



# Royal Sydney Yacht Squadron Youth Dinghy Sailing Program

Winter 2026



RSYS Sailing  
Academy

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## WELCOME

Welcome to the RSYS Dinghy Squads Program. We hope this information helps you navigate your way around, particularly if you are a family who is completely new to sailing at RSYS.

Sailing has many benefits for children including:

- Improving balance, flexibility, and strength
- Making new friendships
- Teamwork and collaboration
- Outdoor exercise away from screens

Sailing can also help young people develop other important life skills such as resilience, independence, communication, problem solving, controlled risk taking and confidence.

If you have any questions regarding our programs throughout the term, please contact Academy Manager Dan Smith on 02 9017 0153 / [Academy@rsys.com.au](mailto:Academy@rsys.com.au)

For more information on programs, events and club news visit our website

[www.rsys.com.au](http://www.rsys.com.au)



### RSYS ACADEMY PATHWAYS

#### RSYS Sailing Academy Sailing Pathways

##### Youth Learn to Sail



##### Squads (U/18)



##### Adult Learn to Sail (18+)



##### Ancillary Courses




**Royal Sydney Yacht Squadron Sailing**

Tuesday, Thursday, Friday and Sunday  
Twilight Racing

Mixed Division Yacht Racing

One-design Keelboat Racing

Local Cruising

Match Racing

Offshore Racing

### YOUTH DINGHY PROGRAMS

The RSYS Sailing Academy offers various dinghy training programs that are designed to cater for our member's wide range of interests and experience levels. Each program provides sailors with training sessions and coaching support during the Sunday Club Dinghy race series with our dedicated Australian Sailing Coaches.

### CLUB DINGHY RACE SERIES

Race entry fees are included in each term fee. Sailors will need to complete an entry in the Club's race management system SailSys. It is critical that the sail number that is on your sail matches the sail number on your boat's profile when you enter for the race series.

RSYS Members are welcome to join the Club Racing Series. Winter Season Club Racing consists of 9 Race Days for \$150 for Members and \$250 for Non-Members for the season and is payable via Revolutionise Sport link [here](#)

Link to enter the RSYS 2026 Winter Dinghy Race Series in SailSys click [here](#).

*Notice of Race and Sailing Instructions can be found on the Sailsys Noticeboard*

## MEMBERSHIP

Junior & Youth programs are open to members and non members

The Royal Sydney Yacht Squadron was established in 1862 and is a private member sailing club. The grounds, facilities and services are provided for the enjoyment and utilisation of Members and their invited guests.

From humble beginnings in a room in the Royal Exchange Building to the waterfront location on Sydney Harbour we all enjoy today, what the club has grown over time with the help of generous contributions from members helping to build our extensive clubhouse, grounds and waterfront facilities as well as building our collection of magnificent trophies and artifacts.

### Our Vision

The Royal Sydney Yacht Squadron will provide its Members with Australia's premier club experience, delivering world-class sailing, highest quality services and facilities.

### Our Mission

To promote the sport of sailing and encourage usage of the Club, while fostering a sense of community and providing compelling value that will attract and retain Members for life.

### Our Values

**Integrity:** In all matters, the Club and its Members will adhere to the highest standards

**Excellence:** Striving to exceed Member expectations in everything we do

**Progressive:** Constantly challenging ourselves to meet the needs of Members

**Inclusive:** Every Member and their guest feels welcome

**Respect:** Honouring the history and traditions of the Club and treating each other with dignity and understanding

**Safety:** The personal well-being and preservation of property is the primary responsibility of all.

Royal Sydney Yacht Squadron warmly invites and expects parents of youth sailors to become part of our Club community as members.

RSYS Adult Membership allows unlimited access to the carpark and clubhouse, participation in Club activities, and many other benefits.

For more information on membership, please contact RSYS Membership Officer at 9017 0157 or email [memberships@rsys.com.au](mailto:memberships@rsys.com.au). Click [here](#) for our membership prospectus.

## CLUB ACCESS FOR NON-MEMBER PARENTS & GUARDIANS

### Parking and Vehicular Access

Please be aware that parking on-site is only available for adult RSYS members. However, you may have vehicular access to our premises for the specific purpose of dropping off or picking up vessels **by prior arrangement**. We appreciate your understanding in this matter.

### Premises Access

Kindly note that access to the premises, including the Clubhouse and grounds, is exclusively limited to the duration of the enrolled program or event.

