

Session 2 Newsletter

July 15-26

What a busy and fun session so far! The weather has been interesting with thunderstorm risks, high winds, and hot sun. 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 week will 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
- 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
- Hypothermia and heat exhaustion symptoms, and how to dress properly for sailing in various weather conditions
- Tacking and Gybing
- Starboard & Port
- Stopping and starting our boats on command



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
- Starts and accelerations
- Mark roundings
- Sail controls and fine adjustments for points of sail, gusts, and lulls
- Heavy wind sailing
- Body positioning in various conditions to enhance boat speed
- Spinnaker and trapeze (420/29er)
- Main sheeting in windy conditions
- Identifying clouds and knowing what wind conditions cloud types bring
- Types of wind shifts

Charlottetown Race Week

This week we have sailors competing in the Charlottetown Race Week keelboat event across multiple different boat types. This opportunity is great for our sailors since it not only shows how sailing fits into life as an adult, but also is a rich tactical learning experience. We are proud to have sailors that can be in these kinds of events!



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.

