

Session 4 Newsletter

August 17-28

Session 4 was windy end to our summer!

On days which were too windy for the beginner sailing groups, we had several land lessons that focused on sailing theory. In the light wind days, we tried to get as much time on the water as possible. It was a creative session with many neat lessons and games on-land to compliment time spent on the water.

Thanks for the fun summer!

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Wetfeet



The wetfeet group is for sailors ages 5-8, introducing them to the world of sailing. The basics of sailing and sailing theory are taught with an emphasis on fun and games!

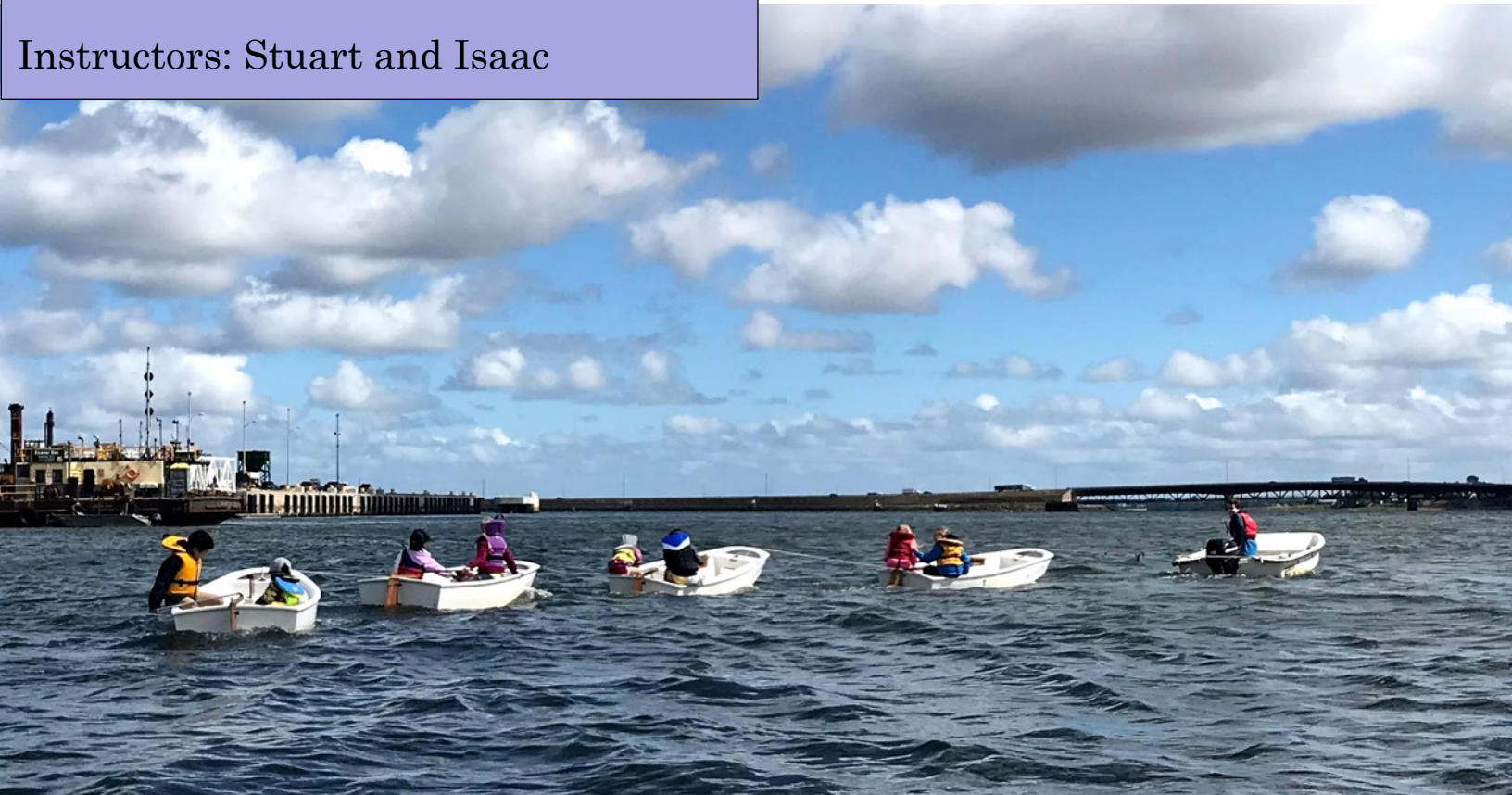
We learned:

- Parts of the opti
- Towline (intro to steering)
- Knot tying
- Body positioning in the sailboat
- Bow vs. Stern and Starboard vs. Port

Other Activities include:

- Swimming
- Making a fort in the shed with old sails (great for movie-watching)

Instructors: Stuart and Isaac



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
- How to treat and prevent heat exhaustion and hypothermia
- Basics of boat heel and controlling balance with sail trim
- Geography of the Charlottetown Harbour, including Hazards

Highlight: Laura and Lily's group spending Friday at Victoria Park

Instructors: Lily, Laura and John



CanSail 2-3 (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:

- Intro to spinnaker and trapeze
 - Learning and developing techniques
- Starts and accelerations
 - Timed acceleration countdowns
- Distance sails
- Mark roundings
- Sail controls and fine adjustments for points of sail, gusts, and lulls
- Fine tuning of use of body weight for boat speed in various conditions
- Tack and gybe challenges
- Using body weight to minimize rudder movement
- Sailor-specific CanSail requirements

Highlight: Day spent at Fort Amherst

Instructor: Ben



CanSail 3-6 (opti, laser, 420)



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, radials and 420s separated into their own training groups to further learn boat-specific technique!

We focused on:

- Surfing in waves on the downwind
- Using waves and body weight to promote planing
- Sailing upwind in wavy, windy conditions
- Starts & Accelerations
- Doing line-up sailing partner speed testing
- Sail control fine-tuning
- Boat specific handling
- Heavy wind manoeuvres
- Mark roundings

Instructor: Alison



Coastguard Presentation



The Charlottetown Inshore Rescue visited us and presented on safety material and the responsibilities of their job. They showed us various safety gear items stored on their boat in order to perform rescues. A big thank you for the informative and presentation!



Thank you!



A big thank you for all the support this summer! We managed to run a full program while abiding to the provincial health guidelines. Thank you to parents and sailors for their patience and cooperation. We would like to thank the Charlottetown Yacht Club for allowing us to use more facility space in order to ensure physical distancing. Finally, we want to acknowledge our program directors Peter Bethune and Graeme Carr for all of the work they did behind the scenes that allowed us to sail safely this summer!