

Session 2 Newsletter

July 19th to 30th



Session 2 came with many thunder warnings the first week, but thankfully we were given a beautiful sunny second week! Land days were filled with theory lessons, and then the kids were able to apply those lesson on the water. With the restrictions slowly easing, our summer at CYC is starting to look more normal and the sailors were able to go to Fort Amherst as a group for the first time since 2019!

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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:

- Tacking & gybing
- Heading up & bearing off
- Stopping & starting
- Tiller switches
- Body positioning
- Points of sail
- Knots Tying

Highlights:
*Foul Weather Fashion Show
Fort Amherst!
Capture the Flag*



Instructors:
Stuart, Isaac, Laura & 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! This session we had a combination of Optis, Lasers Radials, and 420s!

This session we worked on:

- Roll tacks & gybes
- Accelerations
- Wide and tight mark roundings
- Spinnaker trimming
- Controls and depowering
- Racing and start sequences
- Tactically slowing down
- Clean air



Highlights:
Heavy wind trapezing
Fitness in the rain with Ali
Sailing the young kids to
Fort Amherst
Opti paddle races



Coaches: Sammy & Ali





WETFEET

The Wetfeet group is for sailors ages 5-7 and introduces the kids to the world of sailing. The primary focus of this group is to get the sailors comfortable being in boat on the water, while having fun! The basics are taught with short theory lessons that involve many games!

This session the Wetfeet learned...

- The basics of steering a boat
- Parts of the boat
- Knot tying
- Sea creatures and their habitats



Highlights:

*Tying up the coaches
Sailing with older sailors to Fort Amherst
Making an Aquarium
Lots of games!*

Coaches: Wyatt, Lily, & John



THE BAY WIND REGATTA/SAIL EAST 2021



The weekend of July 24th and 25th five Laser Radial sailors and two coaches represented the Charlottetown Yacht Club at the Bay Wind Regatta/Sail East. The event took place at Saint Margret's Sailing Club (SMSC) in Nova Scotia. The bay did not disappoint and brought lots of wind and waves with winds ranging from 8 to 20 knots!



Coaches: Ali & Stuart

Memories:
Bowplowing in the massive waves
Training camp on the Friday
Participating in real protests

