



**Santa Cruz Yacht Club
Junior Sailing Program**

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**SCYC PINTO LAKE EL TORO SAILING PROGRAM
COURSE CONTENT - BEGINNER**

GOALS: To produce safe and expert El Toro skippers, with an appreciation for the maritime heritage, with an emphasis on *seamanship*, *sportsmanship*, and *personal responsibility*.

STRUCTURE

18 sessions, 3 hours each (9 before winter break, 9 after)
30-minute lectures, land drills, 90 minutes afloat, recap
Written quizzes and monthly mini regatta
Alternate bad weather venue at SCYC

TOPICS

SEAMANSHIP

WIND:	causes, true wind, apparent wind, detection and sensing, the "wind hill"
GEAR AND KNOTS:	line, cleats, tackle, bowline, figure 8, cleat hitch, springing
THE BOAT:	the hull, the rig, terms and their origins, rigging and unrigging, boat maintenance

PRINCIPLES OF SAILING

THE THREE BASIC INGREDIENTS:	Wind, Sail, and Lateral Resistance
THE TWO MODES:	Blow (push) vs. Flow (pull)
THE THREE POINTS OF SAIL:	Beat, Reach, Run
THE 'NO GO' ZONE	

SPORTSMANSHIP

RACING RULES OF SAILING

- Fundamental Rule
- Basic right-of-way rules
- Fair Sailing
- Voluntary penalties

SKILLS

- RIGGING AND UNRIGGING
- LAUNCHING AND RETRIEVING
- STEERING AND TRIMMING
- STARTING AND STOPPING
- SAFETY POSITION
- DOCKING
- REACHING
- TACKING
- BEATING
- GETTING OUT OF IRONS
- RUNNING
- JIBING
- COLLISION AVOIDANCE
- CAPSIZE RECOVERY