

*South West Windsurfing Club*  
*Competition & Training 2011*  
*Newsletter February / March*

**DOUBLE WORLD CHAMPION, IZZY HAMILTON, IS  
NATIONAL YOUNG SAILOR OF THE YEAR, 2010**



This is the official journal of the South West Windsurfing Club  
Please send Photos & Articles for publication to Geoff Pook  
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visit our website: [www.southwestwindsurfing.org.uk](http://www.southwestwindsurfing.org.uk)

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[www.southwestwindsurfing.org.uk](http://www.southwestwindsurfing.org.uk)

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Hello everybody and welcome to two thousand and eleven. Happy new year. Let's hope for some good windsurfing conditions, fair winds and lots of sun. As you can see from the cover, Izzy Hamilton has some silverware to polish! She received the trophy from Skandia Team GBR's Lucy Macgregor, Women's Match Racing World Champion. For the past three years our Regional Young Sailor of the Year has been a windsurfer. Who will it be this year???? It Could Be You !!!!!

Here are some important announcements:-

\* Our dot com (.com) web addresses have ceased to be! They are as dead as a dead parrot! The **Club website address** is now [www.southwestwindsurfing.org.uk](http://www.southwestwindsurfing.org.uk) as the header in the "Contents Panel." The Newsletter will be posted on the club website five or six times each year so please help me by sending articles and pictures for publication. Write about your holiday, your weekend, anything but keep it (a little bit) relevant to windsurfing.

\* Our first **training event** of 2011 will be held at **Roadford on March 19<sup>th</sup> and 20<sup>th</sup>** hosted by South West Lakes Trust. After sailing on Saturday we will hold our Annual General Meeting in the lecture room followed by an "**American Supper**" and the **Presentation of Prizes** to the winners of the classes in the 2010 Summer Series. Ady has promised to show a film or two to round off the evening. On Sunday we will continue the training.

\* Kay Bromhead has kindly offered (been persuaded) to co ordinate the catering. The idea is that each family should bring some food and drink but should Email Kay to discuss what to bring. Contact Kay on [kprc@kprcbromhead.fsnet.co.uk](mailto:kprc@kprcbromhead.fsnet.co.uk) - We hope that doing this will save us from having to eat nothing but Mince Pies and Twiglets all evening.

\* **Club membership** runs from the 1<sup>st</sup> of April to the 31<sup>st</sup> of March. Application for membership can be made during March either by post or at an event. Renew or to join now. There is a form on page Eight which can be sent to Geoff Pook. Address on front cover.

**TWO**

# Events Calendar for 2011

Some of our venues have now been confirmed. Those not yet certain are marked as TBC. The Training Event will be suitable for all windsurfers and very useful for newcomers to racing. Training exercises will be set to suit the ability of each group and off water talks will include, starting systems, preparation, fitness, goal setting etc.

Our usual schedule for the **South West Regional Summer Series** is; Saturday Training, often with a Guest Coach, Sunday Racing with (depending on the wind) four course races each lasting approximately 30 minutes for the first finisher. For more detailed information please refer to the Notice of Race and Sailing instructions. NOTE the 2010 NoR part one and SI's are published on our website. Any alterations for the 2011 series which may be voted in at the AGM will be posted on the website later.

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Date	2011	Location	Organiser	Description
March	19 - 20	Roadford Lake	South West W C	Training
April	16 - 17	Roadford Lake	South West one	Training / Racing
May	14 - 15	Wimbleball S C	South West two	Training / Racing
June	18 - 19	Siblyback Lake TBC	South West three	Training / Racing
July	16 - 17	Stithians Lake	South West four	Training / Racing
	30 - 31	TBC	South West five	Training / Racing
August	13 - 14	TBC	South West six	Training / Racing
Nov'ber	5 - 6	St Mawes TBC	South West Region	Championships

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## SOUTH WEST WINDSURFING CLUB

### 2011 Annual General Meeting.

to be held after training on **Saturday March 19<sup>th</sup> at 1630hrs**

We hope that you will be able to attend this important meeting. It is essential that the vacant posts on the committee are filled for the smooth running of the club and for the safety of all who train and race with us. There are job descriptions for all the tasks and responsibilities associated with our training / racing weekends. These are clear and concise; they are intended to make our weekends more enjoyable for all and less stressful for the organisers.

