

uSail

- the RStGYC Adult Sailing Programme



The 2016 uSail programme – it's for YOU!

The RStGYC uSail Adult Training Programme will run throughout the summer and will offer high quality sailing courses for adults. The uSail Programme, now in its third year, is important to the continued vitality of the RStGYC. uSail is a proven method of introducing new members to sailing and the club. Please play your part by spreading the word about our uSail Courses. It is your privilege to introduce relations, friends or business colleagues to sailing and the George.

Please pass on the information below, and make sure to include our website link

www.rsgyc.ie/uSail

uSail Start Sailing - our short intensive courses are an ideal introduction to the sport of sailing, and to the social life of the club. Sailing oilskins and safety gear is provided, so all you need do is turn up ready to have fun and be open to learning together with fellow novices. You will be led by our professional instructors who are all accredited by the ISA.

Training takes place on the club's 1720 sports boats. As most sessions are on sailing nights and Saturdays, you will be able to take part in the very important après-sail BBQ. This is an opportunity to chat and have a laugh about the adventures and misadventures that happened out on the water, and get to know your fellow sailors.

We are offering some courses on week-ends only, for those who are unavailable on week-nights. And, we will again run a number of intensive one-week day-time courses. These courses may appeal to those who can take a half-day every day for a week, and may also be convenient for parents of children doing one of the Junior Courses.

uSail Refresher - is for people who may be returning to sailing, or want to make the transition from dinghy to keelboats

uSail Further - is for those who have already completed the Start Sailing Course or can demonstrate equivalent sailing experience. The Sail Further course will reinforce learnings from the previous course, and develop confidence and skills in more advanced aspects of sailing, sail trim and the use of the spinnaker.

uSail Racing Skills - is a high intensity introduction to racing. This course is for those who have completed the uSail Further course or equivalent. It will include racing 1720s competitively in the DBSC Tuesday night series.

Still not sure?

Try Sailing sessions will be available again this year. A single 3-hour session for total novices who would like a taster before signing on for the uSail Start Sailing course. This is not a training session but will be a real hands-on sailing experience on our yacht "Tereblee".

uSail Club Sailing

– casual sailing open to all!



NEW this year

A number of the club 1720s will be available Thursday nights and Sunday afternoons for "Club Sailing". The idea of "Club Sailing" is to give uSailors, and existing members, a chance to build experience sailing a modern sports boat, under the guidance of a skipper. "Club Sailing" will start at the beginning of May and will continue throughout the summer.

- The boat is in charge of an instructor/skipper, but this is not a course. The focus is on practice and familiarity with sailing the 1720 in a variety of conditions.
- The skipper is there to coordinate activity aboard, and to ensure the safety of the boat and crew. The skipper will NOT helm, except in limited circumstances.
- Participants will buy a set of vouchers in advance
 - 3 sessions for €110
 - 6 sessions for €200
- Available places must be booked (at least 48 hours in advance), on a first come basis
- "Club Sailing" is open to all uSailors who have successfully completed the "Start Sailing" Course
- "Club Sailing" is also open to George members who can demonstrate to the Sailing Manager that they have reached a similar standard

So, if you are an experienced crew on a racing boat, but would like to try sailing and helming a 1720, give "Club sailing" a go.

Contact Ronan Adams RSGYC Sailing Manger in the sailing office on 01 214 7852 or by email at sailingmanager@rsgyc.ie

Corporate Sailing

- Fun team days



With our uSail resources, we can now offer Sailing as the centrepiece of an ideal Corporate Team Event. Sailing is an amazing environment for team building – the team that communicates, learns and works well together – sails fast and typically wins!

We can put together an attractive Sailing/Dining package tailored to your individual requirements. We have the boats, the gear, and the instructors, so we can offer an exhilarating hands-on sailing experience. We have rooms for team meetings, and we can round off the day with dining or a BBQ in the cosy atmosphere of the club.

Options for companies and groups:

1. An Introduction to Sailing on Dublin Bay aboard 1720 Sports boats. A Sailing session (of up to 3 hours) where sailors learn the basics, and actually sail the boats themselves under the watchful expert eye of our ISA certified sailing instructors. 4 – 5 persons per boat, all safety gear and wet gear provided.
2. Corporate Team Building through racing: Groups of up to 120 can be accommodated (in conjunction with our sailing partners) where participants take to the water on the 1720's, and experience the thrill of learning to sail together, and the competitive excitement of racing. A series of 2 – 5 races are run around a triangular course where the competition is strong and fun is had by all. Experienced coaches on board to direct and instruct.
3. uSail for private groups - a series of sailing classes held over one month or less. It will follow the uSail course syllabus, but run to the schedule as specified by the group.
4. Private sailing for groups - for small outings/ groups we can tailor design a sailing activity to suit the groups requirements, whether a relaxed sail on the Bay, or an afternoon / morning of instruction.

Utilising the George fleet of 5 Club 1720's, and up to 13 more boats from our sailing partners, we can deliver a sailing experience to delight all. A number of members have already availed of this facility (see testimonials below).

"We booked three 1720s for our group. All 12 people had a great evening both afloat and ashore. We had a space reserved on the balcony afterwards, and everyone enjoyed the BBQ and the buzz of a sailing night".

Frank O'Beirne – IT Alliance

"Our 19 guests arrived at 5.30pm We were provided with our sailing gear and met our four instructors. We went sailing from 6-7.30pm and then returned to the club for a buffet style dinner in the club room. It was a great evening, and it was very good value for money".

David Kelly – Horizon Pharma

"I brought 2 groups out, and the flexibility of the club to fulfil our different requirements was terrific. Group 1 had 30 people. They met on a Wednesday from 3pm - 5pm in the Club Room for a business meeting, and then went sailing from 5pm to 7pm. This was followed by a BBQ on the Forecourt and Clubroom".

"I arranged a Sunday outing for our second group. We had 35 people across 7 boats. We met at 2pm, had a short briefing in the Club Room, before going sailing for 3 hours. We finished off with a BBQ on the Quarterdeck. We were all well pleased."

Colin O'Brian – KPMG

It is your privilege to bring a corporate group to the George. Talk to your work colleagues, or pass us the appropriate contact details. It's time to make bookings!

Contact Ronan Adams RSGYC Sailing Manger in the sailing office on 01 214 7852 or by email at sailingmanager@rsgyc.ie

Tony Linehan
uSail Captain