

## Toby Atherton FOWS Personal Achievement Award 2018

### High Performance Dinghy Training

Thank you to FOWS for awarding me a Personal Achievement Award, I was able to use the money to go towards High Performance Dinghy Training at the Andrew Simpson Sailing Centre based at Weymouth and Portland Sailing Academy. This is where the 2012 Olympic Sailing took place.

I started sailing when I was 8 and have been sailing and racing a Topper dinghy, I have become too big for it and need to advance to a bigger dinghy. The Personal Achievement Award has enabled me to get Training in a High Performance 29er Dinghy, which is an RYA Pathway boat. Sailing this types of dinghy is quite different from my Topper and the coaching and training I received in the May half term break has been invaluable for moving on to the next stage.



*Me on my Topper – Winter Training*

We had mixed weather conditions whilst in Weymouth with some light winds and foggy conditions, but we were able to get out on the water and learn plenty of new skills. The light winds proved to be great for first timers so you can get to grips with all the controls. One morning we were not able to sail so we were given some equally important shore coaching on boat settings and rigging.

The 29er is a double handed boat and I am a helm, learning to continuously communicate between the helm and crew is really important and this took a bit of getting used to, but you soon learn it is essential otherwise you find yourselves in water a lot.

I really appreciate the support from FOWS as I have learnt so much from this training and can now get involved in the 29er Class Association Training and Racing over the coming year.

I have set myself a goal to take part in the 29er Worlds in 2020. This will be held in the UK at Weymouth and Portland Sailing Academy during the Summer of 2020.



*Coaching in Weymouth on a 29er*