If you are happy to take on the post of **Secretary** please put your name on the proposal form on page seven, ask another club member to second your application and return the form to the address at the bottom. If you are unsure whether or not you could cope with either job, please give me a ring and discuss it. Thank you  
Geoff Pook

**THREE**

# Training Tip

Are you having trouble with your GYBES? Do you “turn the board onto a run and it just goes straight on” like in PIC ONE? Or are you still using the “Push the rig around the front and stop the board before turning” like in PIC TWO? Or do you “get the tail sink and still not quite get the turn” like in PIC THREE? These clever under water shots, PIC’s FOUR & SIX, show what forces act on the daggerboard when you sink the tail and the rail together. A Red strip is stuck on the Port side of the Dagger & a Green strip on Starboard.

**1**

**2**

**3**

**4**

**5**

**6**

**TO SAVE EMBARRASMENT, THE HEAD OF THIS YOUNG PERSON HAS BEEN REPLACED BY THAT OF COLIN BAKER.**

**HOW EMBARRASING, THE PENGUIN NEARLY GOT IT RIGHT!**

**FROM THIS POSITION JUST A LITTLE MORE WEIGHT ON THE FOOT FURTHEST FROM THE CAMERA AND THE BOARD WILL QUICKLY TURN TOWARDS THE CAMERA.**

**LEANING THE RIG AWAY FROM THE DIRECTION YOU WANT TO TURN WILL SPEED UP THE TURN AND MAKE IT TIGHTER.**

**TO SAVE EMBARRASMENT THE HEAD OF THIS PERSON HAS BEEN REPLACED WITH THAT OF A DALEK.**

**TO SAVE EMBARRASMENT THIS PENGUIN'S BODY HAS BEEN REPLACED WITH THAT OF A SMALL HUMAN**

**WHEN WEIGHT IS PUT ON THE PORT SIDE AT THE TAIL OF THE BOARD, THE PORT SIDE OF THE DAGGER MEETS THE ONCOMING WATER & IS PUSHED TO THE RIGHT, TURNING THE BOARD TO STARBOARD.**

**WHEN THE BOARD IS NOT WEIGHTED LEFT OR RIGHT, THE ONCOMING WATER PASSES THE DAGGER BOARD EQUALLY BOTH SIDES. NO TILT - NO TURN!**

**WHEN THE WEIGHT IS PUT ON THE STARBOARD SIDE AT THE TAIL, THE STARBOARD SIDE OF THE DAGGER MEETS THE ONCOMING WATER & IS PUSHED LEFT, TURNING THE BOARD TO PORT.**

## FOUR

# ANNUAL PRIZE PRESENTATION and American Supper.

Following the training and AGM we will hold our annual prize giving to honour our Champions of the 2010 Summer Series. The evening festivities will start at 1930 hours with an American Supper. We would ask each family to contact Kay Bromhead to agree a suitable food item and ensure a varied selection for the buffet. Initial contact should be by Email on [kprc@kprcbromhead.fsnet.co.uk](mailto:kprc@kprcbromhead.fsnet.co.uk)

Trophies will be presented to the winners of each class raced in the series and including the Ladies cup, the Seniors cup and the Veterans trophy.

To finish the evening there will be a popular choice DVD film show.



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## Roadford Lake

Google earth of centre and launch area.

**Please Note.** The Training on March 19<sup>th</sup> and 20<sup>th</sup> and Event One of the Summer Series will take place at Roadford so the map above and the information below is relevant for both. Booking a camping pitch ahead of the event is advised especially if you require electricity.

### FIVE

# Notice of Race (part two) Event One 2011

## 10 ] **Date and Location.**

10.1 ] Event **One** of the 2011 series.

South West Windsurfing training will be held on Saturday April 15th

Course Racing will be held on Sunday April 17th

10.2 ] The location for this event will be Roadford Reservoir, Broadwoodwidge, near Launceston. See map above.

## 11 ] **Local conditions.**

11.1 ] There are extensive camping, vaning and tenting pitches on site, some with Electric hook-up. To book a pitch, ring 01409 211507

11.2 ] There is a café / tea room on the east side of the lake but no camp shop of similar facilities near the sailing centre. You should be sure to bring adequate food and drink.

