



INTRODUCTION TO SKIFF SAILING - 2024

INFORMATION & REGISTRATION

BACKGROUND: The MH16's sailing community regularly welcomes new sailors to its ranks and runs a session each year to assist prospective 'skiffies' by inviting them to come and have a go. The day will include an opportunity to rig and sail on 16s and 13s, as well as talk with experienced skiff sailors about how to put a crew together, buying a boat, storage, costs, support offered and much more. The session has been designed to introduce experienced sailors to skiff sailing and advise on how to overcome the entry hurdles.

PARTICIPANTS: Should be aspiring skiff sailors. Key criteria for inclusion in the program include:

- Some previous dinghy/small boat sailing experience Mandatory
- At least 3 years of sail racing experience Mandatory
- Reasonably fit and strong Mandatory
- Skiff or "skiff like" experience (EG: 505, Cherub, MG....) Highly Desirable

SESSION CAPACITY: We will be limiting enrolments to ensure everyone has ample time on the skiffs. We may organise a follow up session if required.

DATE & TIMES: We plan to run the session on the Saturday 6th of April. Exact timing and structure for the day may change due to the weather forecast but the plan is to arrive about 11.15am and finish by approximately 4pm.

REGISTRATION: Complete and return the attached registration form by 16 March. We will be in contact prior to the session to confirm that your registration has been accepted and to send further information. The session is free for selected participants.

SESSION CONTENT & STRUCTURE: Please note that this is a draft plan and may change due to weather or other factors. All sessions are designed to be interactive and participants are encouraged to ask questions.

11.30	Lower Deck	Welcome & briefing, boat/crew allocation & sign-on
11.45	Beach/Grass	Skiff rigging, familiarisation & on-shore coaching
12.30	On-water	Sailing & on-water boat swapping as necessary
15.00	Beach/Grass	De-rig, sign-off & one-on-one debrief
16.00	Lower Deck	Drinks & Sailors "End of Season" Party

NOTES: (1) Please arrive before 11.30. (2) The formal session should be complete by about 4pm, participants are welcome join the party. (3) All times are approximate.



2024 'TRY SKIFF' Registration

Name: _____ DOB: _____

Email: _____ PHONE: _____

Sailing Resume Highlights

Sailing Club: _____ Aus Sailing Financial 2023/24: Yes/No

Year(s)	Boat Type	Role	Comment (eg: regattas, club season)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Fitness & Health

Fitness/Strength: **Low** - No/little regular exercise & can complete 5 or less push ups in a row.
 Medium – 2-3 aerobic exercise p/w & can complete 15 push ups in a row.
 High - >3 aerobic exercise p/w & can complete 25 or more push ups in a row.

Swimming Ability: <25m 25 – 200m >200m

Weight: KG Height: CM

Medical Conditions: _____

Please provide any helpful information (eg: why interested in 13' or 16' sailing)

SIGNATURE: _____ (participant or guardian if less than 18yrs)

SEND Completed form to mbwillson5@gmail.com