

# Windycrest Junior Sailing Camp

## *Junior Sailing Camp 2021*

Thank you for your interest in the junior sailing program. Our goal is to teach our youth how to sail and refine their sailing skills. Emphasis is placed on creating a joy of sailing while encouraging those more seasoned sailors to further develop their hobby.

**When:** Monday, 14 June through Friday, 18 June 2020  
Camp starts each day at 9:00 am and will go until 4:00 pm  
**Where:** Windycrest Sailing Club (meet in the Pavilion each day)  
**Ages:** 8 to 18

### **What with sail camp students be doing during the week?**

- Fun activities and games which teach sailing skills to all levels
- See the camp schedule at the end of the flyer

### **What is required?**

1. Parents must be a member or associate member of Windycrest Sailing Club.
  - a) Non-members must join Windycrest Sailing Club and pay one-time initiation (\$100) and 2021 associate membership fee (\$84). Contact the Vice Commodore for more information about joining at [vice.commodore@windycrest.com](mailto:vice.commodore@windycrest.com)
2. Cost of the camp which must be paid in advance and is non-refundable is:
  - a) Members: Included in club dues
  - b) Associate members: \$155 for first person in family and \$30 under 13 and \$60 for 13 and older for additional students
3. Cost of training boat use per student:
  - a) \$30 under 13  
\$60 for 13 and older
4. Complete the **REGISTRATION, MEDICAL INFORMATION & AUTHORIZATION FOR TREATMENT FORMS**. Contact the Training Director at [training.director@windycrest.com](mailto:training.director@windycrest.com) to get registered
5. Successfully pass the US Sailing prescribed swim test while clothed in sailing attire and shoes.  
The student must be able to:
  - b) Tread water for 5 minutes
  - c) Swim 25 meters
  - d) Put on a PFD while in the water
  - e) Swim another 25 meters wearing the PFD**Note: We will contact parents prior to the camp if we can arrange for the students to take the test at a pool.**
6. Parents and students must be familiar with the training program rules and discipline policy.

# Windycrest Junior Sailing Camp

## **What do I need to bring to camp?**

- Properly sized PFD (life jacket)
- Water Bottle
- Lunch and snacks
- Sunscreen
- Hat and sailing gloves
- Closed-toed shoes (barefoot, sandals or thongs not allowed)
- Waterproof watch with a timer if you want to practice racing starts
- Red book and course material
- A Positive Mental Attitude (PMA)

## **What is provided?**

- Opti and 420 boats
- Camp T-shirt (short and long sleeve)
- Super soakers

## **Questions?**

Contact:

Training Director

Maurice Cassad

Phone: 918.766.2176

E-mail: [training.director@windycrest.com](mailto:training.director@windycrest.com)

# Windycrest Junior Sailing Camp

## Summer Camp Rules

- BE SAFE and remember to have FUN!
- Be on time for camp.
- Wear Shoes at ALL TIMES. Shoes must be closed toe, no sandals or flip-flops.
- No running, horseplay or rock throwing at Windycrest
- ALWAYS bring your sailing gear, sun protection, dry clothes, lunch and water.
- USE Sunscreen, and reapply as needed
- Follow the directions of the instructors and Windycrest Sailing Club Staff.
- Respect everyone – Instructors, fellow sailors, and all club members.
- ALWAYS wear a lifejacket when on the docks or boats.
- Swimming only allowed under instructor supervision. LIFEJACKETS will be worn at all times– NO EXCEPTIONS.
- Students need to make sure their instructor know where they are at all times
- Always use the buddy system – Windycrest uses the NO LONE ZONE method for safety.
- Students will not go out on the water without an instructor present
- Take care of the boat you are assigned, report all maintenance issues to your instructor. Avoid collisions and hard landings.
- Never sail past the Buoy at the mouth of the Windycrest Cove without instructors present.
- At the end of the day, all boats and gear will be neatly secured. All students will remain on the dock until all boats and gear are stowed. Be a good shipmate and pitch in.
- Make sure your ride is on time, students will not be left unattended.

