

PATTERDALE HALL **SKILLS DEVELOPMENT WEEK**

Sailing

Skills Development for 8 to 15 year olds

5 Nights Break - 9th – 14th August 2020

This course is aimed at young people who have little or no sailing experience as well as those who are more competent and want to enhance their sailing skills.

Day 1 Sunday 9th August 2020

- Arrive at Patterdale Hall c3.00pm
- Tea and cake available for students and parents from 3.00pm – 4.00pm
- 4.00pm induction talk and settle in to rooms
- Free time to explore the grounds and use the games room
- 5.30pm dinner
- 6.30pm evening walk
- 8.30pm/9.00pm hot chocolate and age appropriate bedtime

Day 2 Monday 10th August 2020

- Breakfast 8.00am
- 9.15am – 4.30pm – (packed lunch to be taken with you). Group allocation and meet your instructor. An introductory talk and then get out there and sail in our Picos to start you off, over lunch have a theory session and after lunch back on the water to try out new skills
- 5.30pm dinner
- 6.30pm evening technical session
- 8.30pm/9.00pm hot chocolate and age appropriate bedtime

Day 3 Tuesday 11th August 2020

- Breakfast 8.00am
- 9.15am – 4.30pm (packed lunch to be taken with you). Carry on refining your technique but also look at sailing bigger dinghy's such as Stratus' and for those with more experience sail the faster more tippy laser dinghy. More theory input towards a level 2 or level 3 RYA award
- 5.30pm dinner
- 6.30pm lawn games
- 8.30pm/9.00pm hot chocolate and age appropriate bedtime

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Day 4 Wednesday 12th August 2020

- Breakfast 8.00am
- 9.15am – 4.30pm (packed lunch to be taken with you) Skills level assessment and some race practice
- 5.30pm dinner
- 6.30pm film night
- 8.30pm/9.00pm hot chocolate and age appropriate bedtime

Day 5 Thursday 13th August 2020

- Breakfast 8.00am
- 9.15am – 4.30pm (packed lunch to be taken with you) The final day will depend on the level of skill attained so far, but will include a mini regatta to put your skills to the test and give everyone including novices the chance to race against other lake users
- 6.30pm games evening
- 8.30pm/9.00pm hot chocolate and age appropriate bedtime

Day 6 Friday 14th August 2020

- Breakfast 8.00am
- Vacate rooms by 10.00am
- 10.00am course summary & presentation
- 12.00am depart Patterdale Hall (with packed lunch)
- Parental pick up 12.00am to 1.00pm