



The Race Coach course is designed for those coaches that work with Learn to Sail Three (Go...Racing!), green fleet racers through to sailors competing locally in open classes. The focus is around racing skills shifting from the Learn to Sail philosophy of 'Sailing for Fun' more towards the 'Sailing to Win' philosophy whilst still having fun. This course is a fundamental stepping stone in the pathway to becoming a professional coach at Regatta, Performance and Olympic level or maybe you just want to further your current coaching skills.

On completion of the Yachting New Zealand Race Coach course, a coach will be able to...

- Promote safe and professional coaching
- Improve planning and preparation skills
- Learn how to give effective feedback
- Know what makes a good brief/debrief
- Know where to find coaching resources

How long does it take?

Typically the Race course totals around 16 hours. There are courses now being run in a variety of formats, with two weeknights, and one weekend day being popular.

Prerequisites required

- Completion of the online Coaching Yachting 101 module
- 16 years of age (inclusive)
- Some racing experience
- Some coaching experience (Learn to Sail Coach would be good, but not required)
- Some powerboat experience (The Yachting New Zealand Club Safety Boat course is a good place to start, or look at going externally to get your RYA Powerboat Level 2 certificate)

Modules Covered

Quality Coaching
Knowing your Sailor

Powerboat Driving
Effective Coaching

Golden Skills

Assessment and Fees

After completing the course, a lesson plan and short video clip of you coaching, with a self evaluation of the video is to be sent to the Yachting New Zealand Coach Development Manager (gareth@yachtingnz.org.nz).

The course cost is \$175. Payment is required before the course commences and before your certificate is sent out to you.