

E. S. S. A. N E W S

JULY 2010



EAST HERTS COUNCIL SUMMER ACTIVITIES

We have been successful in our bid to East Herts Council Summer Activities & Playscheme fund. Those eligible are Cubs, Scouts, Explorers, Brownies, Guides, Rangers and youth groups of **school aged children from 9 years old & resident in the East Herts Council area.** We are running sailing sessions during the day & evening from **25th July** and also a **Tuesday evening session for open canoeing.**

ESSEX LEGACY FOR THE 2012 GAMES - OPEN WEEKEND 24th & 25th July

If you want to try an Olympic medal winning sport, come along to our dinghy sailing or kayak taster sessions. A few places left for Saturday. Session times 10.00-12.30 or 13.30-16.00. Join us to celebrate two years to go until the Olympic and Paralympic games. Contact 07773 449205 to book and download an application form from our website www.essa.org.uk

TUESDAY's 4th & 11th AUGUST 10.00-16.00 Paddle & sail days

For both adults and youth. Half a day paddle on the river & half a day of sailing. Limited number of places left & must be booked.

HONDA RYA YOUTH RIB CHALLENGE

Fishers Green Sailing Club invited our crew to take part in a recent round of the Honda RYA Youth Rib challenge. Two of our crew were available and at short notice took part in the competition. Well done to Jamie Pigden who has only recently completed his Powerboat Level 1 & 2 course and also congratulations to Dalen Smart for getting through to the next round at the Canvey Island Yacht Club. We would also like to thank Fishers Green SC for inviting our crew to take part.

ESSA PADDLERS - Tuesday evenings

Sessions are running but you **must** register, book & pay for a place 7 days before the date you wish to paddle. Sign in at 6.15 for a 6.30 start. Ends 8.15

We need BCU Level 2 coaches to join the coach rota as it will enable us to offer additional paddling places. Please contact Marion if you can assist.

FOUNDATION SAFETY & RESCUE TRAINING Sunday 15th August

This is a requirement before you apply for the BCU Level 1 Coach course. There are a limited number of places left, so please let Marion know if you are interested as soon as possible.

SAILING IMPROVERS - Wednesday evenings

This is an opportunity to practice the skills you have learnt on courses. Race Coaching will be available for those who want to start racing. You must register & book a place 7 days before the event. Sign in at 6.15 for a 6.30 start. Ends 8.15.

DINGHY SAILING COURSES FOR YOUTH age 9+

Youth Stage 1	9 th & 10 th August	Mon/Tues	09.45-16.00
Youth Stage 2	12 th & 13 th August	Thurs/Fri	

When you have completed a stage you should practice between courses to ensure that you are ready for the next course. Wednesday evening improver or weekend casual sailing sessions are available. Courses can be run on demand for your group. Minimum number is 4. Leaders do not have to attend.

DINGHY SAILING COURSES FOR ADULTS

2 day courses are running on 1st & 2nd Saturday or 3rd & 4th Sunday of the month from now to October. We can also run courses on weekdays.

Level 1 Start Sailing courses for beginners.

Mon/Tues 9th & 10th August

Level 2 Basic Sailing to improve your skills

Thurs/Fri 12th & 13th August

Adults sail with an Instructor in the dinghy, until confident to sail without assistance. Adult courses can be run during the week, contact Marion for availability.

BRIGHTLINGSEA WEEKEND 27th – 30th August – Powerboat Level 1 & 2 Coastal

Endorsement / Seamanship course/Skills improver Friday evening-Monday afternoon.

There is a lot on offer. The Wayfarer dinghies that we use are a stable platform to make use of the symmetric spinnakers and trapeze.

Several people have put their names on the board at the base but have not yet confirmed their booking with an application form & non returnable deposit of £30. If you are interested, please email courses@essa.org.uk a.s.a.p as there will be a theory session before the weekend.

POWERBOAT COURSES Levels 1 & 2

Powerboat handling skills for beginners. Adults & Youth age 14+. 09.00 -17.00 Includes logbook, handbook and certificate.

SAFETY BOAT COURSE

Safety boat - Age 16+. Suitable if you have completed 40 hours of powerboat driving, hold the Powerboat Level 1 & 2 and have good driving skills. Learn how to rescue dinghies, kayaks, canoes, windsurfers, dragon boats etc. Safety boat handbook included.

DATES FOR YOUR DIARY - GLN Sailing Days Saturday 25th & Sunday 26th September

Saturday will be a practice day. Sunday will be a chance to practice your skills with an introduction to racing. These days are suitable for the beginner or the more experienced. You do not need any qualifications as the ESSA crew will be providing coaching.

DINGHY INSTRUCTOR COURSE 2nd, 3rd, 8th, 9th & 10th October

This course is running over 2 weekends at ESSA. Please let Marion know if you are interested, complete a booking form (available on the website) and pay a deposit of £50. There will be some training sessions prior to the pre assessment session.

2010 BOOKINGS

A group booking form or an individual application form is on the diary page of the website, www.essa.org.uk or from the base. Booking forms and 20% deposit must be paid within 14 days to confirm the booking.

Groups will be charged for numbers booked unless we are given 14 days notice of a reduction in numbers. For further information, email marion@essa.org.uk Please email for availability or book for 2011.

ENFIELD SCOUT SAILING ASSOCIATION - RYA Training Centre

Principal Marion Caslake

Central Lagoon, Meadgate Road, Nazeing, Essex EN9 2PB

Email marion@essa.org.uk www.essa.org.uk Base Mobile 07773 449205

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