

# Session 1 Newsletter

## July 6-17

To kick off our sailing season in this first course, we experienced difficult weather on top of challenges presented by COVID-19. Sailors were quite resilient on the cold temperature days. On days which were too windy for the beginner sailing groups, we had several land lessons that focused on sailing theory. A great start to this summer.

### CONTACT US:

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

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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
- Hypothermia and heat exhaustion: prevention and treatment

Instructors of these groups: Maddie, Stuart, 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
- Starts and accelerations
  - Timed acceleration countdowns
- Distance sails around the harbour and connected rivers
- 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 work
- Backwards sailing
- Rudderless sailing: using body weight to minimize rudder movement
- Sailor-specific CanSail requirements
- Working on surfing waves in wavy conditions

Instructor: Ben





# CanSail 3-6 (opti, laser)

This level trained to have long on-water days to help maintain endurance 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-ups for speed testing with other sailing partners
- Rake (for optis)
- Using sail controls fine-tuning
- Daily fitness
- Leech profiles on laser
- Distance sails (up west river with the lasers, and out the mouth to Tea Hill with the optis!)

Instructor: Alison





# Other Highlights:

## Environmental Education

Professor Vince Repaci from UPEI's environmental biology and aquatic sciences department came and presented on ocean science! We learned about ocean gyres, different levels of the ocean (based on depth) and the difference in sea life between shallow and deep waters. We appreciate this opportunity to learn about the environment that is so heavily tied to the sport of sailing!



## Coastguard Presentation

The Charlottetown Inshore Rescue visited us and presented on safety. They showed us all of their safety gear that they carry on their boat in order to perform rescues. A big thank you for the informative and fun presentation!

