

The Importance of the Crew

Just before Christmas some of you may have seen a forum topic on the Y&Y web page about the Cadet class not naming the crew in the results of a major series. I felt really disappointed by this attitude and therefore I thought I'd put down my own few words. Apart from most of last year, I've always sailed 2 man boats, these days generally as the stick wiggler at the back. In my early days, however, I got into sailing by wandering around the boat park begging a ride up front in the fastest boat I could find. Before my shiny new Mk 5 Osprey arrived, I decided to try my hand again at crewing, firstly in a Comet Trio and then in a Merlin. In only a few races, I quickly realised the impact I made on our overall result by either getting it right, or in the case of a snarled kite drop on the Trio, getting it wrong. We still beat the single hander on handicap that nicked inside us at the last mark, but he still just beat us over the line which gave him the chance for a little gloat, which hurt!! It was my fault and I felt I had let our team down. In a single hander it's ok, you can brush it off and pretend it didn't really matter. As part of a team - it really does matter. I was lucky enough to see a Joe Glanfield (double Silver medallist in the 470) presentation at the Dinghy Show a few years ago and he was outlining the way that he and his helm divided up the responsibilities. How you do this is up to each individual team, but my belief is two heads are better than one (certainly in my case) and in a high performance boat like the Osprey the crew has a massive workload. Upwind checking on other boats, calling the gusts, our progress, what's happening on the compass, when to tack and so on whilst dangling from a wire trying to keep their balance and not get washed away. Downwind gets really exciting, firstly kite hoist at the windward mark, my crew and I have a little game as to whether I can get the kite up before the pole is sorted, if I can grab the kite sheet first, then I win! Also the crew has to sort the board, get twinners in the right place and again dangle from a wire calling gusts and waves to surf. Then comes the gybe, if the crew and the helm work together, then with luck the kite stays filled, the boat stays fast, the boom comes across nice and easy and all is well, lose the kite, slow down – only one outcome!! Then the drop, too soon and the other boat nicks past, too late and you leave a space at the mark – just right and then you can harden up and go through the rigmarole all over again with happy smiling faces!!

It's interesting to note the number of high performance dinghies which are owned by the crew. The most notable probably is Vyv Townend, multiple Fireball world champion, also in the 505 fleet, crews such as Christian Diebitsch, Tony Merry and Dennis Cartwright, all top 10 sailors. These guys can advertise for a competent stick wiggler and know they can get one! There are many other examples I'm sure we all know about. In cadet sailing, which is where this all started, my understanding is that it is a very competitive fleet. The crew is responsible for the balance of the boat, the jib, centreboard, the spinnaker and probably the kicker as well as advising the helm on what's going on – that seems to me to be worth a mention.

So in this time of festive cheer – OK so I'm writing during the Xmas break – let's raise a glass to the Crews, and the total impact on the team performance, Happy Osprey Sailing in 2017. Dear Crew – we couldn't do it without you.

Peter Mallaband

[editorial note: no money changed hands in publishing this excellent article!]



WSC News

The Newsletter of Whitefriars Sailing Club

March 2017

Commodore's Report



As the warmer weather arrives and the memories of the frozen lake fade, it's time to welcome all members to the start of the 2017 season.

Prior to the AGM last year, the Club was asked to enter the RYA's Club of the Year Award. This has been running for a number of years, but this year saw the introduction of five categories with an overall winner to be chosen at a later date.

We entered and won the "Facilities Development" category based on the building of the Training Barn. The Award was presented at the Dinghy Show on the 4th March. This is a great achievement for the Club and reflects not only the hard work of the committee over the last few years, but also the members who helped in any way. The efforts of past committees and members over many years have built the Club into what we are all proud to have today. This award is for all of those members and their hard work too.

You will have hopefully attended the work party by now and enjoyed the camaraderie of working to look after the Club and its extensive grounds. There will be continuing work throughout the year and more opportunities to help out.

In the full sailing program this year, with a Laser Open on 22nd April so I hope all Club Laser sailors join in: the 2 Club Lasers can be hired for the day. The following week we host the Hansa Open and while it takes a great deal of planning, everyone who has helped in the past has thoroughly enjoyed it.

The Club will be promoting itself and sailing on two fronts this year. On 6th May there will be a RYA event at South Cerney Outdoor in conjunction with other local clubs and on the 15th May our Try The Sport day will be held on 15th May as part of the RYA's Push The Boat Out week. Helpers will be required for both days.

Training have a full list of courses running this year: Juniors have a busy year planned and Sailability will also be busy making use of their two new boats. The Sea Cadets will also be out in force in their new fleet.