### Guest Register

On each visit we require you to sign into our Guest Register located at the Club House Reception immediately upon arrival. It is important that you take personal responsibility to ensure you are signed in. Occasionally, our management or staff representatives may request proof of sign-in; we appreciate your readiness to present this.

### RSYS Vessel Usage

You may, in a volunteer capacity, as rostered, spend time on the water in one of the committee or rescue vessels if nominated. Only RSYS adult members who are rostered volunteers with the appropriate licenses can be in charge of any RSYS vessel at any time.

### Volunteer Commitment

In the spirit of community involvement, we ask that you commit to volunteer as part of this program. Your contribution is integral to the enrichment of the program for all participants. Parent volunteers will be required to have a working with children check.

### Pets on Premises

Dogs/Pets are not permitted on the Royal Sydney Yacht Squadron premises.

## YOUR QUESTIONS AND FEEDBACK

### LEAD COACHES

The Lead Coaches of your specific squad are available to discuss any questions regarding your child's progression, goals, equipment and attendance at upcoming regattas.

There will be a ten-minute period after the group de-brief session on Sundays, allowing you the opportunity to have a quick conversation with your child's coach.

### ACADEMY MANAGER

Dan Smith, Academy Manager can assist you with any questions regarding the structure of the programs we offer, pathways, sailor's development along with parent participation and the community and culture of our squads. He can also assist if you would like to escalate an issue you may have if the coaches are unable to assist you. Dan is the best person to speak to if you are a parent and would like to be part of the Dinghy Race Committee or if you are a teenage sailor looking to take the first steps in becoming an Assistant Instructor.

### ACADEMY ADMINISTRATOR

Vanessa Horler, Academy Administrator is in the sailing office during the week and can assist you with the following:

- General enquiries regarding Academy programs.
- Registrations for programs and holiday camps
- Racking Spaces and Coordination
- Expression of Interest for Regattas
- SailSys Clubs Racing
- Enquiries regarding Discover Sailing for Adults
- News and stories for the Sailing Newsletter.
- Expression of Interest for Ancillary Courses for sailors and parents such as Start Powerboating, Powerboat Handling, Safety Boat Course and Marine First-Aid.

## IMPORTANT WEBSITES

Royal Sydney Yacht Squadron [www.rsys.com.au](http://www.rsys.com.au)

SailSys Racing [www.sailsys.com.au](http://www.sailsys.com.au)

AUS ILCA [www.lasertinternational.org/](http://www.lasertinternational.org/)

International Optimist Association [www.optimist.org.au](http://www.optimist.org.au)

NSW Optimist Association [www.optinsw.org.au](http://www.optinsw.org.au)

### WAYS TO STAY IN TOUCH

The RSYS Sailing Academy regularly post pictures and videos of sailors at training and regattas. Follow us on [Instagram](#) and [Facebook](#) to stay connected with what is happening around the Club.

WhatsApp is currently used for any immediate or urgent information between coaches, sailors and parent groups. Photos of your sailing experiences can also be shared within these groups.

Links for the class specific WhatsApp Groups: [Optimist ILCA](#)

Group chat for all Dinghy Squads for general communication broadcasts: [RSYS Dinghy Squads](#)

### ACADEMY SUB COMMITTEE

The Academy Sub Committee is formed by a group of dedicated parents who are truly passionate about youth sailing. Their commitment to helping with regatta logistics, organising social events, and fostering a sense of community is invaluable for creating a vibrant and supportive environment for young sailors.

Their efforts go a long way in not only ensuring a smooth regatta experience but also in creating memorable experiences for both the young sailors and their families. By organising social events, they provide opportunities for networking, bonding, and sharing experiences within the sailing community.

The Academy Sub Committee along with the Academy Team strive to create a positive and supportive experience for the youth sailors, encouraging participation and cultivating a love for the sport that can last a lifetime.

### SUMMER CAMP 2026

The much-loved RSYS Youth Summer Camp returns to Point Wolstoncroft. Nestled on a leafy peninsula in Gwandalan at Lake Macquarie's edge, the NSW Sport & Recreation Centre at Point Wolstoncroft offers an unforgettable **sailing camp experience**.

This year's camp will be Tuesday 6<sup>th</sup> - Friday 9<sup>th</sup> October 2026 with accommodation available the afternoon of Monday 5<sup>th</sup>.

We look forward to seeing all of our youth sailors ready for a lot of adventure and lakeside camaraderie!

Register [Here](#) before 30 August 2026

### PARENT PARTICIPATION

Our club relies on the parent volunteers to perform a range of duties that make it possible for the club to provide on and off water services for members.

