

BRENDAN FOLEY - FOILING CAPTAIN

FREERIDE FOILING @ RSGYC

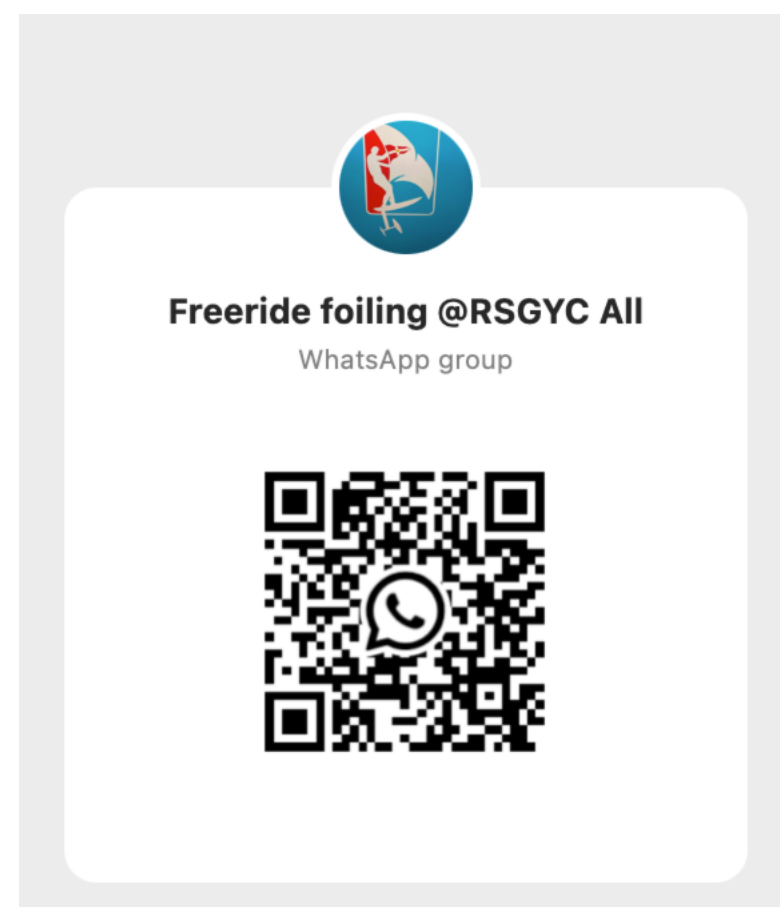
Sharing the fun of flying with all members



WELCOME TO FOILING!



Here is a short overview of the foiling programme that we are developing at the club. If you are interesting in learning to foil or can and want to share the stoke with other members, please scan the QR to join or use the link.



<https://chat.whatsapp.com/GCzivx2y6mZKduUH99rdKv>

TOW FOIL DEMO DAYS



We'll be teaching you how to foil using a simple, fun, tow session.

From towing - people will progress to wing foiling.

We'll start with some demo days (dates to be announced soon) and then move to lessons for those who want to fly!



FREERIDE FOILING - VISION & VALUES



Vision

To bring the fun and joy of foiling to club members and their friends.

Values

- **We share the stoke** - Foiling is fun. This is about playing not competing.
- **We are a tribe** - We look out for each other -safety comes first. We share learnings as a community.
- **We are ambassadors** - We are the future of this new sport. Positive vibes and equality.



FREERIDE FOILING - WHAT IS IT?



Description

Freeride foiling is where riders use a board with a hydrofoil underneath to glide above the water's surface.

It's about cruising, exploring, and performing relaxed maneuvers in various water conditions, enjoying the sensation of flying over the water.



FREERIDE FOILING - WHAT IS IT?



Types

- **Wing foiling** - Board and foil powered by a handheld wing
- **Tow foiling** - Board and foil towed by a motor boat
- **Wind foiling** - Board and foil powered by a windsurfing rig

- **SUP foiling / Down winding** - Board and foil powered by a paddle and/or swell
- **Prone foiling** - Board and foil used in same way as surfboard at beach
- **Kite foiling** - Board and foil powered by a kite



The 3
disciplines
we'll be
focusing on
[@rsgyc](#)

FREERIDE FOILING - GOALS



Goals

- **50 foilers** in next 6 months (mix of genders and ages)
- **Road trips** to Achill (Pure Magic) and Kerry (Jamie Knox Watersports).
- **Training provision** of equipment and instructors to learn.
 - Training grounds; DL Harbour, Broadmeadows @Malahide and Salthill.
 - Focus on Wing foiling and Tow foiling for accessibility.
 - Windfoilers with their own equipment welcome.
- **Connection to IS** (Irish Sailing) where Dave Garvey is assisting us and IS will be accrediting instructors soon.
- **Participate / Fun events** with WASZPs & Moths.



