

Session 3 Newsletter

July 29-August 9

What a busy and fun session the past two weeks were! The weather was interesting with a major heat wave leading to lots of swim sessions. On days which were too windy for the beginner sailing groups, we had several land lessons that focused on sailing theory. Thanks for a great midsummer!

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Wetfeet

Wetfeet is ages 5-7 and focuses on getting younger sailors adjusted to boats and the marine environments, as well as introduces basic sailing terms and skills.

This week we learned:

- Knot tying
- Learned about local aquatic species by having an active aquarium lesson daily
- Boat balance and how to move around safely within a boat under sail
- Parts of the boat
- Boat safety and how to communicate to sailing partners in a boat
- How boats move and how to steer a boat



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
- 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
- Stopping and starting our boats on command
- Intro to starting a race and start sequence countdowns



CanSail 3-6

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:

- Spinnaker and gybes
- Starts and accelerations
- Mark roundings and rules surrounding these manoeuvres`
- Rake and tension
- Sail controls and fine adjustments for points of sail, gusts, and lulls
- Body positioning in various conditions to enhance boat speed
- Tack and gybe challenges
- Using body weight to minimize rudder movement
- Practice regattas
- Main sheeting in windy conditions
- Sailor-specific CanSail requirements

SailEast Regatta

There was a great presence of CYC sailors at SailEast in Shediac, New Brunswick. There were 2 days of training and 2 days of racing. We had 3 optis, 6 lasers, and 1 29er compete representing the Island. Everyone improved and had personal improvements, on top of great sportsmanship and positive attitudes. Congrats!



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.

