



AGM 2020 Training Officer Report

Tim Hulse

National Training

National training ran from WPNSA between September and March with great success. Training was offered to all three rigs, with an under 23 age category. The rationale of running a national training programme from WPNSA is due to facilities available, resource allocation and availability, and finally the opportunity to spend more time on the water than many other venues can offer. We are aware of the 'bias' that could be perceived with this as a location, and have challenged this with the new Regional structure currently in place. Working closely with the RYA coaching team, dates were set to allow sailors to access National Squads and also open training. Numbers in ILCA 4/4.7 and ILCA 6/Radial were very high averaging 25 sailors in ILCA 6 and 15 in ILCA 4. ILCA 6 had a very low turn out, sadly reflecting the fleet numbers. Close work was done in conjunction with the Andrew Simpson Foundation to run a 'non selected squad' for under 23 sailors. This ran with great success and had an average entry of 8 sailors. Due to the success of this, we will look to support a similar group in the coming months.

Super Grand Prix Training

Super Grand Prix were successfully launched in the summer of 2019, with Burghfield Sailing club and Staunton Harold both holding Saturday local training sessions followed by Sunday racing. Queen Mary started the 2020 sailing season with the same format with huge success. The training is open to all ages, rigs and ability with a focus on making 'quick wins' allowing sailors to see the beauty and simplicity of one design racing. All three venues were full to capacity with up to 35 sailors taking part on both days. All venues saw an increase in their Grand Prix numbers and the social event on the Saturday night allowed for a great feeling of community within the laser family. Due to lockdown, all future Super Grand Prix events were cancelled, but the success of the initial events was clear and will be repeated for the 2021 sailing season. Can I take the opportunity to thank the club members who make these events happen; if you would like any event training such as this to happen at your sailing club please do make contact with the UKLA.

Club Training

Unfortunately, due to lockdown we were unable to attend organised club training due to restrictions on many club grounds to only be open to club members. As restrictions ease, should any club wish to run 'in house training' or open local training, the UKLA can provide coaches and organisational support. Please contact training@laser.org.uk

Regional Training

The UKLA is committed to running high quality regional training for all its members. The current training offered is for all three rigs, open age category and of all sailing abilities and experiences. The original plan was to run regional training out of a variety of locations all around the UK. Unfortunately, due to COVID restrictions many clubs were unable to offer their facilities during this time. Due to this we have split into North, Midlands and South. All venues are COVID secure allowing us to run trainings out of their facilities, albeit in a slightly different manner. The remaining months of 2020 have at least one or more training in each region. Due to number limitations, extra sessions are running in 2020 to allow access for all the sailors looking for



support. Currently most restrictions on numbers will lift for 2021 allowing for more sailors per weekend, we will monitor this and communicate as we move forwards. We would expect all briefings and debriefings for 2020 to remain outside in small numbers or online from our respective spaces.

Please find the link to the training dates webpage. <https://laser.org.uk/training>

ILCA 4

The RYA could not secure a fair way in which to select an ILCA 4 National Junior Squad. In fairness to all, it has been decided that the RYA will help support the UKLA regional training programme, asking that all sailors wishing to develop their ILCA 4 skills, with thoughts of joining the squad at a later time, attend regional training. Many of the coaching teams and venues remain unchanged from the original ILCA 4 squad. The RYA will monitor the situation through the winter with a view of selecting a squad in the new calendar year.

As we move forwards into a slightly unknown training time, I thank all the clubs and venues that have worked so hard, allowing us continue the new regional training structure. Future training success is very much based around the engagement of all members not simply youth and junior. The Nationals was a fantastic advert for mixed racing and the benefit it can have for all members.

I look forward to see many boats on the water this winter.

Tim Hulse
Training Officer