11.3 ] Please do not park beyond the line of posts on the grass to the left of the road or the line of posts in the camping field on the right of the dinghy park.

11.4 ] The Rigging and Launching area is the beach to the right of the jetty

11.5 ] The wearing of **BUOYANCY AID** is mandatory for all whilst afloat.

## 12 ] **Directions.**

12.1 ] The turning for Roadford Lake is approx. 6 miles from Launceston or 8 miles from Okehampton on the A 30. It is clearly signed Broadwoodwidge and Roadford Lake. Follow the road over the dam and look for the lane on the right to the sailing centre.

Please report to reception before pitching and to pay for your camping before leaving.

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## Answers to the Christmas Quizzy Thing

Don't forget that the answers to the competition printed in the 2010 December newsletter will be revealed at the Presentation Evening. If you want the chance to win a valuable prize, send your answers by post or Email to Geoff Pook (address is on the cover of this newsletter) or hand it to him on Saturday 19<sup>th</sup> March before the American Supper.

Find out fascinating facts such as:-

Who is the Wilton Saint? When is the Feast of Stephen? How many of Santa's Reindeers are Male? Where was the 1968 Christmas Message broadcast from? What do Santa's Little Helpers have for lunch? Why am I soft in the middle when the rest of my life is so hard?

**SIX**

## 2011 Annual General Meeting

This is an extract from the SWW constitution.

- 8.1 The Annual General Meeting of the Club shall be held in March. ----- Club members may submit in writing, items for the agenda of the Annual General Meeting at least 14 days before a meeting. Items submitted should bear the name and signature of the proposer and seconder.-----
- 8.2 The business of the Annual General Meeting shall be to:
  - 8.2.1 Confirm the minutes of the previous Annual General Meeting-----
  - 8.2.2 Receive the accounts for the year from the Treasurer and examined by an independent person appointed by the committee. -----
  - 8.2.3 Receive the annual reports of the Committee. (Chairman, Treasurer, Secretary)
  - 8.2.4 Elect the Officers and General Committee Members of the **SWW**.
  - 8.2.5 Review entry fees, operating costs and projections for the forthcoming year.
  - 8.2.6 Transact any other business -----
- 8.4 Nominations for posts on the General Committee shall be made in writing to the Secretary at least 14 days in advance of the Annual General Meeting date.
- 8.5 At all General Meetings, the chair will be taken by the Chairman or, in their absence, by an appointed deputy. -----
- 8.7 A quorum for a General Meeting shall be seven Club members which shall include the Officers.

<b>Annual General Meeting</b> to be held on <b>Saturday March 19<sup>th</sup> at 1630hrs</b>		
Item for the agenda:- I propose	Proposed by Name  _____ Signed	Seconded by Name  _____ Signed
Nomination(s) for Committee member(s)	Proposed by Name  _____ Signed	Seconded by Name  _____ Signed
please submit Items and Nominations by <b>MARCH 5<sup>th</sup> 2010</b> - To :-	Geoff Pook - 62 Nicholas Lane, St. George, Bristol. BS5 8TH	

SOUTH WEST WINDSURFING

# MEMBERSHIP APPLICATION FORM

for the year

## APRIL 2011 to MARCH 2012



Annual membership of **South West Windsurfing** costs are set out below

By signing this you apply for membership and agree to accept the rule of the South West Windsurfing Club

**New members are entitled to one free event upon joining SWW.**

Family Name (surname)		Address				
Email						
Home Phone			Emergency Mobile			
1 <sup>st</sup> Member's Name		Birth Date	age on Jan 1, 2011	Fee £25		
2 <sup>nd</sup> Members Name		Birth Date	age on Jan 1, 2011	Fee £15		
3 <sup>rd</sup> Members Name		Birth Date	age on Jan 1, 2011	Fee £5		
4 <sup>th</sup> Members name		Birth Date	Age on Jan 1, 2011	Fee £5		
RYA member. UKWA memb <u>3<sup>rd</sup> Party Ins.</u> Acceptance of risk form signed.		T i c k	Signature of 1 <sup>st</sup> member, or Parent or Guardian		Total	Admin enter tally number above

NOTE:- the correct total fee must accompany this application

**EIGHT**