



Events Programme

Saturday 7 & Sunday 8 March 2009

RYA COACHING AREA Hall 1 (Panorama Hall)

Your chance to quiz the resident RYA experts.

- 10.30** **Winning talk** - Adam Bowers
- 11.15** **Servicing your powerboat** - Paul Mara (on stand in Panorama Hall)
- 12.00** **Fitness & physiology for successful sailing** – John Wilson
- 12.45** **Understanding Olympic sailing psychology** – Ian Maynard
- 13.30** **Basic rig tuning** - John Thorn & Grahame Forshaw
- 14.15** **Progress of the Portsmouth Yardstick scheme** – Bas Edmonds
- 15.00** **Nutrition & hydration for sailing** – Pete Slater, Science in Sport
- 15.45** **Winning talk** - Adam Bowers
- 16.30** **Basic rig tuning** - John Thorn & Grahame Forshaw (Saturday only)

AROUND THE SHOW

Foiling for everyone - come and see the latest high tech flying machines in the Palm Court feature showing how sailing has really taken off

Treasure hunt - collect an entry card from RYA stand Hall 1 (Panorama Hall) and navigate your way to loads of stickers and freebies – but be quick there is only enough for the first 500 children to arrive on each day

Kids Colouring competition – everyone welcome, lots of prizes up for grabs. Sponsored by **VOLVO** Hall 2 (West Hall)

Sunsail kids zone - colouring competition and face painting Hall 1 (Panorama Hall)

New to sailing – head for the New to Sailing area and find out what boat to sail, where to sail and ask all the questions you like! Hall 1 (Panorama Hall)

Test your fitness - challenge the Olympic sailors on Concept 2 rowing machines Hall 1 (Panorama Hall)

Fast forward - International 14 and the continuing evolution of dinghy sailing. From the earliest boats to the cutting edge skiffs of today. Don't miss the display in the West Corridor

Holt blow boat challenge – sponsored by **HOLT** Hall 3 (Great Hall)

Club safety boat display – sponsored by **SUZUKI** Hall 2 (West Hall)

Boat repairs workshop – GRP and wooden boat repairs. Hall 3 (Great Hall)

Details of talks and prizes correct at time of going to press but are subject to change.



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VOLVO MAIN STAGE Hall 2 (West Hall)

- 1000** **Show opens**
- 1100** **Olympic anecdotes** – Stephen Park, OBE
A unique behind the scenes look at the 2008 Olympics, with Stephen Park, RYA Team GBR manager and Olympic medal winners
- 1145** **Trailing & roof racking your boat** – Steve Cockerill (Rooster) & John Lefley (Volvo Car UK)
All the latest rules, regulations and tips on safe, easy and legal transportation of your boat in the UK and abroad
- 1230** **Prize draw**
Tacktick Compass
- 1245** **Sailing faster** – Paul Goodison, OBE – Team Volvo for life sailor
Tips and techniques with the world's number one Laser sailor and Olympic Gold medal winner
- 1330** **Prize draws**
Rooster Aqua Fleece
Ronstan Orbit Ratchet Blocks
- 1345** **Cruising in a Wanderer** – Tim Robertson
How to get the best from creek crawling and pottering with the family in a Wanderer
- 1430** **Fast forward** – Dick Johnson & Phil Morrison
A fascinating look at the International 14's history and impact, from the very start of dinghy sailing
- 1515** **Playing by the rules** – John Doerr
Learn the latest on the NEW rules and get top tips from the experts on the most important rules to know
- 1600** **Prize draws**
Sunsail Holiday
Children's Treasure Hunt
- 1615** **Volvo Champion Clubs presentation** (Saturday only)
Team Volvo for life sailor, Paul Goodison will be presenting these prestigious awards for sailing clubs across the UK.
- 1630** **RYA Club of the Year awards**
(Sat) Awards for five Clubs with one overall Club of the Year.
(Saturday only)
- 1630** **National champions**
(Sun) Celebrating the RYA National Champions - top sailors from across the classes (Sunday only)