



ARMY

BE THE BEST

REGULAR AND TERRITORIAL

The Army Inshore Sail Training Centre (South)

Glebe House, Baker Barracks
Thorney Island, Emsworth
Hampshire
PO10 8DH



ARMY

Course Brochure 2012

The Army Inshore Sail Training Centre is located on the south coast of England eight miles from Portsmouth. The Centre is supported by the Army Sailing Association and offers heavily discounted courses to Tri-Service personnel.

The Centre delivers *Dinghy Sailing*, *Windsurfing*, *Powerboating*, *Kitesurfing* and *Shorebased* courses.

All courses are recognised and come with a civilian qualification, that is acknowledged around the world.

Equipment and accommodation is included in the booking- all you have to do is turn up and try it! Booking can either be made individually or as a unit up to a maximum of 24 students.



To book on a course or get some more information contact one of the team on

01243 388315 / 94295 8315

or email us at

sailarmy@btconnect.com

www.sailarmy.co.uk

The ASA

The ASA was formed in 1947, to manage sailing as a sport within the Army, and represent its interests at service and national level. It caters for all disciplines, including offshore and inshore yacht racing, dinghy and keel-boat racing, windsurfing and kitesurfing. The Association has over 17,000 members and supports activities around the world.



Army Sailing Association

To become a member contact:

Lisa Sheppard

Email: lsheppard@ascb.uk.com or Tel: 01252 38549

The Army Offshore Centre



The Army Offshore Centre is located in Gosport close to Portsmouth. It runs a whole range of courses for members of the ASA, using service yachts at reduced rates.

The Offshore Centre is also home to the Army's highly successful racing yacht British Soldier.

The full training and race programme can be found at www.sailarmy.co.uk

Or

For training contact Jonty Clews (Chief Instructor):
email: asaoffshore@btconnect.com Tel: 02392 765492

For racing contact Tim Hill:
email: racing@sailarmy.co.uk

Other Organisations



Toe in the Water

'Toe in the Water' is a Tri-Service initiative that aims to inspire men and women who have sustained often traumatic injuries. Competitive sailing is a physically and mentally challenging adventurous sport, it provides a unique opportunity for injured men and women to sail and race, on equal terms with their able bodied contemporaries.

www.toeinthewater.org



'Battle Back' is a Tri-Service organisation that uses Adaptive Adventure Training and Sports Rehabilitation, to help seriously wounded Service personnel gain confidence and return to an active life. Battle Back has close links with the British Paralympic team, working to identify wounded personnel who show a talent for a particular sport and who may benefit from inclusion in Paralympic Development programmes.

www.facebook.com/battle.back

KITESURFING

Become one of the growing number of adrenaline seekers getting their kicks through kitesurfing. The five day Level 1 / 2 course should see you up and riding while the improvers camp is designed to hone your basic skills.



K31	11th—15th Jun	Level 1 / 2
K46	23rd—27th Jul	Level 1 / 2
K53	6th—10th Aug	Level 1 / 2
K81	22nd—25th Oct	Level 1 / 2

Kitesurfing courses cost £160.00 including accommodation and all your equipment. Places are limited to four per course.



DINGHY SAILING

Course range from £40.00 to £80.00, including accommodation, equipment and supporting publications.



D07	10th—13th Apr	Start Sailing Level 1 / 2
D13	24th Apr	Dinghy Instr Pre Assessment
D17	30th Apr—4th May	Dinghy Instructors Cse
D20	8th—11th May	Sailing Level 1 / 2
D35	21st—22 Jun	Day Sailing
D38	2nd—6th Jul	Start Sailing Level 1 / 2
D44	17th—20th Jul	Start Sailing Level 1 / 2
D51	30th Jul—02nd Aug	Start Sailing Level 1 / 2
D54	10th Aug	Dinghy Instr Pre Assessment
D55	13th—17th Aug	Dinghy Instructors Cse
D57	21st—24th Aug	Better Sailing Level 3
D65	17th—18th Sep	Seamanship Skills
D67	17th—20th Sep	Start Sailing Level 1 / 2
D73	1st—4th Oct	Start Sailing Level 1 / 2
D76	15th—19th Oct	Start Sailing Level 1 / 2
D78	15th—19th Oct	Start Sailing Level 1 / 2

Learn to sail in one of our single handed Laser Picos, before experiencing the thrills and spills of the double handed asymmetric.

