

Session 1 Newsletter

July 2-12



What a busy and fun session so far! The weather has been great with almost every day being nice and sunny. Some days have been too windy for the beginner sailing groups, in which case several land lessons that focus on sailing theory. Excited to see what the next two days bring us!

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CanSail 1-2

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

This week we learned:

- Points of sail
- Parts of the boat
- Steering
- How to trim our sails
- How to right a capsized boat!
- Knot tying
- Starting and Stopping our boats
- How to rig and derig (preparing) our boats
- Hypothermia and heat exhaustion symptoms, and how to dress properly for sailing in various weather conditions
- Tacking and Gybing
- Hazards of the Charlottetown Harbour
- Starboard & Port
- Right of way



CanSail 3-4/Intermediate 420 Group

CanSail 3-4 is a level group which is where the true meat of technical sailing is learned. These levels are the transition between beginning sailing skills and heavy racing. All further levels build on skills initially learned in the 3-4 levels.

This week we learned:

- Tuning our boats with rake and tension settings
- Keeping proper heel/flat boat in heavy air
- Steering, sheeting, and body positioning in the 420
- Spinnaker and trapeze
- Introduction to racing
 - Starts and mark roundings
- Sail controls
- Wind shifts: adjusting to wind shifts and recognizing when a wind shift occurs
- Reading ticklers and sailing at upwind angles that are racing appropriate
- Log book writing to track individual progress and self-improvement



CanSail 3-6/Race Training Group

The CanSail 3-6 race training group is focused on learning technical skills used for racing dinghies. These lessons build on sailing skills already learned to make them as fast and efficient as possible.

This week we focused on:

- Surfing on waves
 - For this lesson, we sailed out of the Harbour into the Northumberland Strait!
- Keelboat sailing as a break from dinghy training (courtesy of John Hayden)
- Starts and accelerations
- Mark roundings
- Sail controls and fine adjustments for points of sail, gusts, and lulls
- Heavy wind sailing

ARK Regatta

This past weekend we had sailors compete at the ARK regatta in Bedford, Nova Scotia! We had 4 lasers, 2 optis, and 1 420. Big shoutout to all parents who supported this event and helped load boats onto trailers as well as tow boats to and from the event! This was a great regatta where sailors were able to incorporate things learned in training into their racing.



Environmental Education & Other Highlights

Friday Fun Day: Fort Amherst!

We sailed to Fort Amherst, where we anchored our boats and then spent a fun day swimming and playing on the grassy hills of this area.



Jellyfish species lesson for CanSail 1-2: Learning about jellyfish, which are very noticeable in our sailing area! After learning about the different species and the nematocysts on their tentacles, we then observed these animals up close!

FUN FACT: This lesson got featured by Sail Canada!



A Luna moth found by one of our sailors outside of the sailing shed!