FREERIDE FOILING - COMMITTEE



*Committee**

- **Brendan Foley** Foiling Class Captain
- **Robbie Walker** Windfoilers
- **Henry Start** Wind Surf / College / WASZP
- **Lorcan Little** Youth / College
- **“It could be you”** Youth / Female
- **Ronan Adams** Sailing Manager



Advisors

- **Francois Colussi** - Pure Magic Watersports
- **Dave Garvey** - Irish Sailing, Training Manager

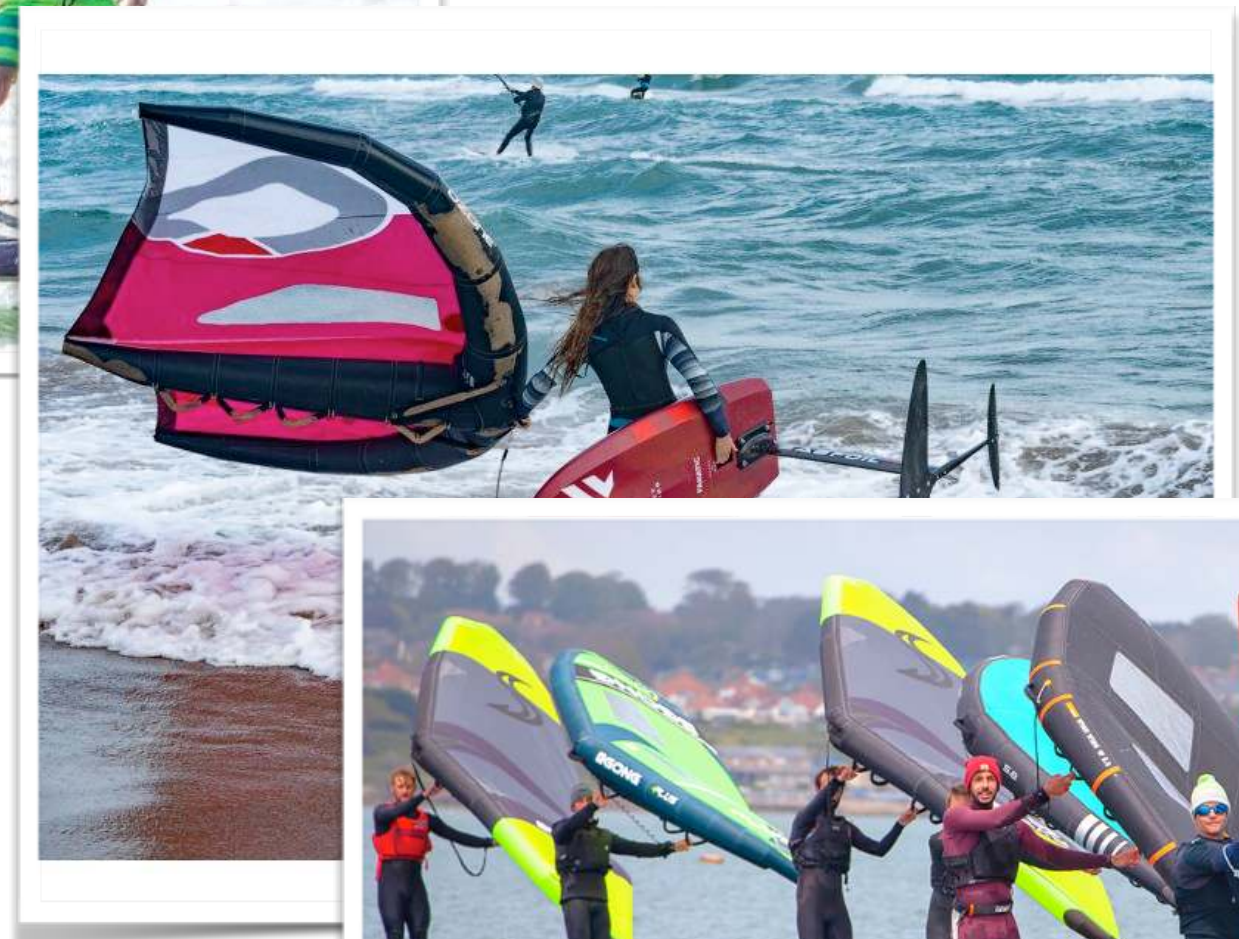
*** COMMITTEE TO EVOLVE TO HAVE MORE FEMALE MEMBERS - CAN YOU HELP US?**

FREERIDE FOILING - GROUPS



3 groups with tailored training

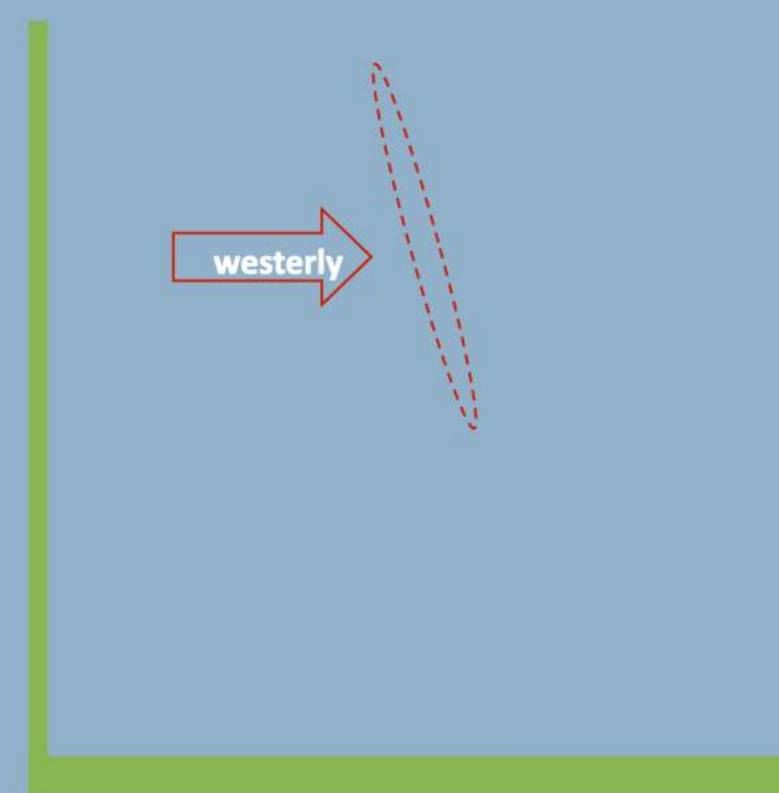
- School (Secondary 13yrs - 18yrs)
 - College (18-24yrs)
 - Adult
-
- Demo days for each group so they can learn with their peers.
 - Welcome to bring a friend.



FREERIDE FOILING - IT'S ABOUT PROGRESS



**100K
DUBLIN BAY
PADDYS DAY**



Circuit: +/- 8km reach, out-and-back
Weather Postponement: > 24 hrs
Self timed: no pause
Course Open: 9am – 1pm
Self resourced: own food & drink
Safety: own VHF & phone
Support RIB: marks & assistance, €220 divisible
Invitation only

**100K
DUBLIN BAY
PADDYS DAY**



- Personal Best Challenge
 - Flight time in 1 hour
 - Top Speed
 - Most maneuvers
 - Distance covered
 - Prizes for the above and best improved over the season.

