



Mayo Sailing Club

SEASON PROGRAMME

2010



WELCOME to the 2010 Season at Mayo Sailing Club.

As usual we have the usual packed programme for 2010 with plenty going on and off the water for all our members, there will be plenty of opportunities to get out there and enjoy our beautiful sailing grounds.

The very successful May Bank Holiday weekend race and cruise to Leenane will be repeated again this year, and is a great opportunity to get in some early season cruising.

This year Mayo Sailing Club are pleased to host NORA on the weekend of 28/29/30 of May – we are looking forward to a great event and the participation of as many Mayo boats as possible – it will give our growing Class 3 fleet an opportunity to participate in a large regatta.

The old favourite, the Clare Island Weekend is back to its usual time of the June Bank Holiday Weekend.

Following the success of the club cruise to Galway last year for the Volvo race we are hoping to have another club cruise to Kilrush this year where WIORA is being held.

As usual we will continue to communicate with you by emails and texts – all feedback very welcome and appreciated, so we can further improve the programme as the Season progresses.

Finally, let us hope the Weather Gods are kind to us this year!

Paul Murphy
Commodore MSC

CRUISING CAPTAIN'S MESSAGE

Welcome to the 2010 cruising season.

With only a few short weeks until the boats are back in the water again it is time to turn our minds back to the high seas and the welcoming ports.

The club programme is packed with activities for the years sailing. The first event on the cruising programme is the cruise to Lceanun on the May bank holiday weekend. This event was very popular last year and although the conditions were trying most boats made it to Harbour. The cruise also encompassed a VOR style race with scoring gates and some surprising course choices (One boat took Clare Island to port!). This years event will be on the 1st to the 3rd May.

The Clare Island weekend is back to its usual slot of the June bank holiday this year. We are making a special offering to the wind Gods to ensure wind for this year's Round Island Race/Cruise.

The newbie this year is the cruise-in-company to Kilrush. Following the success of the cruise-in-company to the VOR in Galway last May we are hoping to run a similar feeder event ahead of the WIORA competition in Kilrush. Pat Aylward has graciously volunteered to co-ordinate the cruise. He can be contacted via pa@achh.iol.ie.

It is hoped that the August Bank Holiday Cruise to Boffin will be better attended this year (only 2 boats made it last year due to weather). We are hoping to run fantastic events on the beach on the Sunday, more details to follow.

In addition to the above events it is envisioned that there will be a number of cruising weekends run throughout the year. The destinations for these events will be weather dependent and announced in the few days running up to them. The destinations of these spur-of-the-moment cruises could include the following destinations: Inishturk, Inis Ge, Ballinakill Harbour, Cloughmore, Keel, Newport, Westport, Oogle Beach, Iomai Island, Clifden, Blacksod and Old Head.

Also unscheduled is the Last of the Summer Wine Cruise, this will be held at the back end of the season in the fading light of what I'm confident will be a rewarding year cruising the wonderful West Coast of Ireland.

Anchors away

Donagh Waldron
Cruising Captain

MAYO SAILING CLUB COMMITTEE 2010

Commodore	Paul Murphy	086 8390581
Hon. Secretary	Carmel Worsfold	087 6114874
Hon. Treasurer	Declan Ruddy	087 2726616
Hon. Sailing Secretary	Cathal Geoghegan	087 7975627
Cruising Captain	Donagh Waldron	087 2474811
Junior Organiser	James Fitzsimons	087 2304331
Rear Commodore	Damien Cashin	087 2450123
Mary Walsh	086 8371669	
Paddy Alyward	087 2364833	
Rory Casey	087 2860235	
Ann Caulfield	087 6108144	
John Wallace	087 2581369	
Danielle Ruddy	087 6705414	
John O'Brien	087 2415664	

SAILING SECRETARY'S MESSAGE

Welcome to the 2010 Racing and Sailing season.

I hope you find that this year's sailing programme has something for everyone. The cruising captain has as usual included a cruising section of the programme.

On the racing side, the programme has the usual Spring, Sunday, Summer, Autumn and Brass Monkeys series. We will give out the prizes for the Spring and Summer series in the clubhouse as per the programme after each of these series finishes (Super Thursday on the calendar).

We will again be running Cruiser 1, 2 and 3 this year. Some interest has been expressed in a squib class and we will do our best to accommodate depending on numbers. We will be holding a skippers briefing on March 24th . This is your opportunity to discuss improvement/ideas for racing to make it more enjoyable and accessible for everyone.

