



# 2011 Sailing Clinics

Registration for the 2011 Sailing Clinics opened **May 1**. Pete Comfort and Ted Keller will be running a series of sailing clinics with great opportunities for learning and fun out on the water. Registration will be available online and via mail, starting May 1.

Here is Clinic Schedule:

## **June 28, 29 – Morning**

### **Opti I – “Let’s Learn to Sail” for Beginners ages 7 and up**

*Level-Beginner*

9 am to noon both days

\$60 per student

6 student minimum – 14 students maximum

Enjoy happy times at the lakefront learning to sail in our small, stable Opti dinghies. Designed to teach sailing basics and beyond. This program builds self-esteem and personal confidence in a fun-filled stimulating environment. Emphasis is on learning the basics and feeling comfortable on the water. Be ready to learn rigging, basic boat handling, terminology, and the points of sail. This is a great starting point for those younger first-time sailors.

## **June 28, 29 – Afternoon**

### **“Let’s Sail the Butterfly”**

*Level-Beginner/Novice*

1pm-4pm both days

\$60 per student

6 student minimum

The Butterfly offers a simple learning platform for those first-timers and an exciting challenge for those seeking to master their skills. This course is great for older kids who want to learn, but in a bigger boat; adult members are also encouraged to attend. Sailors participate in a chalkboard lesson or land exercise emphasizing a key skill each day. After coaches issue a game plan for the practice or race ahead, sailors are then sent to rig and launch. Once on the water, coaches direct the team through a series of drills and activities. At the completion of water activities, coaches provide an individual performance review and de-rigging assistance.



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## **June 30, July 1 – Full Day**

### **Butterfly Racing Clinic, “Let’s Get Ready to Race”**

*Level-Novice to Advanced*

2 days 9 am to 3 pm\*

\$120 per student

6 student minimum

This is the next step for those Butterfly sailors looking to enjoy the exciting world of sailboat racing. This level covers an introduction to racing fundamentals while focusing on teaching performance sailing skills. This Session will focus on further refining racing skills such as tactics, boat handling, sail trim & knowledge of the racing rules using the butterfly. This is the perfect course to brush off the winter cob webs and get you off to a great season. Sailors participate in a chalkboard lesson or land exercise emphasizing a key skill each day. After, coaches issue a game plan for the practice or race ahead, sailors are then sent to rig and launch. Once on the water, coaches direct the team through a series of drills and activities. At the completion of water actives, coaches provide an individual performance review and de-rigging assistance.

## **July 7, 8, afternoon mini sessions**

### **Opti II Learn to sail**

*Level-Novice*

2 days, 3 to 5 pm each day

\$40 per student

6 student minimum – 14 students maximum

This course is intended as a follow up to our Learn To Sail course and for juniors that have previous experience. Sailors will strengthen basic skills and become proficient sailing all points of sail. Practicing tacking, jibing, sail trim, boat handling and review of weather recognition are the goals of this course.

## **July 14 – Full Day**

### **Adult Racing Clinic, “Let’s Learn to Race”**

*Level- Any adult sailor who wants to learn and better understand the racing fundamentals in Butterflies.*

1 day, 9 am to 3 pm\*

\$60 per student

6 student minimum

This course is designed for those that have the basics of sailing the Butterfly and are ready to learn more about racing. We will strengthen sailing skills and focus on boat handling, right of way, sailing in all conditions under control and skipper responsibilities. Sailors participate in a chalkboard lesson or land exercise emphasizing a key skill. After, coaches issue a game plan for the practice or race ahead, sailors are then sent to rig and launch. Once on the water, coaches direct the team through a series of drills and activities. At the completion of water actives, coaches provide an individual performance review and de-rigging assistance.



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## **July 15, 16 – Full Day, Half Day**

### **MC Speed Clinic**

1.5 days, 9 am to 3 pm Friday\*

9 am to noon Saturday

\$90 per student

6 student minimum

This clinic is designed to help you progress in your MC Scow racing. You will learn in a hands-on, fun atmosphere, while you improve your boat handling, boat speed, starting ability, and sharpen your racing skills all around the course. All geared to get you more comfortable in your MC and more confident on the race course.

## **July 25, 26 – Morning**

### **Opti I – “Let’s Learn to Sail”**

*Level-Beginner*

9 am to noon both days

\$60 per student

6 student minimum – 14 student maximum

Enjoy happy times at the lakefront learning to sail in our small, stable Opti dinghies. Designed to teach sailing basics and beyond. This program builds self-esteem and personal confidence in a fun-filled stimulating environment. Emphasis is on learning the basics and feeling comfortable on the water. Be ready to learn rigging, basic boat handling, terminology, and the points of sail. This is a great starting point for those younger first-time sailors.

## **July 25, 26 – Afternoon**

### **Opti II – “Let’s Go Sailing”**

*Level-Novice or Opti I graduate*

1 to 4 pm both days

\$60 per student

6 student minimum -14 student maximum

This course is intended as a follow up to our Learn To Sail course and for juniors that have previous experience. Sailors will strengthen basic skills and become proficient sailing all points of sail. Practicing tacking, jibing, sail trim, boat handling and review of weather recognition are the goals of this course.



# 2011 Sailing Clinics

## **July 28, 29 – Full Day**

### **Butterfly Racing Clinic, “Let’s Get Ready to Regatta!”**

*Level-Novice/Advanced*

9 am to 3 pm both days\*

\$120 per student

6 student minimum

This course is focused on preparing sailors to compete at a higher level. These Sessions will focus on further refining racing skills such as tactics, advanced boat handling, sail trim, tuning, sportsmanship, teamwork, and knowledge of the racing rules. Sailors participate in a chalkboard lesson or land exercise emphasizing a key skill each day. After, coaches issue a game plan for the practice or race ahead, sailors are then sent to rig and launch. Once on the water, the coaches direct the team through a series of drills and activities and/or supervises the team in a Yacht Club-sponsored race. At the completion of water actives, coaches provide an individual performance review and de-rigging assistance. This course is a great tune up for the upcoming WMYA regatta.

*\* All Full Day sessions will include a ‘working lunch’ with chalk talk and other learning opportunities as the group breaks for lunch. It is recommended that students bring a brown bag lunch or purchase a \$5 box lunch that will be available from the kitchen. Box lunches will need to be ordered in advance when you register for a full day session. As we will likely be breaking for lunch down at the sail school beach (east end of the club property), students ordering lunch from the kitchen window will not be logistically feasible.*