

Session 2 Newsletter

July 20-31

Our second session proved to really test our weather patience with many thunder warnings, heat warnings, and light winds. On days which were too windy or not windy at all, we had several land lessons that focused on sailing theory. A fun couple of weeks to approach the mid-way point of the summer!

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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.

We learned:

- Points of sail
- Parts of the boat
- Intro to Steering
- Intro to sail trim
- How to right a capsized boat!
- Knot tying
- Starting and Stopping our boats
- How to rig and derig (preparing) our boats
- Tacking and Gybing
- Starboard & Port
- Windward vs. Leeward
- Basics of boat heel and controlling balance with sail trim
- Using both 420s and optis to work on different skills
- How to prevent and treat hypothermia and heat stroke

Instructors of these groups: Stuart, Paul, John, Isaac, and Lily



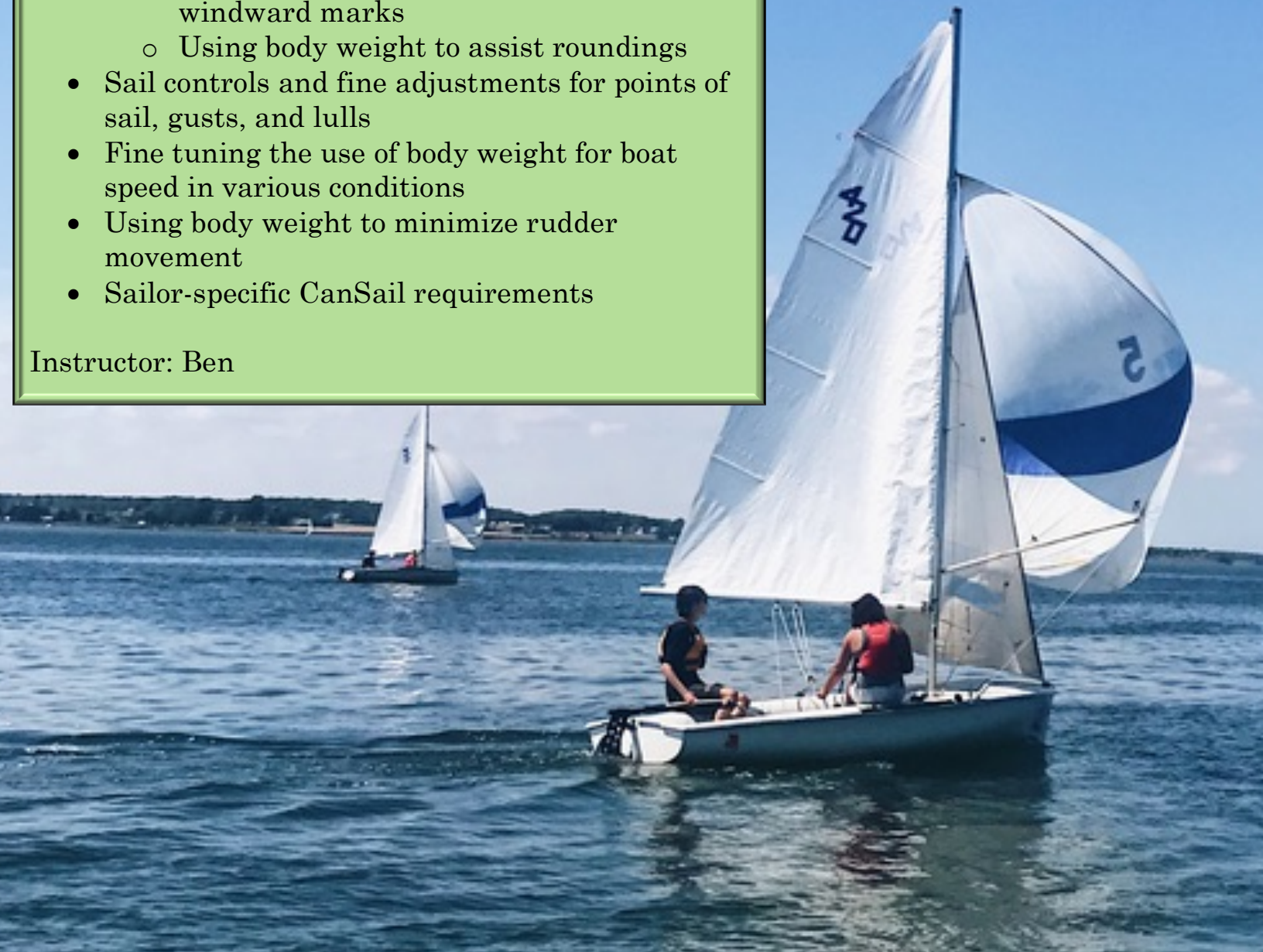
CanSail 3-6 (420)

The CanSail 3-6 420 training group is focused on learning technical skills used for racing and more efficient sailing. These lessons also add new elements of sailing into our lessons, such as trapeze and spinnaker.

We focused on:

- Spinnaker and trapeze technique
 - Light wind spinnaker work
- Starts and accelerations
 - Timed acceleration countdowns
- Distance sails
- Mark roundings
 - Having quick spinnaker sets after windward marks
 - Using body weight to assist roundings
- Sail controls and fine adjustments for points of sail, gusts, and lulls
- Fine tuning the use of body weight for boat speed in various conditions
- Using body weight to minimize rudder movement
- Sailor-specific CanSail requirements

Instructor: Ben



CanSail 3-6 (opti, laser)

This level trained to have long on-water days to help keep the focus of racing despite all regattas being cancelled this summer. In windy days, the optis and lasers separated into their own training groups to further learn boat-specific technique!

We focused on:

- Surfing in waves on the downwind
- Sailing upwind in waves
- Starts
- Doing line-up sailing partner speed testing
- Sail control fine-tuning
- Light wind body positioning to maximize boat speed

Exciting highlights:

- optis sailed to Tea Hill!
- Claire Sears, an aerospace engineer, Zoom called from Spain and talked about her current work developing carbon fibre rigging and masts on superyachts!

Coach: Alison



Other Highlights

Sailing Jeopardy

Coach Lily led two rounds of sailing jeopardy during the last week of severe thunderstorm risks! Our groupings stayed together to create our teams for Jeopardy. A really fun activity that allowed us to learn under the 5 categories: Rigging, Parts of the Boat, Points of Sail, Harbour Hazards & Hotspots, and Coaches

