



# Secondary Schools Residential Week

Sample Programme 2018—Dinghy Sailing



	08:30	Morning	12:30	Afternoon	18:00	Evening
<b>Monday</b>		Leave school by bus. Arrive at centre off Ferry from Largs Pier	<b>Lunch</b>	Introduction to centre. Kit issue, rigging boats, boat familiarisation, reaching & tacking.	<b>Dinner</b>	Programme to be run by school staff, options include:  Orienteering Table Tennis tournament Volleyball Teamwork games Cycle (optional, extra charge) Beach walk Quiz DVD Free time Barbecue—one night will include a barbecue, organised by the centre
<b>Tuesday</b>	<b>Breakfast</b>	Launching & recovery, controlling speed, stopping, tacking, upwind sailing.		Downwind sailing, practice of 5 essentials.		
<b>Wednesday</b>		Practice of 5 essentials on triangular course.		Solo sailing on triangular course, picking up moorings.		
<b>Thursday</b>		Coming alongside jetty, man overboard drills.		Short sailing journey.		
<b>Friday</b>		Sailing regatta		Pack up. Award certificates. Return to Largs by ferry. Return to school by bus.		

**Comments:** Teacher goes free with every 10 pupils.

For further information please feel free to call or email our office: 01475 530757 / [cumbraecentre@sportscotland.org.uk](mailto:cumbraecentre@sportscotland.org.uk)



# Secondary Schools Residential Week

Sample Programme 2016—Dinghy Sailing



	08:30	Morning	12:30	Afternoon	18:00	Evening
<b>Monday</b>		Leave school by bus. RIB ride to centre.	<b>Lunch</b>	Introduction to centre, Kit issue, Rigging boats, Boat familiarisation, Reaching & tacking.	<b>Dinner</b>	Programme to be run by school staff, options include:  Orienteering Table Tennis tournament Volleyball Teamwork games Cycle (optional, extra charge) Beach walk Quiz DVD Free time Barbecue—one night will include a barbecue, organised by the centre
<b>Tuesday</b>	<b>Breakfast</b>	Launching & recovery, Controlling speed, Stopping, Tacking, Upwind Sailing.		Downwind sailing, Practice of 5 essentials.		
<b>Wednesday</b>		Practice of 5 essentials on triangular course		Solo sailing on triangular course, Picking up moorings.		
<b>Thursday</b>		Coming alongside jetty, MOB		Short journey		
<b>Friday</b>		Regatta		Award certificates, RIB ride to Largs Yacht Haven, Return to school by bus.		

**Comments:** Teacher goes free with every 10 pupils.

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