



## NOOSA YACHT & ROWING CLUB HOSTS 44 SABOT SAILORS AT ITS 2<sup>nd</sup> ANNUAL DEVELOPMENT CAMP



Noosa Yacht & Rowing Club, in conjunction with the South Queensland Sabot Association and Yachting Queensland, hosted its second annual Sabot Development Camp from 26 - 28 March 2010. Over 40 young sailors enjoyed a weekend of intense sailing and intense fun on the protected waters of Noosa River.

An experienced coaching team headed by Queensland Development Sailing Team's head coach Ben Callard plus Queensland Academy of Sport sailing team athletes, NYRC sailing Coordinator Paul Blundell and local assistants provided two days of high quality training. The on-water "Skills & Drills" focus aimed at improving the skills of all sailors. The group was separated into four smaller groups each with a head coach and assistants allowing personalized training for beginners and experienced sailors alike. After-dinner theory sessions demanded the attention of the young sailors, coupled with morning fitness and extensive on-water sessions.



The weekend was not simply about sailing. Pizza greeted the young sailors as they checked-in to the Noosa Sea Scout's cabins on Friday night, and the Development Camp volunteers catered to the sailors on and off the water all weekend. The camp concluded after lunch on Sunday with the sailors ensuring the Head Coach went in for a swim! *(continued)*

*(continued from page one)*. For the parents, the weekend is a welcomed hands-off sailing event that encourages the sailors to be responsible for rigging and launching their Sabots, while allowing the parents to meet one another and savour the dining, shopping and leisure opportunities that Noosa offers. For parents watching the on-water drills and mini-races, the NYRC clubhouse offers an excellent viewing platform.

For 50 years young Australian sailors have been introduced to the sport and social benefits of sailing at club, regional, state and national levels in Sabot sailing dinghies. Many sailing clubs such as Noosa Yacht & Rowing Club offer Learn-to-Sail programs and club racing, and young sailors continue to build their sailing skills through inter-club Sabot regattas that are held in family-oriented venues along the South and Central Queensland coast.

Learn more about sailing Sabot dinghies from the  
South Queensland Sabot Association at [www.sqsa.org.au](http://www.sqsa.org.au).  
Or contact Noosa Yacht & Rowing Club, [www.nyrc.com.au](http://www.nyrc.com.au).