At RSYs we encourage our sailors to be as independent as possible, however assistance with launching, retrieving and packing up of boats is most appreciated.

Parents/Carers of Squad Participants will be scheduled in the Dinghy Volunteer Roster. Shifts and tasks will be allocated, and parents can swap with each other if the allocated day does not align with your schedule.

All parent volunteers will be required to have a working with children check : information for parents regarding this matter can be found at [ocg.nsw.gov.au/parents](http://ocg.nsw.gov.au/parents)

If you have any questions regarding your roster, please contact [Academy@rsys.com.au](mailto:Academy@rsys.com.au)

It is vital for the success of our race days that our parent community is skilled in Race Committee roles such as Club Race Officer, Coxswain, Flag Signalling, Timers and Scribes.

The Club offers a multitude of training opportunities to help you develop these skills and you will receive information on upcoming scheduled courses throughout the year.



## DINGHY SQUAD CODE

RSYS is a private member sailing club, one of the premier boat clubs in Australia and as such has a reputation around the world. Access to the programs is a privilege and with this privilege is the shared expectation that the highest standard of behaviour and conduct will be maintained by Members and guests at all times. For the Royal Sydney Yacht Squadrons Code of Conduct please click the link below. [RSYS Code of Conduct](#) and [Schedule A](#).

Below is our Dinghy Squad Code of Conduct.



# DINGHY SQUAD CODE OF CONDUCT

All Sailors following the code of conduct will ensure that everyone has a positive environment to learn and compete in.

The penalty system will be in place for Sailors in breach of the Code of Conduct.

For more information, please visit:  
[www.rsys.com.au/academy/rsys-squads/](http://www.rsys.com.au/academy/rsys-squads/)

### 01

Arrive on time and be prepared

### 02

Show respect to Coaches, Parents and other Sailors

### 03

Wear appropriate sailing gear for the conditions

### 04

Be positive and kind to yourself and others

### 05

Follow the directions given by Coaches and Parents

### 06

Take your rubbish with you and pack up all your gear

## ESSENTIAL GEAR AND WHAT TO BRING

### Required

- Sunscreen
- Rash Vest or Long Sleeve Top
- Long Boardshorts, Wetsuit, Wetsuit Pants, Leggins
- Hat
- Closed Non-Slip Footwear such as wetsuit booties, boat shoes, sneakers (Thongs, Sandals, Birkenstocks, Crocs are not acceptable footwear for sailing).
- Spray Jacket / Wind Jacket
- Sailing Gloves
- Towel
- Gear Bag with zipper
- Dry change of clothes
- Water bottle / Lunch /Snack
- **RSYS Red Bib is mandatory at supported regattas. Replacement Bibs can be purchased from the Academy Office during weekdays at a cost of \$45**

### Recommended

- Race Watch
- Polarised Sunglasses
- Wet Bag
- Wetsuit
- Thermals
- Beanie for winter

These items can be purchased from the RSYS store, our current sponsor <https://sailracing.com.au> or your preferred supplier of sailing wear

## LOST PROPERTY

Please ensure all your clothing and property is labelled with your full name. We will do our best in returning items that have been left behind; however, lost property will only be kept for one month before being disposed of.

## ELIGIBILITY REQUIREMENTS

### OPTIMIST GREENFLEET SQUAD

- A participant shall demonstrate an adequate level of skill in Optimist.
- A participant shall own their own fibreglass Optimist.

### OPTIMIST SQUAD

- A participant shall demonstrate a competent level of skill in Optimist.
- A participant shall have a strong interest in racing.
- A participant shall own their own fibreglass Optimist.

### ILCA SQUAD

- Boat ownership is encouraged after one season.
- RSYS has limited boats available for new entry participants for a \$200 fee to assist with ongoing maintenance cost.

### RS FEVA (Double-Handed Dinghy)

- RSYS has 6 boats available for use in the program.
- Boat ownership is encouraged after one season.
- Equipment usage fee is incorporated in package.

## BOAT REQUIREMENTS

- ILCA dinghies shall comply with the current International [ILCA Class Rules](#).
- Optimist shall comply with the current International [Optimist Class Rules](#).
- A boat shall comply with the current Special Regulations (Part 2) - of Australian Sailing Ltd, Off The Beach Equipment Audit Form.  
<https://cdn.revolutionise.com.au/site/ffjbezh5drjdqta5.pdf>
- A boat shall be insured with valid third-party liability insurance, with a minimum cover of not less than AUD \$5,000,000 (recommended AUD \$10,000,000).
- **Limited Club ILCA dinghies are available for ILCA Squad participants to hire at a cost of \$200 per season. Priority will be given to new squad participants. If you would like to charter a ILCA please contact the Academy Administrator.**
- Hire fees are included in the pricing for the RS Feva programs with no additional vessel hire fee charged.

