

# Session 3 Newsletter

## August 3-14

Session 3 was a windy and hot one! We had one week of consistently 20+ Knots, and a heat wave lasting through both weeks. On days which were too windy for the beginner sailing groups, we had several land lessons that focused on sailing theory. In the second, less windy week we tried to get as much time on the water as possible! Many swim breaks were included to beat the heat. It was an exciting and creative session with many neat lessons and adventure sails.

### CONTACT US:

[cycpejrsail@gmail.com](mailto:cycpejrsail@gmail.com)

### FOLLOW US ON SOCIAL MEDIA:

Instagram:

[@charlottetownycjrsailing](https://www.instagram.com/charlottetownycjrsailing)

Facebook:

[Facebook.com/cycjuniorsailing](https://www.facebook.com/cycjuniorsailing)





# Wetfeet

The wetfeet group is for sailors ages 5-7, 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
- Intro to tacking
- Bow vs. Stern and Starboard vs. Port

Other Activities include:

- Swimming
- Scavenger Hunt
- T-shirt craft

Instructors: Laura and Lily





# 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
- Geography of the Charlottetown Harbour, including Hazards

Instructors: Stuart, John, and Isaac





# 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:

- 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

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 and 420s 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 and swell
- Starts
- Doing line-up sailing partner speed testing
- Rake (for optis)
- Sail control fine-tuning
- Boat specific handling

Highlights: keelboat sailing potluck!

Instructor: Alison





# Tuesday Night Dinghy Racing



Organized dinghy racing has been set up so that all dinghy sailors have the opportunity to gain racing experience in light of regatta cancellations across the region due to COVID-19. 420s, Lasers, and optis are being raced all on the same course using a rating system for overall scoring. Racing starts at ~6-6:15. Sailors interested should be at the yacht club by 5:30. Please contact us via email for more information and registration forms!