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29 Mar	Rigging Out Supper
22 Apr	Laser Open
29 Apr	HANSA Open
14 May	Push the boat out /Open Day
24+July	Training Week
29/30 Jly	Comet Open
26/8 Aug	Regatta
16 Nov	AGM

A new set of sailing rules have been published with minor changes for the Olympic Cycle 2017-2020. Copies of the new rules are in the Clubhouse, but I would encourage members to download the free ebook version from World Sailing.

The barn is nearing completion, the Junior and safety boats have been relocated and the area freed up will be transformed into an additional seating and BBQ area for the hopefully long warm summer we must be due.

There have been a number of meetings between the local Commodores and an Open meeting similar to the old Cotswold Federation regatta will take place this year at Bowmoor Sailing Club on Saturday 17th June and it would be great to see Club members making the short trip.

I look forward to seeing you all around the Club and on the water enjoying everything our great Club has to offer.

Simon Clark, Commodore

Otters are one of the top predators and can now be spotted around Whitefriars. They were nearly extinct in the 50's but a ban on hunting and improved water quality mean they can be found throughout the UK.

This is not all good news though as they are very efficient hunters and feed not only on fish but also waterbirds, amphibians and small mammals. Whilst in the long run a natural balance will form in the river network, otters find ponds and lakes as very pleasant food larders.

Whitefriars contain some old and very large carp, bream and pike that are as old as the lake itself. These cannot be replaced. Our angler friends value the water for the existence of these large specimens.

There is currently nothing that can be done to protect these fish as it is illegal to capture, kill, disturb or injure an otter. Some lake owners, our neighbour for instance, have fenced their lakes and are now allowed to trap otters from within the fenced area.

Clearly this is not an option for Whitefriars and we must hope that the depth, size and weed will allow the fish to survive. The anglers provide contribute a significant amount of cash to our coffers, as well as security.

The challenge is now to photograph an otter on or around the lakegood luck.



Editorial

Many thanks to all the contributors that make the Newsletter such an engaging read and my apologies that I have not found room for absolutely everything. There are number of extras in the members pack this year: addenda, racing rules that went astray for several years but no one noticed, and of course the RYA Safeguarding leaflet. Being PC these days often draws a cynical reaction and being advised on the welfare of children is surely something no one needs to be lectured on and yet the evidence of recent years suggests otherwise. If freedom can never be taken for granted, neither it seems, can decency.

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Membership

Membership Secretary, Geoff Scott
and Gillian Scott

At the AGM both Gillian and myself were voted in to take over the running of Membership, which has been a double-edge sword. We inherited a huge database of material that Pat Green has beaten into shape over the last few years. Club members now benefit from the convenience of Dutyman and now think nothing of paying subs online though WebCollect, but none of this would have happened without his hard work. So while that task has been done, getting up to speed with how that operates behind the scenes is something that Gill and I are working on!

As has been mentioned elsewhere, the berth park has now been reorganised under the experienced guidance of Jim Aldis and he notes that now that job has been done, it should be relatively easy for his replacement to step into his shoes!

We have one membership drive this year in conjunction with the RYA Push The Boat Out on 14th May and I would be especially grateful for the offer of friendly faces to greet visitors and help kit out families with buoyancy aids. You may have been greeted yourself in the past so you know how it's done! Please drop me an email and I'll be in touch nearer the time.

It's always a fun day and you don't need to be a sailing expert! If you visit a gym or have links through work to a sports centre, they are an ideal place to pin up a poster advertising the day and there will be a supply of promotional material a few weeks in advance at the clubhouse: don't be shy - take a couple and pin them up.

Gill and I are frequently at the club, so please come and say hello.



Juniors

Junior Chairman, Dave Buffham

I'd like to start by extending a big thank you to Rupert for handing over the Chairmanship of Juniors with the group in such good health.

We have a busy and exciting year planned for the Junior Group in 2017. Highlights this year include our Madagascar themed camping / regatta weekend at the beginning of July; our increasingly popular Weymouth weekend in September through to the season finale party in November – look on the website for the full itinerary.

This year we will have more opportunities for our junior sailors to hone their racing skills, starting on the 1st of April with a friendly race day against the youth of Bowmoor – thanks to Charlie Whelan for organising this event. We are also exploring racing opportunities with other local clubs through the Cotswold Federation this year and to get our Tera squad up and running with some trips away!

Juniors, like all aspects of the Club, relies heavily on parent volunteers to 'make the magic happen' and there are roles to play for everyone on our busy days. Please ask if you're unsure what to do and don't be offended when we 'Press Gang' you!

By the start of the season we hope to have our Juniors Facebook group up and running for sharing news and updates.

This year we started the season with a meeting at Whitefriars on the evening of Friday 3rd March for parents and junior sailors to discuss the year ahead, gain support for our activities and of course meet up with old friends ahead of the action. With so many good ideas and enthusiasm, it's going to be busy year and I look forward to seeing on the water and the club house!