## REGISTRATION TO SQUADS

Registrations are now open and will close Tuesday 21<sup>st</sup> April. Additional registrations may be accepted after registration close. Please contact [Academy@rsys.com.au](mailto:Academy@rsys.com.au)

All programs will require a minimum number of participants at the start of the season to go ahead.

Winter Green Fleet Program Sailors Register [Here](#)

Winter Optimist Program Sailors Register [Here](#)

Winter ILCA Program Register [Here](#)

Winter RS FEVA Program (Double-Handed Dinghy) Register [Here](#)

## PAYMENT OPTIONS

- Youth Members with an RSYS Parent/Grandparent Member may pay in-full online or pay in 4 monthly instalments via house account.
- Youth Members without an RSYS Parent/Grandparent Member may pay in-full online or pay in 4 monthly direct debit instalments.

## PRIVACY POLICY

The RSYS Privacy Policy applies to personal information provided to the Club from Members, Guest, Visitors and Course Participants. For all information regarding our privacy policy please click the link below.

[RSYS Privacy Policy 2022](#)

## CANCELLATION & REFUNDS POLICY

The below policy outlines the terms and conditions related to refunds and cancellations for our Youth Sailing Program. **Please read this policy carefully BEFORE enrolling your child in the Squadron Dinghy Program.**

1. **Commitment** - When enrolling in the Youth Dinghy Sailing Program, participants are committing to the Full Season. This commitment enables us to plan and ensure a consistent and cohesive training experience for all involved.
2. **No Partial Refunds** - We do not offer refunds, either in full or in part, for cancellations or missed sessions once the season has commenced. This policy applies to all reasons for missing a session including illness, personal commitments, or other unforeseen circumstances.
3. **Cancellation before a season commences** - If a participant wishes to cancel their enrolment before the start of the season, they must notify us in writing no later than seven days prior to the season's commencement date. In such cases, a full refund will be provided minus any administrative fees.
4. **Exceptions** - Any exceptions to this policy may be considered on a case-by-case basis in extraordinary circumstances. Such exceptions are at the sole discretion of the Academy Manager.
5. **Enquires** - If you have any questions or need further clarification regarding this policy, please contact our Academy Administrator.
6. **Agreement** - By enrolling your child in the Youth Dinghy Sailing Program, you acknowledge and agree to comply with this Refund and Cancellation Policy.

## BUYING AND SELLING DINGHIES

If you are looking to buy or sell an Optimist, ILCA's and RS Feva's, we recommend you contact the Academy as participants often will be selling the boats stored at RSYS. Please also check Buy-Sell pages on Facebook, Gumtree and the notice board in the RSYS carpark.

## RACKING

RSYS can provide on-site boat storage for sailor's Optimist, ILCA dinghies in the dinghy racking located on the southern side of the underground carpark, however, due to limited capacity racking spaces are not guaranteed and priority is given in accordance with the following criteria.

- Parent/Guardian/Grandparent/Intermediate/Metropolitan RSYS Membership.
- **ILCA Dinghies will be given lower rack priority.**
- Frequency of use and participation in the RSYS Dinghy Program.
- Training frequency in preparation for upcoming events.

If you require a racking space, please contact Vanessa, our Academy Administrator.

Dinghies stored at RSYS are NOT covered by the Club's insurance policy. For the benefit of boat owners and other sailors, RSYS requires all privately owned boats should carry \$5,000,000 third party liability insurance as a minimum.



# OPTIMIST PROGRAM



## SQUADRON OPTIMIST PROGRAM

The Optimist program is targeted at sailors who have demonstrated a competent skill level in the Optimist and wish to participate in class regattas. Sailors are expected to have an understanding of racing principles and strong developing boat handling skills.

On-water sessions will focus on refining a sailor’s technique and ability, preparing them for national and international competitions.

