

Learn to race your sailboat at Corinthian Yacht Club!



Corinthian Yacht Club offers several ways to help you get started in sailboat racing or brush up on your skills. The Rookie Rally Educational series provides a solid foundation of racing skills via classroom instruction and on-the-water activities. CYC provides a series of educational presentations on Friday nights at Shilshole, and member fleets provide training and practice sessions at the CYC clubhouses. Our educational committee members are also glad to meet with you to help you work towards your goals!

Corinthian Yacht Club Rookie Rally 2008 Educational Series (it's free!)

Instructor:

Bruce Van Deventer, CYC Seattle
bruce.vandeventer@verizon.net
(425) 775-9695

Recommended books:

“Getting Started in Sailboat Racing” by Adam Cort and Richard Stearns
“Paul Elvstrom Explains the Racing Rules of Sailing”

May 19: “Welcome to the Racecourse”: Walk-through a typical race. Handicap racing, One Design, distance vs. buoy races. Paperwork / organizational requirements. Conduct of a race per RRS. Reading Sailing Instructions. Starting sequence and basic rules

June 2: Starting & upwind legs: Rules during starting. Finding the favored end. Standard starting tactics. The advantaged side of the course vs. advantaged side of starting line. Rules when sailing to windward, and at the weather mark.

June 9 Downwind angles, gybing on wind shifts. Rules when sailing downwind. Leeward mark rounding rules and tactics. Favored end of the finish line. Rules when finishing.

June 16: Boatspeed Basics: Foils above and below water. Balance. Main, jib, and rig controls. Windward sail trim in light, medium, and heavy air. Downwind trim. How to read a tuning guide. Basic tuning for keelboats.

All classroom sessions at at CYC’s Shilshole clubhouse, 7755 Seaview Ave NW , 7:00pm to 9:00pm.

Rookie Rally / Leschi One Design on-the-water training:

We expect to have at least one on-the-water practice session at Shilshole on a Melges 24, with other locations and boat types depending on participant interest. We will attempt to pair up participants with local racers to ensure everyone gets actual race experience. You need to have appropriate sailing gear, including a PFD, and basic sailing skills.

CREWS: This is a great opportunity to expand your skill base, move to another position on the boat, or start racing your own boat!

Chief Instructor: Bruce is an experienced keelboat and dinghy racer, competing in everything from club races to international world championships. He is also a US Sailing Race Officer and former CYC fleet captain - Race, and also a Level III certified snowboard instructor. He currently campaigns a 5o5 and a Melges 24.



both books in stock at amazon.com

