

Pathway Talks 2025-2026

Talks for Sailors & Parents



Topic	For whom	Delivered by
Introduction to Nutrition and Hydration		
This presentation helps sailors and parents, to develop nutrition and hydration best practices – To support sailing activity and everyday health!	Sailors and parents developing best practice for training and competitions.	Dr Debbie Coughlin, Sports Nutrition
Decision Making		
Instinct Vs Developed Processing – How to evolve you on water decision making.	Sailors and parents developing best practice for training and competitions.	Mark Rushall, British Team Sailing Coach, and RYA author and race books
Food or supplements – Which is best? 100%Me!		
The session will also introduce some key Anti-Doping principles (UKAD link) helping you to understand the importance of being aware of everything you eat and drink, given you, the athlete, are solely responsible for any banned substance found in your system, no matter how it got there.	This is aimed at sailors and parents who are returning second year training or maybe looking to move into the youth classes. This is a follow on to Debbie's first Nutrition & Hydration talk.	Dr Debbie Coughlin, Sports Nutrition
Assessing the Weather to Help Decision Making On The Day		
How to assess the weather from various sources – apps, synoptic charts, rain radar & the Mkl eyeball – to get a forecast quickly in the morning. Then how to monitor that during the day and expect to see and understand how it's panning out.	Sailors and parents developing best practice for training and competitions.	Simon Rowell, Meteorologist, British Sailing Team
Owning your journey as a female sailor		
The aim of the workshop is to help female sailors feel more comfortable to have conversations. This will help make their sailing journey easier on the water both for training and competitions.	This is for parents and guardians to have an honest and open discussion covering different	Nikki Boniface, Ex British Sailing Team and RYA Youth Coach
Fitness For Sailing		
Within this talk we will be exploring the topic of Long Term Athletic Development including the importance of taking a multi-sport approach, managing training workload and injuries during growth & maturation, and how to maximise your physiological potential.	Sailors and parents developing best practice for training and competitions.	Matt Smith British Sailing Physiologist
'How to win a protest'		
The protest room can be an intimidating place, but understanding how to present your case effectively can make the difference between winning and losing. Chri, will demystify the protest process and give you his top tips for how to persuade the protest committee. You'll learn how to prepare your evidence, what the judges are looking for, and how to communicate clearly and confidently. Whether you're new to protest or looking to sharpen your approach, this session will help you feel more in control when the red flag flies.	Sailors and parents developing best practice for training and competitions.	Chris Lindsay International judge and umpire
Illegal Propulsion (Understand Rule 42) when starting and racing!		
Chris will break down the propulsion rule in a way that makes sense for everyday sailors, using real examples to explain what's allowed, what isn't, and how judges make their calls. Whether you're racing at club level or aiming higher, this is your chance to finally make sense of one of the most misunderstood rules on the course.	Sailors and parents developing best practice for training and competitions.	Chris Lindsay International judge and umpire

All talks will start at 18.15 and last around 40minutes



The above workshops will be delivered using Microsoft Teams. The link to dial in is a re-occurring link that will be used for all of the above workshops –

https://teams.microsoft.com/j/19%3ameeting_ZDU4NzEIMGEtMzc4Zi00NjQ3LWFjMjktNTBjZmFkNmQwMTYl%40thread.v2/0?content=%7b%22Tid%22%3a%22e7fee957-e659-4f9a-9ae0-fe61160217f7%22%2c%22Oid%22%3a%2245cdf631-c431-4652-a918-16b58891b511%22%7d

Workshop	Date	For Whom
Introduction to Nutrition and Hydration	Wednesday 14th January	Sailors & Parents
Decision Making - Instinct Vs Developed Processing – How to evolve you on water decision making	Tuesday 20th January	Sailors & Parents
Food or supplements – Which is best? 100%Me!	Wednesday 21st January	Sailors & Parents
Assessing the Weather to Help Decision Making On The Day	Tuesday 27th January	Sailors & Parents
Owning your journey as a female sailor	Wednesday 28th January	Female sailors and female guardian parent
Assessing the Weather to Help Decision Making On The Day	Thursday 29th January	Sailors & Parents
Assessing the Weather to Help Decision Making On The Day	Tuesday 3rd February	Sailors & Parents
Decision Making - Instinct Vs Developed Processing – How to evolve you on water decision making	Thursday 5th February	Sailors & Parents
Food or supplements – Which is best? 100%Me!	Wednesday 11th February	Sailors & Parents
Fitness for Sailing	Thursday 12th February	Sailors & Parents
Decision Making - Instinct Vs Developed Processing – How to evolve you on water decision making	Tuesday 17th February	Sailors & Parents
How to win Protests	Wednesday 19th February	Sailors & Parents
How to win Protests	Tuesday 24th February	Sailors & Parents
Illegal Propulsion (Understand Rule 42) when starting and racing!	Tuesday 3rd March	Sailors & Parents
Illegal Propulsion (Understand Rule 42) when starting and racing!	Tuesday 10th March	Sailors & Parents
Fitness for Sailing	Thursday 12th March	Sailors & Parents
Fitness for Sailing	Tuesday 24th March	Sailors & Parents

Talks for Parents

The zoom links below will be used for the parent talks

Topic	For whom	Delivered by	Date
Two Hats The positives and challenges of the role Having quality conversations Separating the 'Two Hats' Setting yourself up for success Reframing the success criteria Setting up an effective communication strategy The Car Journey to and from competition Home Sweet Home	Talks; Parent Series for support Junior and youth Sailors (Sports people!)	WWPIS Gordon MacLelland is the CEO and founder of WWPIS a leading figure in the 'parental engagement' space. He is the author of 4 books and a sports parent himself and is very aware of the challenges that sport parents face today. WWPIS work with over 15 National Governing Bodies, Olympic Programmes, Football Academies, and a whole host of performance pathway programmes all over the world.	Thursday 22nd January 2026
Competition & Game Day The importance of positive role modelling The best and worst of the matchday experience Pre and post-match routines Parent Face and Game Face Competition day body language and expectations Watching the competition Positively navigating the aftermath	Talks; Parent Series for support Junior and youth Sailors (Sports people!)		Tuesday 10th February 2026
Building a Positive Parent Culture What is 'Parental Engagement?' Bringing to life character development The positives and challenges of sports parents Managing dreams and expectations Support, consistency and alignment Supporting the coaching workforce in their role Building a Positive Parent Culture	Talks; Parent Series for support Junior and youth Sailors (Sports people!)		Monday 16th March 2026

Two Hats

Zoom Link - <https://us06web.zoom.us/j/84385328222?pwd=Mv9eKkkhPLuDiUPmJPFYlhRk4f0fIE.1>

Meeting ID: 843 8532 8222

Passcode: 438278

Competition & Game Day

Zoom Link - <https://us06web.zoom.us/j/88173886924?pwd=L9xmDNfbvcUN7n4wTQU3Q1wuEzvb1C.1>

Meeting ID: 881 7388 6924

Passcode: 256732

Building a Positive Parent Culture

Zoom Link - <https://us06web.zoom.us/j/83204642156?pwd=h0Ye6gpoqnUBvi9Qih2Cq0yIPmzKaQ.1>

Meeting ID: 832 0464 2156

Passcode: 447248