**For sailors wishing to achieve advanced level skills and compete in State, National and International regattas we recommend committing to the three training**

### OPTIMIST INTERMEDIATE/OPEN SESSION TIMES

Compulsory Sunday Session:	Start Time 0830 - End Time 1200
Mid-Week Training Session:	Start Time 1600 - End Time 1830
Saturday Training Session:	Start Time 1430 - End Time 1800

*Start Time is at briefing start time; therefore, sailors must be dressed ready to sail and have their dinghy rigged prior to start time. End Time is when debriefs conclude. If sailors are not changed, derigged, and packed up before debriefing, they will need to do so after end time, under parental supervision.*

### OPTIMIST INTERMEDIATE/OPEN PROGRAM FEES

Compulsory Sunday Only Program	1150.00
Mid-Week Training Session	650.00
Saturday Training Session	800.00

*Please note fees are to assist in covering coaching cost and the program is still subsidised by Royal Sydney Yacht Squadron.*

### SUPPORTED OPTIMIST REGATTAS

Attending regattas is vital in gaining experience and improving skills under race conditions. Coaching Support at the following Optimist regattas will be offered and is included as part of the Compulsory Sunday Program.

EVENT	DATE & LOCATION
NSW Optimist Winter Inter - Club Series	WSC 3 <sup>rd</sup> May   RSYS 24 <sup>th</sup> May   HHSC 28 <sup>th</sup> June
East Coast Championships	Location TBA : 6-8 June 2026



# ILCA PROGRAM

### SQUADRON ILCA (Laser) PROGRAM

The 2026 ILCA program caters for those who have had prior experience in ILCA and in other classes.

The 2026 ILCA program offers structured training for sailors who have had prior experience in ILCA or other Dinghy Squad classes and are ready to refine their racing skills and boat handling techniques. The program focuses on improving tactical awareness, sail trim, fitness, and consistency in varying wind and water conditions.

For sailors wishing to achieve advanced level skills and compete in State, National and International regattas we recommend committing to the Sunday + Saturday + Mid-Week ILCA (Laser) Squad Program as stated below.

#### ILCA 4/6 INTERMEDIATES SESSION TIMES

Compulsory Sunday Session	Start Time 08.30 - End Time 12.00
Mid-Week Training Session	Start Time 16.00 - End Time 18.30
Saturday Training Session	Start Time 14.30 - End Time 18.00

*Start Time is at briefing start time; therefore, sailors must be dressed ready to sail and have their dinghy rigged prior to start time. End Time is when debriefs conclude. If sailors are not changed, derigged, and packed up before debriefing, they will need to do so after end time. Please note in the program sailors will attend race days at RSYS and local ILCA sailing race days.*

#### ILCA 4/6 INTERMEDIATES FEES

Compulsory Sunday Program including East Coast Regatta Support and local Sydney metro regattas.	\$1150.00
Mid-Week Training Session	\$650.00
Saturday Training Session	\$800.00

*Please note fees are to assist in covering coaching cost and the program is still subsidised by Royal Sydney Yacht Squadron.*

#### SUPPORTED ILCA REGATTAS

Attending regattas is vital in gaining experience and improving skills under race conditions. Coaching Support at the following regatta will be offered and is included as part of the Compulsory Sunday Program.

EVENT	DATE & LOCATION
East Coast Championships	Location TBA : 6-8 June 2026
Additional 3 Local Metro Races or Regatta days during the program calendar.	ILCA Association still to publish dates.



# RS FEVA PROGRAM

(Double-Handed Dinghy)

### RS FEVA PROGRAM (Double-Handed Dinghy)

The RS Feva program is designed for youth sailors to develop sailing skills in a fun, dynamic two-person dinghy. It combines on-the-water coaching with structured race practice, focusing on advanced boat handling, teamwork, tactical awareness, and rules knowledge.

This program will foster confidence, sportsmanship, and support sailors on the pathway to develop sailing skills, compete at local, national and international regattas in a social environment.

#### RS FEVA (Double-Handed Dinghy) SESSION TIME

Sunday Training Session : Start Time : 08.30 - 12.00

Start Time is at briefing start time, **therefore sailors must be dressed ready to sail and have their dinghy rigged prior to start time.** End Time is when debriefs conclude. If sailors are not changed, derigged, and packed up before debriefing, they will need to do so after end time, under parental supervision.

#### RS FEVA PROGRAM FEES

Sunday Only Program 1050.00

#### REGATTAS

Further information on local and national regattas coming soon. Currently the below regattas outside of Sydney Metro will be at participants expense with RSYS boat usage available for national competition.

