



Name: Jinyoung Hong
Country: South Korea



International Sailing Federation (ISAF)
Training Scholarship

Candidate Evaluation Form

Course Dates: 6th September 2010 – 29th October 2010
Candidate: Jinyoung Hong
Country: South Korea

General Candidate Feedback:

Jinyoung Hong is a highly motivated individual with the desire to develop and coordinate a national sailing programme within South Korea. To succeed Jinyoung will need the support and guidance from the Korean Olympic Committee and the Korean Sailing Federation to align the current regionalised sailing programmes. The development of a national 'Learn to Sail' programme will ensure consistent coaching and safety standards through recognised sail training centres within Korea.

To achieve her aim of a Korean National 'Learn to Sail' programme, Jinyoung has produced a clear, timebound and realistic development plan. Jinyoung presented this development plan during the ISAF Training Scholarship in a professional, confident and clear manner. This successful presentation was testament to the hard work Jinyoung put in throughout the scholarship.

Jinyoung needs to develop her powerboating driving skills so that she can offer training, guidance and support to future sailing coaching.

During the ISAF Training Scholarship Jinyoung struggled initially with the English – Korean translation, however over the 8-week period Jinyoung's English improved immeasurably. Due to translation issues Jinyoung sometimes had difficulty understanding 'Learn to Sail' coaching techniques. Jinyoung however spent a large amount of personal time ensuring she fully understood key coaching concepts. Jinyoung will at this time be able to assist on the training of Korean Sailing Coaches to an international standard. It is therefore recommended that to improve her coach training techniques she organised both an ISAF Level 1 and 2 Technical Course for Coaches during 2011. Jinyoung has the passion and motivation to coordinate a Korean 'Learn to Sail' programme and with support will achieve her aims.

	Excellent	Good	Satisfactory	Poor	Very Poor
Attendance	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Motivation	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Enthusiasm	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sailing Competence:	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Windsurf Competence:	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Powerboat Competence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Coaching Abilities:	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Management Skills:	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Presentation Skills:	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Total Course Hours:
Coach Training: 224
Management Training: 112
Industry Networking Visits: 56
Total Hours Completed: 392

Course Specific Feedback:

Course Name: RYA Powerboat Level 2

	Excellent	Good	Satisfactory	Poor	Very Poor
Powerboat Driving Skills:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Background Knowledge:	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Safety Awareness:	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Pass		Defer		Fail
Course Outcome:	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

General Comments from Trainer & Recommendations for improvement:

- Powerboat driving skills needs improvement. It is recommended that Jinyoung spends time practicing the techniques that she has been taught.
- Promote the safety equipment (Life Jackets & Kill Cords) usage within Korea.
- It is important that Jinyoung continues to increase her personal background knowledge of powerboating.
- Jinyoung will need support to develop a powerboat course to be delivered to Korean Sailing Instructors trainees. It will be important to deliver a powerboat driving skills course to trainee sailing instructors to ensure a consistent and high level of safety awareness & competence.
- Jinyoung already held the RYA Powerboat Level 2 Certificate prior to the ISAF Training Scholarship.

Course Name: Sailing Competency Assessment

	Excellent	Good	Satisfactory	Poor	Very Poor
General Sailing Skills:	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sailing a Triangular Course:	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Picking Up a Person Overboard:	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coming Alongside a Moored Safetyboat:	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sailing a Tight Circle around a Safetyboat:	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sailing a Follow my Leader Course:	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Pass		Defer		Fail
Assessment Outcome:	<input checked="" type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

General Comments from Trainer & Recommendations for improvement:

- Jinyoung is an excellent sailor and passed all elements of the assessment first time.

Course Name: RYA Dinghy Instructor Training Course

	Excellent	Good	Satisfactory	Poor	Very Poor
General Assessment:	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Background Knowledge:	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal Competence:	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coaching Ability:	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communication Skills:	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Enthusiasm:	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to relate to students:	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to give feedback:	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Pass		Defer		Fail
Course Outcome:	<input checked="" type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

General Comments from Trainer & Recommendations for improvement:

- Jinyoung found translating English to Korean difficult initially during the Dinghy Instructor Course. She did however spend time with the help of the other Scholarship candidates ensuring she understood the key concepts.
- Jinyoung will need to practice running 'Learn to Sail' sessions to improve on her group control and coaching skills. Through practice Jinyoung will be able to be flexible during the sessions she runs.
- Jinyoung needs to ensure she improves her background sailing knowledge.
- Overall Jinyoung was satisfactory during the instructor-training course.

Course Name: ISAF Multi Hull Training Course

	Excellent	Good	Satisfactory	Poor	Very Poor
Multi Hull Sailing Skills:	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Background Knowledge:	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Pass		Defer	Fail	
Assessment Outcome:	<input checked="" type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

General Comments from Trainer & Recommendations for improvement:

- Considering Jinyoung had only a small amount of Multi hull sailing experience she excelled during the course. Jinyoung consistently demonstrated excellent sailing skills.