## What is the discipline policy?

1. First offense: Instructor counsels the student
2. Second offense: Instructor, Rear Commodore and parent conference
3. Third offense: Expulsion from camp

# Windycrest Junior Sailing Camp

## Day 1

0800 -0845 Instructor preparation

0845-0915 Meet and greet campers and parents. Take photo of each camper (mug shot), ensure paperwork is filled out and signed before parents leave (Sunscreen). Lunch secured in refrigerator

0915-1015 Knots and points of sail, Tiller Toward Trouble and Trimming Points of sail on the white board – Review course material with campers. There is an expectation that the campers will be familiar with the training material before the start of class. Books will be distributed when signup is completed, so this session is just to see who has a clue and who needs additional instruction.

1015-1130 Dock side safety lecture  
Swim test  
Boat rigging and name the parts

1130-1200 Lunch Break

1200-1330 On the water (Sunscreen)  
Tacking upwind and points of sail  
Safety Position (all sails luffing)  
Starting the boat moving and stopping (boat handling)  
Pirate Limbo – how close can you get to a buoy  
Race around the breakwater

1330-1400 Water/snack break

1430-1515 On the Water (Sunscreen)  
Capsize and recovery drills

1515-1600 Recover boats and stow all gear. All Campers remain on the dock until all gear is stowed.

1600 Day 1 complete. Release to parents or designated adult

# Windycrest Junior Sailing Camp

## Day 2

0830–0845	Instructor Prep
0845-0900	Camper check in, lunch secured
0900-0930	Lecture: Sail trimming, boat trimming and body position. (Sunscreen).
0930-1130	Rig and Sail Follow the leader Tack & Gybe drill (G'Day Mate)
1130-1200	Lunch Break.
1200-1400	On the water (Sunscreen). Drills as directed by instructors
1400-1430	Water/snack and break (Sunscreen).
1430-1515	Capsize and recovery drills
1515-1600	Recover boats and stow all gear
1600	Day 2 complete, Release to parents or designated adult

# Windycrest Junior Sailing Camp

## Day 3

0830–0845	Instructor Prep
0845-0900	Camper check in
0900-0930	Lecture: Racing Starts and Signals (Sunscreen).
0930-1130	Rig and Sail Drills: Tack and Gybe drill Follow the leader Don't drop the ball
1130-1200	Lunch Break.
1200-1400	On the water (Sunscreen). Start and short course race (under 15 min) drill
1400-1430	Water/snack break (Sunscreen).
1430-1515	Start and short course drill
1515-1600	Recover boats and stow all gear
1600	Day 3 complete, Release to parents or designated adult

# Windycrest Junior Sailing Camp

## Day 4

0830–0845	Instructor Prep
0845-0900	Camper check in lunch secured
0900-0930	Lecture: Racing tactics, reading the starting line (Sunscreen).
0930-1130	Rig and Sail Sailing Drills as directed
1130-1200	Lunch Break.
1200-1400	On the water (Sunscreen). Starting and short course racing
1400-1430	Water/snack break (Sunscreen).
1430-1515	Viking Baths
1515-1600	Recover boats and stow all gear
1600	Day 4 complete, Release to parents or designated adult

# Windycrest Junior Sailing Camp

## Day 5

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|-----------|--|
| 0830–0845 | Instructor Prep                                      |
| 0845-0900 | Camper check in (Lunch on the Beach)                 |
| 0900-0930 | Lecture: Navigation and Reading a Chart (Sunscreen). |
| 0930-1130 | Rig and Sail<br>Cross-lake beach trip                |
| 1130-1200 | Lunch Break on the beach.                            |
| 1200-1400 | On the water (Sunscreen).<br>Open Sail               |
| 1400-1430 | Water/snack break (Sunscreen).<br>Skippers Meeting   |
| 1430-1500 | Last Race  |
| 1500-1530 | Recover boats and stow all gear                      |
| 1530-1600 | Awards   |

Camp complete, Release to parents or designated adult