It is important to note that Mayo Sailing Club will be hosting Nora 2010 this year. Please support the club and compete. We are including a White sail/Class 3 section so everyone can be involved.

The rota for "Racing Officer of the Day" and "House duties" is included in this programme.

Wishing you all good sailing.

Cathal Geoghegan

Sailing Secretary



OFFICER OF THE DAY (OD) - DUTIES FOR DESIGNATED BOAT(S)

1. DUTY DAY(S)

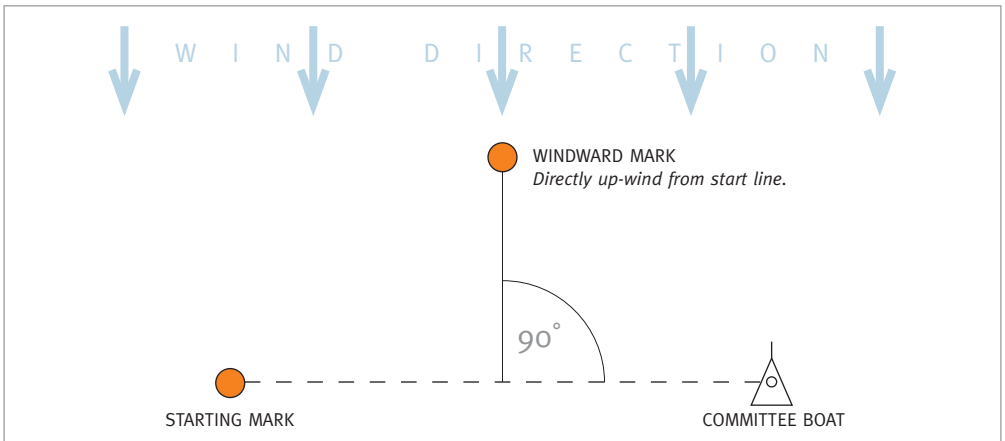
As indicated for each boat in Annual Programme.

2. DUTY TIMES

Must be at Rosmoney 1.5 hours before the designated Race Start Time and remain on duty until the race is over and all competing boats have safely returned to Rosmoney.

3. DUTIES

- 3.1 Preliminary Checks - Skipper of designated boat shall nominate at least one crewmember to crew the Club Committee boat, so as there are at least two crew on the Committee Boat.
- 3.2 If Race is on proceed to Race Area, determine average wind direction and speed.
- 3.3 Choose race course appropriate to wind direction and speed from Course Card.
- 3.4 Lay Windward Mark and Outer Limit Mark [OLM] and Anchor Committee Boat sufficiently far from the OLM to give a fair start line which length equals the number of starting boats X 10 metres. *(See diagram below).*
- 3.5 Begin the Starting Sequence at the time designated in the Sailing Programme and start the race in accordance with the S.I. Record the start time.
- 3.6 Monitor the progress of the Fleet during the race. Shorten the race if it becomes apparent that the race will not be finished within the Time Limit stated in the Sailing Instructions by proceeding to the next race mark of course at least one leg ahead of the lead boat. Lay the OLM 50 meters from chosen race mark to form a fair Finishing Line and Display the appropriate Shortened Course and Blue Flags.
- 3.7 If the race is not shortened Lay the OLM 50 meters from the Committee Boat in an area proximate to the Start Line.
- 3.8 Sound signal finishing boats and record their finishing times to the nearest second. Record any Protests and Protest Flags displayed.
- 3.9 **Check that all boats that started have finished the race. If they have not, call them on the VHF and ask if they have retired. If they cannot be contacted inform the Commodore and Sailing Secretary immediately.**



HOUSE DUTIES FOR DESIGNATED BOAT(S)

1. In order to maintain the Clubhouse to the highest possible standard, it is important that each skipper checks the rota in the Annual Programme in advance so that they know when their boat is on duty. Duty is from Monday to Sunday of that week. If a skipper & crew cannot cover their duty for their week the skipper must arrange a swap with another boat.

2. DUTY PERIOD

As indicated for each boat in Annual Programme.

3. DUTIES

- a) Duties to cover all Clubhouse areas outside Bar.
- b) Food. After the evenings race bring along a litre of milk and bowls of salad, and open and serve tins of tuna and sweet corn and pitta bread taken from Club stocks. Boats who feel particularly generous may like to supply something extra such as cocktail sausages or chicken wings. Inform House Committee if stocks are low. Operate separate kitchen till for food with a €50 float. Cash surplus to be transferred to Bar till with docket at end of night. For more information on the food contact the Vice Commodore, Paul Murphy: 086 8390581.
- c) Clean-up and wash dishes after food is finished and ensure Clubhouse is left tidy.
- d) Collect used glasses and carry to Bar for washing by Bar Staff.



