

CASE STUDIES FOR RYA ONBOARD FROM MUMBLES YACHT CLUB 19/03/2017

Isobel

Isobel began sailing at the age of 7 years at our local sailing club, Mumbles Yacht Club. It took her a few years to gain confidence with her sailing ability but she was determined to succeed. This is mainly due to the sailing coaches who nurtured her and gave her the confidence to continue. At the age of 10 years she had earned a place in the Welsh National Optimist Squad and travelled around a range of locations competing at a number of large events. She even enjoyed completing a residential course in Plas Menai. At the age of 12 she moved from sailing an Optimist to an RS Feva and she is now sailing a 420 at club level.

Through sailing she has gained a determination to develop her skills on the water as well as her confidence off the water. It has also improved her independence and she takes full responsibility for her sailing schedule. Sailing has aided both her physical and mental well being, giving her the opportunity to forget about the stresses of everyday life. The physical aspect of sailing has improved Isobel's cardio-vascular endurance, which having Cystic Fibrosis, is an important aspect of her regular physiotherapy. Her consultant has also commented on the positive health attributes of sailing.

Isobel now has the confidence to sail a number of different boats, with a range of sailors. She is often asked to crew for adults in the club. She communicates well with everyone and her self-esteem has improved as a result of being secure in her environment. Sailing has also aided her in school through science, PE and completing her bronze Duke of Edinburgh award.

She is now a fully active member of Mumbles Yacht club, has gained the RYA Assistant Dingy Instructors qualification, hopes to attain the Dingy Instructors qualification after her GCSE examinations, and has also completed a Child Protection Course. Isobel sails throughout the year, in any weather she is allowed to! For the past 5 years she has volunteered at the club teaching youngsters how to sail and for the past 4 years she has been a helper during the annual NEWTS week. Isobel has been able to utilise her sailing skills to help other young sailors, but also especially during NEWTS week been able to develop her other skills, leading activity groups and some of the off the water activities. Isobel has learnt to be an excellent and confident leader, and has even been able to practice her singing!

Isobel would recommend sailing to all because she gains a lot of enjoyment from it and it is a 'bit of an adventure!'

Isobel's mum

Jack

Jack has been a keen sailor since he started age 7yrs. Sailing has become part of his life and fellow sailors have become his mentors and he aspires to be like those accomplished sailors. It has been fantastic to watch him develop and my heart burst with pride when I see him helping fellow sailors to rig boats or be part of a team on a racing boats.

Jack now is a helper at the club and is working towards the Assistant Dinghy Instructors qualification. He will helm in an Omega for example with beginner sailors both youth and adult, and demonstrates such confidence giving confidence to others. Sailing and helping at the club has enabled Jack to become friends with people of all ages young and old alike, he can chat to anyone.

Sailing has given Jack life skills such as being a team player, mentoring, supporting, and above all about being generous and kind. He has even supported me giving me confidence whilst learning to sail.

Safety is paramount in sailing and he is able to give clear commands and doesn't get flustered, able to think on his feet and not panic in different situations. He has learnt to adapt to most boats whether he is on his own or in a double handler, and has more recently started to crew in a keel boat a Cork 1720.

I would recommend sailing to anyone, life can be stressful but once your on the water you are just in the moment... Jack loves to be as one with the sea and the wind, he loves the sound of the boat on the water he thinks its so relaxing and exhilarating at the same time. A hobby for life for all ages.

Jack's mum.

David's Sailing Journey

As the Millennium came in I wanted to learn to sail, as my two sisters had before me. I joined the local yacht club, Mumbles Yacht Club. They had a course starting in the spring. When I went I found something I not only loved but something I am very good at. So over the next few years I went through the Youth Stages 1-4 and eventually went onto the Start Racing course, which at this time I did not enjoy.

As I reached 12 I had a major disruption in my life with my parents divorcing. I felt lost and abandoned. I wanted to give up sailing and felt I had come to the end of what I could do at the Club. With encouragement from my mum and Roland the now Chief Dinghy Instructor at Mumbles Yacht I started helping with training and became an ADI. I found that this gave me an escape after I lost all contact with my dad, and indeed I was taken under the wings of several other dads in the club. As I did more training it overtook my life and became my passion and indeed my life. I started training most days of the week and helping out with other things around the Club in between.

I loved the training aspect of life and I soon went onto other courses to support my knowledge, I obtained my Power Boat Level 2 qualification, Safety Boat qualification and then qualified as a Dinghy Instructor when I was 17. The Club became my second home and my extended family. When I was 19 I was lucky enough for the club to support me to do my Senior Instructors (SI) qualification which has led me to carry out further training.

In 2013 I was part of the safety fleet for the Sail for Gold Regatta in Weymouth and then In 2014 I was lucky enough to take part in the Dart 18 European Championships event at mumbles Yacht Club; my love of racing started.

At the beginning of 2015 I was applying for job teaching sailing in different parts of the world when I was suddenly struck down with illness. After a very short time; only 10 days I was to end up in emergency surgery which was to lead to me losing my large bowel and some of my small bowel. I thought my sailing days were over and was devastated. Again I was encouraged to come back to training in my role as an SI. A lot of surgery was to follow, a further 4 operations, cardiac arrest and an anaphylactic arrest, but with support of my yacht club family I have still managed to continue to both sail and train the next generation of sailors with the Club.

Sailing and Mumbles Yacht Club have grown me into the young man I have become, it has given me a love and a passion that the small 6 year old boy who first went to the Club could never have imagined.

David

Sian

Sian has been a member of Mumbles Yacht Club since the age of nine, and has been enthusiastically volunteering, sailing and leading activities at the club for the last nine years. In recent years she has completed Stage 4 of the four of the RYA youth programme, the Assistant Dinghy Instructor qualification, and has obtained her powerboat level two certificate with a coastal endorsement.

While Sian has always been a sporty and outgoing girl, there is no doubt that her involvement with Mumbles Yacht Club has contributed hugely to her development. Her involvement at the Club has enabled her to sail many different types of boat, but more importantly, the opportunities to develop personal leadership skills have been very significant.

The sailing at Mumbles takes place at sea on a tidal and exposed coastline, meaning the conditions demand extreme care. Sian has worked as a volunteer on training nights, international race events, the annual 'Newts Week' event where forty small children of all ages try out sailing, and many other Club events. This has seen Sian develop the ability to operate calmly and effectively under pressure, requiring skills of diligence, team-working and leadership. All of this has also led to her developing enormous resilience and mental toughness.

It is as a direct result of her involvement with Mumbles Yacht Club that Sian was selected from among many hundreds of applicants to attend a school where community work, and in particular outdoor work on the coast and at sea, form a central part of the curriculum. The skills acquired through her sailing, volunteering and safety work enabled her to complete the RNLI Beach Lifeguard course at the School, which required a large degree of mental toughness on top of the physical aspects. The confidence, resilience and skills obtained through her work with Mumbles Yacht Club have allowed her to undertake a number of leadership roles in her school, including organising school-wide events, co-ordinating sports activities and being one of a small number of trained counsellors to help other pupils.

There is no doubt that the time spent volunteering and sailing at the Yacht Club has given Sian a set of life skills to compliment her personal attributes that have contributed very significantly to her success in other important aspects of her life.

Sian's dad.