



**Santa Cruz Yacht Club
Junior Sailing Program**

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**SCYC PINTO LAKE EL TORO SAILING PROGRAM
COURSE CONTENT - INTERMEDIATE/ADVANCED**

GOALS: To produce safe and expert El Toro skippers, having an appreciation for the maritime heritage, with an emphasis on *seamanship*, *sportsmanship*, and *personal responsibility*. Intermediate/advanced sailors will have been exposed to all the topics in the beginner course plus the following additional material.

STRUCTURE

- Same as for Beginner
- Possible alternate sailing venues (Kelly Lake etc.)
- Written quizzes and monthly mini regatta, Richmond YC Midwinters optional
- Alternate bad weather venue at SCYC

TOPICS

SEAMANSHIP

WIND:	types, shifts, categorizing, the Beaufort scale
GEAR AND KNOTS:	heaving, buntline hitch, clove hitch, rolling hitch
THE BOAT:	hull and construction types, spars, types of rigs, CFJ's

PRINCIPLES OF SAILING

BALANCE:	Wind, Sail, Lateral Resistance, and Pressure
THE TWO MODES:	Blow vs. Flow, laminar flow & stalling, twist, telltales
BEATING:	footing vs. pinching, heel, body placement
REACHING:	displacement vs. planing, heel, body placement, vang
RUNNING:	displacement vs. planing, heel, body placement, by the lee, vang
TACKING:	roll tacks vs. standard tacks, when to and when not to tack
JIBING:	the "S" jibe, roll jibes, when to and when not to jibe

SPORTSMANSHIP AND RACING

RACING RULES OF SAILING

- Basic right-of-way rules, at starts, at mark roundings
- Upwind tactics and rules
- Downwind tactics and rules

THE SEVEN MOST COMMON MISTAKES

SKILLS

- TACKING AND JIBING, BOTH ROLL AND STANDARD
- STEERING, TRIMMING, AND PUMPING
- CORRECT WEIGHT PLACEMENT, HIKING, AND OCHING
- DEPOWERING
- STARTING
- ROUNDING MARKS
- RUDDERLESS SAILING