EVENT	DATE & LOCATION
Winter Inter - Club	24 <sup>th</sup> May 2026 Royal Sydney Yacht Squadron
East Coast Champs	6-8 June 2026 Class entry to be confirmed
Queensland Youth Week	9 <sup>th</sup> July 2026 Royal Queensland Yacht Squadron
RS Games	16 July 2026 Travemunde, Germany

# SQUADRON DINGHY PROGRAM

## Winter 2026

### CALENDAR

			Green Fleet	Opti Inter/Open	ILCA	RS Feva
MAY 2026	Sat 2	Training		1430 - 1830	1430 - 1830	
	Sun 3	Inter-Club	0800-1400	0800-1400	0700-1300	0830 - 1200
	Thurs 7	Training			1600-18.30	
	Fri 8	Dinghy Presentation Evening	Dinghy Presentation Evening	Dinghy Presentation Evening	Dinghy Presentation Evening	Dinghy Presentation Evening
	Sat 9	Training		1430 - 1800	1430 - 1800	
	Sun 10	Race Day + Training	0830 - 1200	0830 - 1200	0830 - 1200	0830 - 1200
	Thurs 14	Training			1600 - 1830	
	Fri 15	Training		1600-1830		
	Sat 16	Training		1430 - 1800	1430 - 1800	
	Sun 17	Race Day + Training	0830 - 1200	0830 - 1200	0830 - 1200	0830 - 1200
	Thurs 21	Training			1600 - 1830	
	Fri 22	Training		1600-18.30		
	Sat 23	Training		1430 - 1800	1430 - 1800	
	Sun 24	Inter-Club	0800-1400	0800-1400	0800-1300	0800 - 1300
	Thurs 28	Training			1600 - 1830	
	Fri 29	Training		1600-18.30		
Sat 30	Training		1430 - 1800	1430 - 1800		
Sun 31	Race Day + Training	0830 - 1200	0830 - 1200	0830 - 1200	0830 - 1200	
JUNE 2026	6 - 8	East Coast Champs				
	Thurs 11	Training			1600-18.30	
	Fri 12	Training		1600 - 1830		
	Sat 13	Training		1430 - 1800	1430 - 1800	
	Sun 14	Race Day + Training	0830 - 1200	0830 - 1200	0830 - 1200	0830 - 1200
	Thurs 18	Training Day			1600-18.30	
	Fri 19	Training		1600-18.30		
	Sat 20	Training		1430 - 1800	1430 - 1800	
	Sun 21	Race Day + Training Day	0830 - 1200	0830 - 1200	0830 - 1200	0830 - 1200
	Thurs 25	Training			1600-18.30	
	Fri 26	Training		1600-18.30		
	Sat 27	Training		1430 - 1800	1430 - 1800	
Sun 28	Inter-Club	0800-1400	0800-1400	0700-1300	0830 - 1200	
JULY						
	Sun 26	Race Day + Training Day	0830 - 1200	0830 - 1200	0830 - 1200	0830 - 1200
	Fri 31	Training		1600-18.30		

# SQUADRON DINGHY PROGRAM

## Winter 2026

AUGUST 2026	<b>Sat 1</b>	Training		1430 - 1800	1430 - 1800	
	<b>Sun 2</b>	Race Day + Training Day	0830 - 1200	0830 - 1200	0830 - 1200	0830 - 1200
	<b>Thurs 6</b>	Training			1600-18.30	
	<b>Fri 7</b>	Training		1600-18.30		
	<b>Sat 8</b>	Training		1430 - 1800	1430 - 1800	
	<b>Sun 9</b>	Race Day + Training Day	0830 - 1200	0830 - 1200	0830 - 1200	0830 - 1200
	<b>Thurs 13</b>	Training			1600-18.30	
	<b>Fri 14</b>	Training		1600-18.30		
	<b>Sat 15</b>	Training		1430 - 1800	1430 - 1800	
	<b>Sun 16</b>	Race Day + Training Day	0830 - 1200	0830 - 1200	0830 - 1200	0830 - 1200
	<b>Thurs 20</b>	Training			1600-18.30	
	<b>Fri 21</b>	Training		1600-18.30		
	<b>Sat 22</b>	Training		1430 - 1800	1430 - 1800	
	<b>Sun 23</b>	Inter-Club	TBC	TBC	0700-1300	0830-1200
	<b>Thurs 27</b>	Training			1600-18.30	
	<b>Fri 28</b>	Training		1600-18.30		
<b>Sat 29</b>	Training		1430 - 1800	1430 - 1800		
<b>Sun 30</b>	Race Day + Training Day	0830 - 1200	0830 - 1200	0830 - 1200	0830 - 1200	