

Dinghy Sailing

How I got started

My dinghy sailing career started off when I attended my very first junior race week in 2005 at the Royal Harwich Yacht Club. Tim Hunt who was running that race week persuaded me to sail an Optimist in the Regatta fleet. I had some great coaches who taught me many of the basics about sailing.

After 3 years of racing and training in oppies Dad finally bought me my first topper. It was very old but it did the job for getting me started. That junior week I was very much at the back of the fleet.

Towards the end of 2008, Joe Hunt ran a few junior sailing sessions which I attended.

In 2009 R.H.Y.C started running Volvo race coaching, I went along to as many of these sessions as I could, there were a variety of coaches, mainly Mike Clayton and Joe Hunt. I learnt a lot that year in how to get the most out my boat in racing. Later that year Mike sent Dad a link to a topper open coaching session at Grafham water.

It came to me as a complete surprise when I was selected to be in EADS (Eastern Area Development Squad). EADS was just a simple squad for any sailors that had been spotted at Grafham. There were 10 sailors invited to join EADS 5 boys and 5 girls. EADS was run over many months, our main coach was Sally Dugdale but we also received coaching from Ian Patience. I had learnt a lot during that winter and was now ready for the new season of racing. I did quite a few of the 1 day traveler series and a couple of the nationwide events. Along with that I also did 2 training weeks at R.H.Y.C, one of which I was helping out in and lead the oppie group around in an oppie myself (that brought back some memories). I also competed in junior week again and came 5th in the topper fleet.

This year I applied for the east zone squad. I had to go to 3 indicator events where thankfully I sailed quite well and finished high in the racing events meaning I was selected to join the zone squad. This winter will be tough but I'm looking forward to it.

I've had great fun this year and made loads of friends. Next year I hope to get into intermediate squad or even national squad. However I could have never achieved anything like this without the help of my coaches, Joe, Mike and especially my Mum and Dad for driving me up and down the country and supporting me all the time no matter what.