other Lake users were aware and considerate with what we were doing. Almost all the sailing was done within 200m of the shore, launching spot, which meant that parents could closely observe techniques and often hear what was going on.



Passing on the skills

Several Parents came out on my coach boat to be involved close up with the coaching. Plus there were lots of discussions on shore during the day and evening after observing what I was doing. These discussions included how training and support could be further developed.

Participation

Children included (phonetic spelling):

Hewey, Ethan, Kate, Shaun, Josh, Jack, Sophie, Brie, Katlyn, Hamish, Lackie, Ali, Piper, Phoebe, Toni. Helpers: Sarah & Lucy Copeland, Daniel Nugent, Chris Holmes, Tom Colley & Cody Aldred.

Awards were presented to:

Shaun - Fastest Overall

Sophie & Brie – Fastest Crewed boat

Piper – most improved



Other MJ Families Encouragement

Four other families with (much) newer MJ's in tow had come to the Lake to assist. The more experienced sailors on these boats took locals out and also assisted on the local boats bringing their experience and encouragement. This was definitely a help in getting the weekend training moving along. My thanks to Gerry & Sally Colley, Jay Linegar, Tom & Kerrie Nugent, Phil & Liz Copeland and their families for their help.

Other activities

Some of the time there was no wind or not sufficient boats to take everyone out. During these times, other on water activities included “biscuiting” (towing an inflatable raft behind a power boat) and canoeing. I also view these as important because they help build rapport and the opportunity was used to continue teaching the children about water safety while having fun.

Friday and Saturday evening included a “rabbit hunt” ... which was not successful in catching a rabbit ... the same result as every other year over the last 10 years.
Sunday morning early included a huge Easter Egg hunt.
Monday we held a dawn service in respect to the Anzacs. A special moment for me with the bagpiper, Lake mist and cool air while raising the Australian flag on an impromptu boat mast.

Trainers Commitment

2 full days coaching plus 2 half days
Providing coach boat and fuel.
Travel to and from Sydney to Lake Windamere
Accommodation costs at the Lake, 3 nights.



Weather Report

Wind nearly perfect 5 ~ 10 knots at various times on all days with some 0~3 knots at various times. Direction varied, predominantly from South to South East.
Sunny most of the time.
Temperature on the cool side, OK to get wet, but needed to warm up afterwards.
Cold overnight, some frost, the warm fire was well used.
No significant rain.
Dam was full