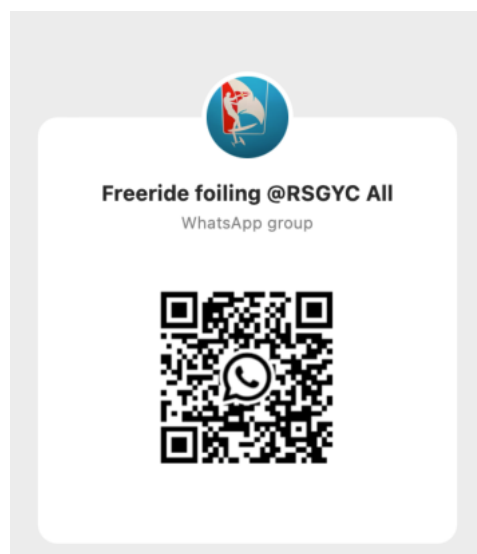
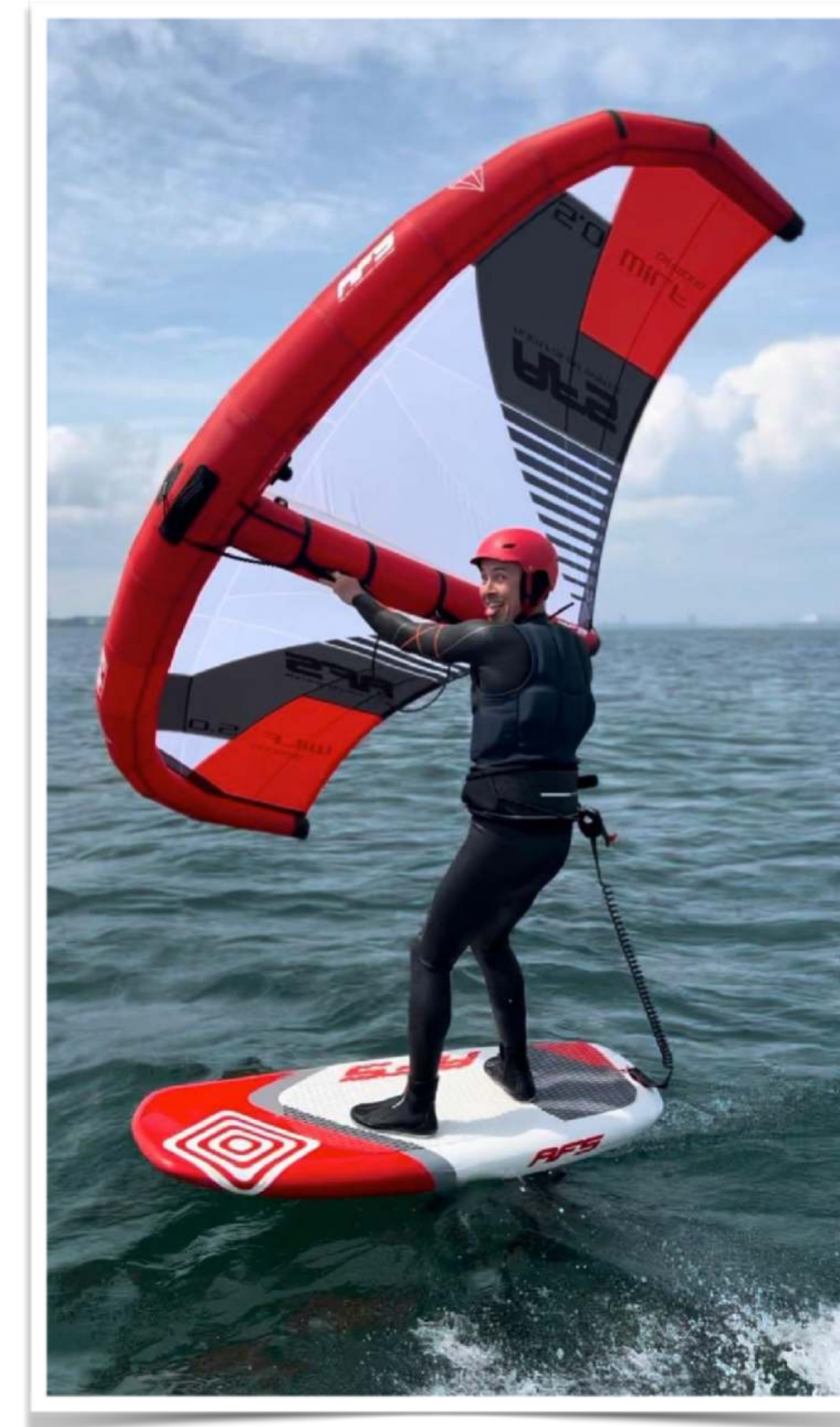
- Wing / Wind / WASZP / Moth / SUP

NEED INFO?



- Contact Brendan Foley, Freeride Foiling Class Captain
- 087 6292324
- brendan @ seachangenow .ie

- Ronan Adams Sailing Manager
- sailingmanger@rsgyc.ie
- +01 280 1811



- Scan QR code or click link to join foil group for info, dates and lesson details.

<https://chat.whatsapp.com/GCzivx2y6mZKduUH99rdKv>