

# SAILING ACADEMY

A CENTRE OF EXCELLENCE



## A CENTRE OF EXCELLENCE FOR SAILING

The Royal Hospital School is a boarding and day school for 750 boys and girls aged between 11 and 18, set in 200 acres of Suffolk countryside, overlooking the River Stour and adjacent to Alton Water reservoir. As a result of this 'watery' location, and many years of investment in facilities and specialist coaching, the School is a centre of excellence for sailing.

The Royal Hospital School Sailing Academy is an established RYA Training Centre and has a fleet of more than 50 dinghies catering for every level of sailing - from beginner boats like RS Teras to team racing Fireflies, Olympic pathway craft such as the Laser and 29ers and the latest in one-design foiling - the Waszp.

## STARTING OUT

On joining the School, all 11 year olds take part in a week-long sailing course when they are taken through the basics to RYA Stage 2. Pupils joining in other year groups have the opportunity to learn to sail in games sessions and those with more experience can sail up to four times a week.



## DEVELOPMENT

The School has regular team racing fixtures against other schools and, through the Sailing Academy, the elite sailors compete at both National and International level. The Sailing Academy supports an annual competition programme in RS Tera, RS Feva, Laser and 29er classes as well as supporting sailors to compete in their chosen class outside of these supported classes. As a recognised RYA Training Centre, the highest levels of safety and tuition are maintained and pupils regularly gain dinghy sailing qualifications as well as qualifications in power boating, windsurfing and dinghy sailing instruction and coaching. The School also has a fleet of keelboats for coastal cruising which are popular in the summer months.



## ELITE SAILING PROGRAMME

Pupils joining the Sailing Academy under the Elite Sailing Programme can benefit from the following:

- Competition training with an RYA Race Coach Level 3
- Classroom tuition including use of video and GPS analysis
- Access to sailing sessions in all timetabled games lessons
- Hire of school boats for out of term events and training

In addition, elite sailors can become Sailing Scholars and benefit from the following:

- Individual fitness training programme designed by an elite sports personal trainer
- Specific dietary advice
- Short term storage of boat and equipment on site
- Assistance with tuition and boarding fees at the Royal Hospital School

## ACADEMIC PROVISION

Pupils are also well-supported in their academic studies and during their time at the School they are encouraged to enjoy the adventure of learning and to develop a lifelong appetite for knowledge. The curriculum is broad and balanced, combining the best of academic traditions with the latest technologies. Every pupil is supported and guided along the way by his or her personal tutor in order to balance their academic and sailing commitments and reach their true potential. The most able pupils are stretched through a scholars' programme and gifted and talented scheme aimed at opening their minds and extending their learning. The School promotes academic and pastoral excellence, maintains breadth and challenge, inspires individual and social responsibility and develops the life skills that will prepare young people to meet the future with confidence.

## BOARDING

With over 420 boarders and the majority of teachers living on site, the School is a thriving community in which to live and learn. There is a co-educational junior house, three girls' houses, four boys' houses and a co-educational upper sixth house for pupils in their final year of school. Each has a Housemaster or Housemistress, Resident Tutor and a Matron providing excellent pastoral care and support. Full, weekly and flexible boarding is available.

## CONTACT

To find out more, please come to one of our Open Mornings. For dates and to book a place or to book a private visit, please contact the Admissions Office:

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