

# Session 1 Newsletter

July 5<sup>th</sup> to 16<sup>th</sup>



To start off the sailing season Session 1 experienced some challenging weather, however, everyone was able to get on the water for some sunny sailing! On days that we could not go out, there were theory lessons, activities, and presentations. Everyone had so much fun getting back on the water, and we are excited to see what lies ahead!

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## CANSAIL 1-2

CanSail 1-2 are the beginner levels where the fundamentals of sailing are taught. These levels focus on boat handling, safety lessons, and basic sailing theory.

This session we learned:

- Heading up & bearing off
- Stopping & starting
- Capsizing
- Points of sail
- Double handed sheeting
- Puffs & lulls
- Knots
- Body positioning
- Tacking & gybing
- Towlines



**Highlights:**  
*Adventure sail to stinky pier  
Sailing Jeopardy  
Werewolf & Mafia  
Foul Weather Fashion Show*

**Instructors:**  
*Sammy, John, Stuart, Isaac, Laura, Lily, Ben*



## CANSAIL 3-6

These levels have a racing focus and longer training sessions to help prepare the sailors for regattas. They were able to get out on the water in all conditions working on a variety of skills! We had a combination of Optis, Lasers Radials, and 420s!

This session we worked on:

- Roll tacks & gybes
- Accelerations
- Race starts
- Mark roundings
- Heavy wind boat handling
- Pointing vs. speed sailing modes
- Spinnaker & Trapezing
- Identifying wind shifts and clouds

*Highlights:*  
Heavy wind trapezing  
Morning fitness with coaches  
Adventure sail up West River  
Practice races



**Coaches:** Wyatt & Ali

## FIRE SAFETY

The Charlottetown Fire Department Rescue Boat came to discuss fire safety on and off the water. They also allowed us to walk down to the boat at Peake's Quay! Thank you to them for a fun and informative presentation!



## SAILING FOR LIFE

This past Friday we were lucky enough to have guest speakers Antonia and Georgia Lewin-Lafrance. The two sisters have sailed in many different venues around the world and are now campaigning to represent Canada for the 2024 Olympics in the 49erFX boat class. A big thank you to them for sharing their experiences with us!

## ELSA

A round of applause for the instructor team who worked very hard to keep all our boats and equipment safe for the tropical storm Elsa!