Course Name: ISAF Level 3 Race Coach

	Excellent	Good	Satisfactory	Poor	Very Poor
Setting Goals and Aims	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Briefing and De-Briefing Sessions	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Delivering Sessions	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knowledge of Race Tactics	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knowledge of Learning Styles	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Video Analysis Skills	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knowledge of basic Psychology	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knowledge of basic Physiology	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Managing a race team	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Powerboat Handling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	Pass		Defer	Fail	
Assessment Outcome:	<input checked="" type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

General Comments from Trainer & Recommendations for improvement:

- This course is designed to highlight the link between learn to sail training and racing. Jinyoung understood the importance of this link and through out the course demonstrated a desire to improve her knowledge. It is recommended that Jinyoung use the information gained to develop a similar course that can be delivered with Korea. To aid Jinyoung with delivering a race coaches course it is recommended that she organise an ISAF level 3 Technical Course of Coaches.

Course Name: ISAF Windsurf Instructor Course

	Excellent	Good	Satisfactory	Poor	Very Poor
Windsurfing Ability	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Safety Awareness	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Background Knowledge	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communication Skills	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Presentation Skills	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coaching Skills	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Pass		Defer		Fail
Assessment Outcome:	<input checked="" type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

General Comments from Trainer & Recommendations for improvement:

- Jinyoung had very minimal windsurf experience prior to the Instructor Course. During the course her personal competency improved hugely.
- Jinyoung understood and took on all the Learn to Windsurf coaching concepts and drills. When asked Jinyoung was able to demonstrate all manoeuvres.
- When developing a windsurf scheme in Korea it is recommended that Jinyoung seeks the advice of an experienced windsurf coach,

Course Name: RYA Powerboat Instructors Training Course

	Excellent	Good	Satisfactory	Poor	Very Poor
Powerboat Driving Skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Background Powerboat Knowledge	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Giving Presentations	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coaching Skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	Pass		Defer		Fail
Assessment Outcome:	<input type="checkbox"/>		<input type="checkbox"/>		<input checked="" type="checkbox"/>

General Comments from Trainer & Recommendations for improvement:

- Jinyoung at present is not up to the required standard to pass the RYA Level Powerboat Instructor certificate. Jinyoung needs to improve on her personal powerboat driving skills. With practice Jinyoung will be confident enough to teach others.
- It is recommended that Jinyoung work with an experienced Powerboat driver to deliver training to trainee sailing instructors.

Course Name: RYA Safetyboat Course

	Pass	Defer	Fail
Assessment Outcome:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

General Comments from Trainer & Recommendations for improvement:

- Jinyoung decided not to take part in the Safetyboat course.

Course Name: RYA First Aid

	Pass	Defer	Fail
Assessment Outcome:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

General Comments from Trainer & Recommendations for improvement:

- Jinyoung already had a First Aid certificate so therefore didn't take part in the course.
- It is recommended that Jinyoung link with an organisation within Korea to deliver a first aid course to trainee sailing instructors.

Course Name: ISAF Level 2 Senior Sailing Instructor Trainers Course

	Excellent	Good	Satisfactory	Poor	Very Poor
Centre Management Knowledge	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fleet Control and Management	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coaching Assistant Instructors	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Session Planning	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flexibility in Approach to Session Delivery	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communication Skills	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Briefing and De-Briefing Skills	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Back Ground Knowledge	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Pass		Defer		Fail
Assessment Outcome:	<input type="checkbox"/>		<input checked="" type="checkbox"/>		<input type="checkbox"/>

General Comments from Trainer & Recommendations for improvement:

- Jinyoung attended 3 days of the 4-day ISAF Level 2 Senior Instructor Trainers course. She didn't attend the final day due to her flight time home.
- During the Senior Instructor course Jinyoung understood the concepts however she will need help and guidance when delivering Senior Instructor Training. It is recommended that Jinyoung work with an experienced ISAF Trainer to deliver an ISAF Level 2 Technical Course for Coaches to improve her personal knowledge and coaching skills.

Management Training Courses:

1 = Didn't Understand any elements of the course
10 = Fully understood all aspects of the course

	1	2	3	4	5	6	7	8	9	10
National Sailing Training Scheme SWOT Analysis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communication Techniques and Giving Presentations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Setting Targets and Managing Outcomes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Principles of Planning and Developing Training Plans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Developing a National Accreditation Programme	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Managing and Training Inspectors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CMI Level 4 Award in Management and Leadership	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Other course elements completed (Non- Assessment):

Sailing Industry Networking Visits:

International Sailing Federation (ISAF)
Royal Yachting Association (RYA)
British Marine Federation (BMF)
Royal National Lifeboat Institute (RNLI)
Southampton International Boat Show
Laser Performance Dinghies – Boat Manufacturer
RS Sailing – Boat Manufacturer
Topper International – Boat Manufacturer

General Recommendations for Candidate Improvement:

- Jinyoung will need the support and guidance from the Korean Olympic Committee and the Korean Sailing Federation to be successful in her desire to develop a national 'Learn to Sail' scheme within Korea.
- It is recommended that Jinyoung organise an ISAF Level 1, 2 and 3 Technical courses for coaches over 2011 and 2012. These courses will develop the current sailing coaches within Korea. During these courses Jinyoung will have the opportunity to personally develop her coaching techniques.
- It is recommended that Jinyoung continue to develop her powerboat driving and windsurf competencies and works with experience coaches to develop courses for trainee sailing instructors.



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More Information:

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