Date	Hw	Ht	Keelboat Racing							Dinghy Racing			Social/ Cruising/ General
			Keelboat Racing	C2	C1	C3	Squib	OOD	House	Senior Dinghy Assistant	Junior Dinghy	Time	
March\April													
Sun 7 March													Croagh Patrick Climb
Thur 11 March													Ostar Lecture in aid of RNLI - Mayo Sailing Club
Wed 17 March													St Patrick's Day Parade
Wed 24 March				19.30	19.30	19.30	19.30		19:30				Skippers Race Briefing Pat & Olivia Murphy Talk Club House
Fri 2 April	0828 2046	4.5 4.4											Lift In
Sat 3 April	0908 2126	4.1 4.1											Lift In
Sun 4 April	0951 2207	3.8 3.7											Lift In
Thur 8 April	0131 1450	3.1 3.1		19.00	19.10	19.20	19.30		Xena				Magic Number and Seaduction
Tues 13 April				19:00	19:00	19:00							Intro to Sailing Land Based
Thur 15 April	0658 1914	4.2 4.2		19.00	19.10	19.20	19:30		Elixir				Katie
Tue 20 April	1011 2226	3.7 3.7		19:00	19:00	19:00							Intro to Sailing 1
Thur 22 April	1226	3.4		19:00	19:10	19:20	19:30		Uforia				FireFly

Date	Hw	Ht	Keelboat Racing							Dinghy Racing			Social/ Cruising/ General	
			Keelboat Racing	C2	C1	C3	Squib	OOD	House	Senior Dinghy Assistant	Junior Dinghy	Time		
June (Continued)														
Sat 5 June	1223	3.3	Westport Marine Round Clare Island											Clare Island Weekend
Sun 6 June	0037 1330	3.3 3.3	Westport Marine Round Clare Island	13:20	13:40	13:00	Xena							Westport Marine Round Clare Island/ White sail Cruise
Tue 8 June												G.Daly A Cauffield	Spring 2	18:30
Thur 10 June	0434 1657	3.7 3.9	Summer 2 / Super 3	19:00	19:10	19:20	Elixir	19:30		Guest Chef				Super Thursday Spring / Sunday Series Prize giving
Tue 15 June												R.Casey C.Worsford	Spring 3	18:30
Thur 17 June	0955 2209	4.1 4.2	Summer 3 White sail potter about the bay	19:00	19:10	19:20	Uforia	19:30		Xena				
Sat 19 June														Commodores' Mid Summer Party
Tues 22 June												P.Ayward D.Ruddy	Spring 4	18:30
Thur 24 June	0435 1655	3.8 4.1	Summer 4 / Super 4	19:00	19:10	19:20	Roxanne	19:30		Elixir				
Fri 25 June	0527 1742	3.9 4.2												Cruise in Company to Kilrush

Date	Hw	Ht	Keelboat Racing							Dinghy Racing			Social/ Cruising/ General	
			Keelboat Racing	C2	C1	C3	Squib	OOD	House	Senior Dinghy Assistant	Junior Dinghy	Time		
July (Continued)														
Tue 27 July											R.Casey C.Worsford *	Summer 5	18:30	
Thur 29 July	0832 2040	4.0 4.2	19:00	19:10	19:20	19:30	Crozz	As Lathair & Tiger						
Sat 31 July	0934 2143	3.8 3.9												Cruise to Inisboffin
August														
Sun 1 August	1005 2215	3.7 3.7												Cruise to Inisboffin - Beach Party and Games
Tue 3 August											P.Ayward D.Ruddy *	Au- tumn 1	18:30	
Thurs 5 August	0059 1340	3.2 3.3	19:10	19:20	19:00	19:30	Rockabill	X-Rated						
Tue 10 August											A O'Brien J.O'Brien	Autumn 2	18:30	
Thur 12 August	0751 2005	4.7 4.9	19:10	19:20	19:00	19:30	Excel	Guest chef						Super Thurs- day Summer Prize giving
Sat 14 August	0913 2129	4.5 4.4												Beach Party Old head
Tue 17 August											J.Wallace M.Walsh	Autumn 3	18:30	
Thur 19 August	0151 1422	3.2 3.4	19:10	19:20	19:00	19:30	Xena	Squibs						
Sat 21 August														C.Clough Club

EVENTS TO NOTE 2010

CROAGH PATRICK CLIMB

SUNDAY MARCH 7

Why not join the regular crew that have been doing this climb for the last few years – all club members and friends are welcome. Weather permitting this offers a good chance to tackle the Reek in company. The climb will commence from the Croagh Patrick car park at 11.30. There will be refreshments at the summit and in the Tavern Bar Murrisk afterwards – see you there!

