

## 2011 Junior Sailing Program

# THE GALWAY LAKE SAILING CLUB'S 2011 JUNIOR TRAINING PROGRAM STARTS JULY 9th

## FUN IN BOATS FOR JUNIORS AN INTRODUCTION TO SAILING, ROWING, & PADDLING

**Spread the word to your neighbors at Galway Lake:** Saturday mornings, 9:30 to 11:30, starting July 9th, young Sailing Club members can learn boating skills. They will sail when there is a breeze, and they will learn kayaking, canoeing, and rowing when there is no breeze. The participants attend when they can and progress at their own rate toward being able to handle the boats alone.

**Swimming Ability - All participants must demonstrate the ability to swim. They will learn to be comfortable swimming around a boat and hanging on to it even if it is swamped or capsized. Each must own a properly sized and fitted life preserver, know that it must be worn, and know how to put it on.**

### Introduction to Sailing:

The achievement levels in this program are:

1. **Steersman** - Has gotten used to the motions of a sailboat, and can steer it toward a target buoy or a point on shore. Focuses on where the boat is going -- not on the angle of the tiller. Can tell where the wind is coming from. Can turn the boat about, into the wind, and complete the turn until the wind fills the sail on the other tack. Shifts from one side to the other as the boat turns about, passing the tiller and hiking stick behind the back from one hand to the other.
2. **Junior Skipper** - Has learned to handle the mainsheet, and knows if the mainsail needs to come in or be let out. Can handle the mainsheet and tiller at the same time while going about. Leans out or in to balance the boat. Can turn about rounding a buoy. Comfortable sailing with other boats nearby. Knows port and starboard, and the basic right of way rules. Can yell "Starboard" loud enough to be heard on a nearby boat.
3. **Skipper** - Manages mainsheet, steering, and balance, all at the same time. Has learned how to come into a dock and up to a mooring buoy or person in the water. Takes first solo sail, going back and forth on a reach, returning to the dock.
4. **Captain** - Sails the boat alone. Can make progress upwind or downwind by close or broad reaching. Demonstrates by going to and around upwind and downwind buoys.
5. **Racer** - Can sail into the wind close hauled, and downwind. Knows how to jibe. Can cross a starting line and can sail around a 3-buoy course in both directions. Knows how to get into and out of "irons" (boat stopped, head into the wind). Knows how to steer when the boat is going backwards. Knows what to do in capsize or "person overboard" situations.

As time and skill of the participants allow, races around a special short course will be organized. All participants will receive recognition for their level of achievement in this program

**FIRST JUNIOR TRAINING SESSION: 9:30 AM, SATURDAY, JULY 9  
AT THE ARONSTEIN CAMP, 2650 MAY ROAD**

**FOR MORE INFO CONTACT ONE OF THE JR. TRAINING CO-CAPTAINS**

**Matt Kniskern 518-791-7967  
Rich Collucciello 518-391-0237**