Don't just train, get out and race. A full racing programme is supported by the Centre throughout the year.

WINDSURFING



Course range from £50.00 to £80.00, including accommodation, equipment and supporting publications.

W15	23rd—26th Apr	Senior Instructors Cse
W21	8th—11th May	Start Windsurfing
W24	21st—25th May	Start Windsurfing
W29	6th—8th Jun	Intermediate Windsurfing
W34	18th—22th Jun	Start Windsurfing
W39	2nd—6th Jul	Start Windsurfing Instructor
W40	2nd—6th Jul	Start Windsurfing
W45	17th—20th Jul	Start Windsurfing
W52	30th Jul—3rd Aug	Start Windsurfing
W56	13th—17th Aug	Start Windsurfing
W58	21st—22nd Aug	Windsurfing Improvers Clinic
W61	3rd—7th Sep	Start Windsurfing
W62	3rd—7th Sep	Start Windsurfing
W66	17th—18th Sep	Windsurfing Improvers Clinic
W68	17th—20th Sep	Start Windsurfing
W72	1st—5th Oct	Intermediate Windsurfing
W74	1st—4th Oct	Start Windsurfing
W77	15th—19th Oct	Intermediate Windsurfing Instr
W79	15th—19th Oct	Start Windsurfing

Surf, speed, bumps and jumps. We'll get you started on one of our wide boards before you progress to a lighter, faster set up.

Once your going we'll get you racing.

The Centre supports the Tri-Service windsurfing race calendar throughout the year.

SHOREBASED

Confirm your new found practical skills with a theory course.

We offer VHF/GMDSS Radio, Maritime First Aid or specialised navigational packages.



S03	27th Feb—2nd Mar
S04	2nd Apr
S06	5th Apr
S71	1st—2nd Oct
S83	26th Oct
S85	31st Oct

Day Skipper Theory
VHF / GMDSS
First Aid
Navigation & Seamanship
VHF / GMDSS
First Aid



For more shorebased courses contact the
Army Offshore Centre:
www.sailarmy.co.uk

POWERBOAT

P01	22nd—23rd Feb	Level 1 / 2
P02	22nd—23rd Feb	Level 1 / 2
P05	3rd—4th Apr	Intermediate Powerboat
P08	11th—12th Apr	Level 1 / 2
P09	11th—12th Apr	Level 1 / 2
P10	11th—13th Apr	Safety Boat Helm
P11	16th—18th Apr	Safety Boat Helm
P12	16th—18th Apr	Safety Boat Helm
P14	24th Apr	Instructors Pre Assessment
P16	25th—27th Apr	Powerboat Instructors Cse
P18	2nd—3rd May	Level 1 / 2
P19	2nd—3rd May	Level 1 / 2
P22	16th—17th May	Level 1 / 2
P23	16th—17th May	Level 1 / 2
P25	24th—25th May	Level 1 / 2
P26	24th—25th May	Level 1 / 2
P27	30th—31st May	Level 1 / 2
P28	30th—31st May	Level 1 / 2
P30	11th—12th Jun	Level 1 / 2
P32	11th—12th Jun	Level 1 / 2
P33	14th—15th Jun	Level 1 / 2
P36	26th—27th Jun	Level 1 / 2
P37	26th—27th Jun	Level 1 / 2
P41	9th—10th Jul	Level 1 / 2
P42	9th—10th Jul	Level 1 / 2
P43	12th—13th Jul	Level 1 / 2
P47	23rd—24th Jul	Level 1 / 2
P48	23rd—24th Jul	Level 1 / 2
P49	25th—26th Jul	Level 1 / 2
P50	25th—26th Jul	Level 1 / 2
P59	29th—31st Aug	Safety Boat Helm
P60	29th—30th Aug	Level 1 / 2
P63	11th—12th Sep	Level 1 / 2
P64	11th—12th Sep	Level 1 / 2
P69	24th—25th Sep	Level 1 / 2
P70	24th—25th Sep	Level 1 / 2
P75	3rd—4th Oct	Intermediate Powerboat
P80	22nd Oct	Instructors Pre Assessment
P82	23rd—25th Oct	Powerboat Instructors Cse
P84	29th—30th Oct	Advanced Powerboat



Spend Two days learning the basics in one of our 6.5m powerboats, then decide between the Safety Boat helm or the Intermediate course as your next step.