OSTAR LECTURE IN AID OF RNLI

THURSDAY MARCH 11

OSTAR class winner, Barry Hurley, of the Royal Irish Yacht Club, is presenting a series of lectures on his experiences in the 2009 edition of this world renowned solo transatlantic race.

Using images, chart references and video footage taken during the race, Barry will recount some of his adventures sharing the many highs and lows of such a challenge.

ST.PATRICK'S DAY PARADE

The club enters a float in the Westport Parade and will do so again this year. Thanks to Hugh O'Donnell for this.

CONNAUGHT MATCH RACING

Connaught Schools Team Racing Championships are being held in Rosmoney on 20th and 21st March – should be an opportunity to watch some very slick sailing!

SEASON BRIEFING AND GUEST TALK

WED MARCH 24

This will be held in the clubhouse. Following the skippers briefing Olivia and Pat Murphy will present the second part of their Around the World trip. The first part of the talk was very well received last year so this is a definite night for the diary!

LAUNCH WEEKEND

APRIL 2/3/4

The lift in of the boats will take place on the weekend of the 2/3/4 of April. As most members are aware, the lift in and out are becoming busier every year and the number of boats that we get

through the year has grown steadily so with this in mind we ask boat owners to be ready to launch 45 minutes before their scheduled time to avoid any delays. It must be noted that the lift in is very tight for time as we are working against the tide so your co – operation with all the volunteers is appreciated. The lift in rota will be sent out in the coming weeks.

CRUISER RACING

PLEASE NOTE: Christy Hopkins is providing Summer storage for cradles/trailers. Boat owners must have their cradle/trailer identified with the boat name/owners name and have pre-arranged with Christy for the Summer storage. N.B. Christy must be paid directly on the day.
Christy Hopkins: 087 2061603

Class 3 is well established and all that participated in 2009 had a great time. The entry fee is free again 2010. We will start Class 3 after Class 1 and 2 for the Spring/Summer series and then change it to start before Class 1 and 2 in the Autumn Series. If you are a boat owner and want to take part please contact John Wallace, details in programme, who will give you the details and answer any queries you may have.

TASTE OF SAILING COURSE

PLEASE NOTE: All valid racing certs AND the signed Race Entry Form must be submitted to the Sailing Secretary with race entry fees two weeks prior to commencing racing. There will be no results for boats without these two items not submitted. Class 3 boats just need to submit a Race Entry Form.

This is a very important part of what the club do in encouraging more participation in sailing. This year we will run the introductory course again and we hope that the regular cruising and racing skippers will make the effort to get new people out and sailing on the bay – it has proved to be an ideal way to access potential new racing or cruising crew members. We will be co – coordinating a rota to

ensure we have enough boats for each if the three Tuesday nights the course is on. Expect a call!

MAY BANK HOLIDAY LEENANE RACE & CRUISE

Failte Ireland is the sponsor and the event is a race to Leenane on the Saturday of the May Bank holiday weekend. There will be two classes – one class racing under IRC and a Gentlemen's Class sailing under Echo (this will be White Sail only). The Gentlemen's Class is open to all boats normally racing in Class 1, 2 or 3. The plan is to start on Saturday morning at 11.30/12.00pm. There will be a prize giving and buffet meal in the Leenane hotel that night. There are a limited number of visiting moorings available.

WESTPORT MARINE ROUND CLARE ISLAND WEEKEND

SUNDAY JUNE 6

Back to its' normal time of the June Bank Holiday weekend.

There will be a pre – race “social” in the Hotel bar on the Saturday night – so if you are planning on doing this great race try and head out for the Saturday night. First gun for Class 3 will be at 13.00 on Sunday and Class 1 and 2 starting together 30 minutes later. The race will be followed by the usual BBQ at the hotel immediately after the race.

SUPER THURSDAYS!

JUNE 17, AUGUST 5 AND FINAL FLING SEPTEMBER 2

No change to a very successful format – great food with guest chefs, presentation of prizes and a great night overall!