Training **Training Principal, Tim Hopes**



And what a start, with an RYA 'Club of the Year' award for the 'Training Barn'. We will start to see the full benefit of our investment as Training activities start – whether Juniors, Ladies, Sailability, Sea Cadets or RYA courses, allowing us to relocate the majority of training activities away from the clubhouse, reducing congestion in the rooms, especially in inclement weather. As well as the significantly improved storage space, we will for the first time have an office to use for the necessary paperwork and the ability to repair and bumble boats undercover. Additionally the training dinghies will move up to the berth area around the barn allowing a much needed reorganisation of the berth park. We also intend to make much more use of The Cut for training. There is still some reorganisation to do and we may make changes throughout the season as we 'settle in' but we are looking forward to it.

We also start the 2017 season with a 'nearly new' team – Rupert Whelan taking over as Chief Sailing Instructor and Alistair Baird now taking over as chief Powerboat Instructor. My thanks again to Pete Bone and Andy May for their support and efforts in these roles during 2016.

Our 2017 list of training courses have just been published (both powerboat and dinghy) with a mix of the 'standard' RYA Levels but then some advanced sailing courses added in as well – spinnakers, performance sailing and racing. Why not have a look to see what you can do to advance your sailing skills in the Training week in July or talk to any of Rupert, Alistair or myself. If there is a particular aspect of your sailing that you want to improve but is not covered by the courses listed then we should be able to arrange additional training or coaching.

On a darker note, there has been much in the news about abuse of youngsters in various sporting centres across the UK. The Club is taking positive action to ensure that there are no opportunities for such abuse at any of the Club events. You will find a sheet from the RYA entitled "Safeguarding children and young people – a short guide to Club members" included with your membership pack. Please take time to read it – it highlights what you need to know. All Club instructors who are likely to be working with youngsters or vulnerable persons on our Club activities are being DBS-checked as a priority, but we intend to ensure that all our instructors and helpers are DSB-checked soon. My thanks to Rosie Dalton (WSC Safeguarding Officer) for organising this. Needless to say if you see or hear anything that may be a concern, please report it immediately to Rosie or any member of the Training or Club committee.

May I take the opportunity to wish you a great sailing season in 2017 on behalf of all the training team.

Rupert Whean, Chief Sailing Instructor

Alistair Baird, chief Powerboat Instructor

Rosie Dalton, Administration and Club Safeguarding officer



Sailing **Rear Comm Sailing, Rosemary Dillworth**



Sailing is a wonderful relaxing sport. It is a good way to switch off from the business of work and family, regain perspective and enjoy some exercise. When racing, training and organised events are happening, safety cover is provided for everyone on the lake. All members are welcome to come down and go sailing. There is plenty of room on the lake and always space for a quiet sail. Why not make this the year of "no excuses" and go sailing?

Friday night "Sundowners" start in June. At the end of the week, this is an opportunity to come down to the club for a sail and socialise as the sun sets.

Racing

A full race programme is planned and everyone is welcome to take part. The trophies have been renovated, cleaned and polished ready to be awarded for 2017. The Sailing Instructions have been updated and explain how racing is organised at this club. They are available on the club website.

The best way to start racing, is to follow the race around the course. As you gain more confidence, you will start to be more competitive and enter the race. Other racers will gladly give advice and tips on how to progress.

Open meetings: Wessex Area Laser 22nd April, Hansa 29th April, Comet 29-30 July
Help is needed to run these events and for club members to participate.

Club Regatta 26th – 28th August. At the end of the summer, time for the whole club to get together sail, race, relax and socialise and includes the popular 4 hour Relay Race.

Duties

Club membership requires all adult and student members to undertake a "Club Duty". OOD and SO duties require training and experience and the club provides training for members to acquire these skills. If you are unable to attend your duty, please use the "Dutyman" website to organise a swap. In an emergency or where a swap has not been possible, please contact me for assistance.

Focus on racing days

Three focus days have been planned in the race calendar to enable more people to join in racing. All boats will race in the advertised races and gain places for the standard trophy or series. In addition, the focus group of boats will have their results entered into a specific race series for the day with a prize giving.

9th April – Double handed boats.

Crewing with an experienced helm is an ideal way to start or improve racing. If you are normally at the back of the fleet or not even on the race course, this could be an opportunity to be at the front! Experienced racers are needed to helm double handed boats and volunteers to crew required. All double handed boats are invited to take part, to enjoy racing against similar boats and helms of similar standard.

18th June – Topper/PICO/Quba/Tera racing including all single-handed boats with identical PY ratings. The aim of this day is to bring together the slower boats to race against each other. Racing against similar boats and helms, gives instant feedback on how fast you are sailing and where your ranking is in the race. There will be prizes for adults and junior places, as well as overall.