Powerboating is the fastest growing water based activity, find out why!



Course, range from £70.00 to £90.00, including accommodation, equipment and supporting publications.

EVENTS 2012

DINGHY

19th—20th Apr	Inter Service team racing event
21st—27th Apr	Joint Service Senior Instructors Course
11th—13th May	The Wilson Trophy
18th—22nd Jun	Fleet Training Week
5th—10th Aug	Laser 2000 National Championships
22nd—23rd Sep	Joint Service asymmetric Regatta
8th—11th Oct	Lagos Trophy Inter Corps team racing event
21st Oct	The Victory Trophy



Army Sailing Association

WINDSURFING

26th Feb—4th Mar	Winter Training Camp Egypt
16th—20th Apr	Tri Service Novice and Wave Championships
28th May—1st Jun	Forces Open Championships
27th—28th Jun	Inter Corps Event
9th—13th Jul	Army Individual / Team Championships
10th—11th Oct	Inter Corps Event
14th—15th Nov	Inter Corps Event

For more information on any of the above events contact:

Jon Metcalfe ASA Windsurfing & Kitesurfing Training Manager:
Tel:0776898255 email:asawsm@btconnect.com
Or
Clive Grant ASA Regional Coach:
Tel:07768925678 email:asacoach@btconnect.com

COURSE PRICES 2012

KITESURFING	POWERBOATING	WINDSURFING	DINGHY SAILING
Level 1 / 2 £160.00	Level 1 / 2 £70.00	Start Windsurfing £50.00	Start Sailing Level 1 / 2 £50.00
Improvers Camp £160.00	Safety Boat Helm £70.00	Improvers Clinic £40.00	Better Sailing Level 3 £50.00
SHOREBASED	Inter Powerboat £80.00	Inter Windsurfing £50.00	Day Sailing £40.00
Day Skipper Theory £60.00	Adv Powerboat £90.00	Start Instructors Cse £80.00	Seamanship Skills £40.00
Nav and Seamanship £50.00	Instr Pre-assessment £20.00	Inter Instr Cse £80.00	Instr Pre-assessment £20.00
VHF Short Range Radio £40.00	Powerboat Instr £90.00	Senior Instr Cse £80.00	Dinghy Instr Cse £80.00
First Aid Cse £40.00			Senior Instr Cse £80.00

AISTC(S) COURSE APPLICATION AND CONSENT FORM

2012

Course Number:

Course Dates From:
D D M M Y Y

To:
D D M M Y Y

Personal Details:

Number: _____ Rank: _____ First Name: _____

Surname: _____

Address: _____

Tel No (Work): _____ Home/Mobile:

Civilian email address: _____

Unit / Company Details:

Corps / Regiment: _____ Unit: _____

Address: _____

Emergency Contact Details:

First Name: _____ Surname: _____

Emergency Contact Number: _____

I declare that to the best of my knowledge I do not suffer from epilepsy, disability, giddy spells, asthma, angina or any other heart condition, and that I am fit to participate in the above course. I am also able swim 50 meters unaided.

Please sign here

All course applications must be accompanied with a non refundable cheque for **50% of the course total**. Cheques should be made to **CENTRAL BANK**. Application forms with no cheque attached will not be processed. Your joining instructions will be confirmation of a successful course bid.

Training Officer / Line Manager Details & Signature

AISTC may be asked for your personal contact detail, so that third parties can send you information or ask you questions relevant to the course you attend. If you do not wish AISTC to share this information please tick here