MID SUMMER PARTY

JUNE 19

This year we will be again holding the Mid Summer Party at the Clubhouse – looking forward to celebrating those long, hot summer days!

CRUISE IN COMPANY TRIP TO KILRUSH

Following our great “roadtrip” to Galway last year we are hoping to do another cruise in company trip to Kilrush this year tying in with WIORA which

is being held there. Hoping to leave Rosmoney on Friday 25th June for this. Further details closer to time.

BEACH PARTY

AUGUST 15TH

This year we are going to make another attempt on Old Head following the bad weather last year. There will be a BBQ on the beach as well as plenty of beach games to work off all the good food and beer! A great opportunity to bring out all your friends and family

CLUB REGATTA – JUNIORS

AUGUST 21

This will be held on Saturday the 21st of August and will be followed by a prize – giving ceremony and presentation of certificates for the junior sailing courses.

CLUB REGATTA – CRUISER RACING

AUGUST 22

This will be held this year on the 22nd of August with the Commodore's Cup and the Ladies Helm. There will be prize – giving and a BBQ in the clubhouse after racing.



JUNIOR SAILING

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Mayo Sailing Club will open its annual Junior Sailing Courses in Rosmoney Westport on Monday 28th of June 2010 for a 6 week period. MSC is a recognised and very successful Irish Sailing Association Training Centre for many years now. This year Mayo Sailing Club introduces the new ISA Sailing Syllabus. This is the first considerable change to the teaching structure for young sailors in Ireland for a long time and might take a little getting use.

TASTE OF SAILING

START SAILING

BASIC SKILLS

IMPROVING SKILLS

**GO RACING 1,
ADVANCED BOAT HANDLING,
KITES AND WIRES 1,
ADVENTURES 1.**

**GO RACING 2,
KITES AND WIRES 2,
ADVENTURES 2.**

The program starts with an introduction to sailing or Start Sailing, basic skills, Improving skills and

advanced boat handling. On completion of the advanced Boat handling module students can select from a range of the advanced modules. Level four i.e. Advanced Sailing Skills, Go Racing, Kites and Wires and Adventure are divided into seven skills sets. The idea is to advance the sailors to a level where they can acquire competencies in a safe and challenging environment that rewards effort every step of the way. It should not take any longer to become fully proficient. But the annoying wait until next year to pass a level should be a thing of the past. The courses are accredited by the Irish Sailing Association. The participants are still taught all aspects of sailing; including boat rigging, sail trimming, boat handling, navigation, safety regulations and procedures and racing tactics and first aid. The courses are very popular and the participants really enjoy themselves. It is remarkable to see how skilled the children become and learn how to look after themselves, their boats and crew on the water. Please get your applications in on time as there are a limited number of places on these courses. Contact Karin on (087) 1263820 if you would like to receive any further information on this years junior sailing courses.

JUNIORS SAILORS GET PREPARED

Information on requirements, recommendations and sailing equipment for juniors. For the sailing courses everyone has to have



access to a boat, a buoyancy aid, wetsuit and booties and suitable wind and wet gear. You need your own boat or a share in a two-person boat.

All boats have to be maintained in a safe condition before they are let on the water. So now is a good time to start getting ready for on the water and preparing for any maintenance the boat may require during the course.

For modules up to and including improving skills we recommend Laser Pico, Mirrors, RS Tera, Topers, Topaz, RS Feva or Optimist.

For all modules above advanced boat handling sailers must have boats suitable for the module content.

A limited number of club Mirrors are available for use on the courses. However this service is only available for people participating in level 1 and 2 who do not have access to their own boat.

All first time level 1 sailor's must undertake a swimming competency test 'out of your depth' sea water swim before you can take sailing instruction. This will take place on the Sunday of registration in June 2010.

TUESDAY EVENINGS FROM JUNE ON THE WATER

We recommend that all parents and guardians should get out some Tuesday evening onto the water in the company of our Junior Sailors. Enjoy watching our juniors display there skills on the water, in the beautiful Clew bay with the backdrop of Croagh Patrick. It is truly a wonderful experience.

Why not help out on the committee boat, try and make it at least one Tuesday evening from June to August 2010. see web site for details.

Looking forward to seeing you all in Rosmoney.

James Fitzsimons

JUNIOR ORGANISER

**FOR MORE INFORMATION
ON JUNIOR COURSES
VISIT
WWW.MAYOSAILINGCLUB.COM**





Mayo Sailing Club

Rosmoney, Westport,
County Mayo.