9th July – Get back into racing

This will be an opportunity to crew for people who have raced competitively in the past and want to return to racing.

Ladies Group Coordinator, Val Castell

The Ladies Group is for socialising as well as sailing. We ended last season with a lovely meal at the Horse Guards in Brokenborough, which gave us a chance to catch up with personal news.

We will be starting the season with a sharing lunch and some non-sailing training in February. No sport is entirely accident-free, so we are taking advantage of the skills of a long standing group member to offer First Aid training. The alternative for those already qualified or with other interests is an introduction to powerboats. No doubt some will go on to take full powerboat qualifications (and some already have them) so anyone clonking heads on booms in future may find ladies whizzing across the lake to bandage them up.

We haven't set any specific targets for our other monthly meetings as yet, except for our usual end of season regatta in October, but the aim will be to get in as much sailing as we can. For those without their own boats we can offer the chance to sail a club QBA or Trio or share other members' two-handers. Allocating people to boats is more difficult if we have a number who only want to crew, which is why we usually say we like members to have level 2 or equivalent experience, but nobody should write themselves off without discussing with us first. Talk to Rosemary Dillworth, Hazel Parks or Val Castell.

Dates for 2017 are:

- 18 February
- 18 March
- 8 April
- 20 May
- 17 June
- 22 July
- 19 August
- 16 September
- 14 October
- 18 November (for the fully hardy!)

We hope to welcome the Dittisham Belles ladies group from Devon back to our club in the summer. They came to us 2 years ago and enjoyed the different sailing experience the lake offers to those used to the River Dart. We had a lovely return visit last year. The day cheered up after this photo was taken! The Belles were very hospitable and gave us a splendid lunch. We will be seeing what we can offer in the way of an interesting sailing programme for them this year.

You can join the Ladies Group via Webcollect, Buy a Different Subscription. The subscription remains at £15 for 2017.

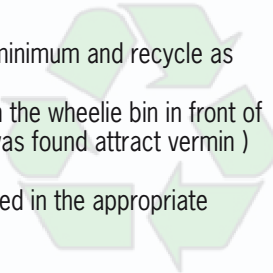


Environment and Recycling

The Club produces a mixed amount of waste but we try to reduce this to a minimum and recycle as much as possible. Here's how:

- General rubbish and food waste should be black bagged and placed in the wheeie bin in front of the clubhouse: ensure the lid is shut down. (Composted food waste was found attract vermin)
- Drink cans can be crushed into the bin by the back door
- Cans, bottles and plastic should be washed where applicable and placed in the appropriate plastic recycling bin.

Please help reduce costs by taking rubbish or recycling at home



Sailability Group Sailability, David Durston

Sailability @ Whitefriars are kitting up for the new season. Cirencester Round Table have very kindly donated £6000 for the purchase of a new Hansa 303 dinghy. Other grants have been received from Barnwood Trust, Gloucester County Council, Awards for All, as well as an anonymous donation, which has enabled us to purchase a RS Venture with adaptive equipment to enable people with more severe physical disabilities to sail independently. They have also enabled us to fund essential equipment for safety, such as more appropriate lifejackets and helmets.



Last season the group welcomed several new individual members, as well as new groups such as Asphasia Now, a charity supporting people living with the affects of a stroke, and Forget-me-Not who support people with dementia. We really appreciate the help that we have had from volunteers from within the club, from other clubs within the Cotswolds, and also helpers from the local community. This has enabled our group to be able to provide sailing for more people with disabilities, and we hope to attract more this season to help with rigging boats, safety cover, administration, instructing, and as sailing buddies. Please get in touch if you can offer any time, even if it is only occasionally.

The group have delivered some fantastic results with the RYA Achievement Award, enabling people to be more involved and fulfilled through sailing; with some going on to sail independently, and even taking their parents out for the first time. The next steps are to develop more sailor's abilities to a level where they can become full club members and take part in racing, regattas, and social events.

This year we are planning to provide support on some Saturdays, so that people with disabilities who need minimal help can have an opportunity to sail outside of Wednesdays.

Our season starts in March with training for our volunteers Disability Awareness, Moving and Handling, and a refresher on using the radios. During the month there will also be time spent preparing the boats for the season's start on the 6th April. The RS Venture should be with us by then, so there will also be an opportunity to learn how to rig and sail this using all the specialist adaptive equipment.

This season we welcome the Hansa Class TT to Whitefriars slightly later at the end of April. Hopefully this will attract more travellers to the club, and this season it would be good to get some of our own sailors in boats. We have 2 2.3s and 2 303s which could be sailed. Book your place now.



For details please contact David Durston: sailability@whitefriars.org or 01285 642390