

North Cape Yacht Club Junior Sail Camp Schedule 2009

Week 1 – June 15 - 19

Beginner Opti's- This is an introduction to sailing class. The student will learn about the parts of the boat, how to rig the boat and proper on the water maneuvers.

Beginner CFJ's- This class is designed for the sailor who has outgrown the optimist. The course introduces the sailor to the CFJ (a two person boat) and works on basic skills.

Week 2 – June 22 – 26

Advanced Opti- This class is designed for the experienced Optimist sailor who is interested in building boat handling skills and racing tactics.

Advanced CFJ's - This class is designed for the advanced CFJ sailor who is interested in beginning to race competitively. Advanced boat handling and spinnaker work will be emphasized.

Week 3 – June 29 – July 2 (4 day camp)

Beginner Opti's- The student will learn about the parts of the boat, how to rig the boat and proper on the water maneuvers.

Beginner CFJ's- This class is designed for the sailor who has outgrown the optimist. The course introduces the sailor to the CFJ (a two person boat) and works on basic skills.

Week 4 – July 13 - 17

Opti and CFJ's - Open to all levels of sailors.

Our coaching staff will be increased to ensure that all skill levels are attended to.

Week 5 - July 27 – 31st

Beginner and Intermediate - Opti & CFJ's

-Beginning students will learn about the parts of the boat, how to rig the boat and proper on the water maneuvers.

-Intermediate students will learn and refine on the sailing skills including: up-wind sailing and tacking, down-wind sailing and jybing, capsizing and recovery.

Week 6 - August 3-7

Intermediate and Advanced - Opti & CFJ's

- This class is designed for the opti sailors who are comfortable sailing by themselves and would like to fine-tune their skills. Advanced optis are geared for the experienced sailor who is interested in building boat handling skills and racing tactics.

-This class is designed for the intermediate and advanced CFJ sailor who is interested in beginning to race competitively. Advanced boat handling and spinnaker work will be emphasized.

Week 7 - August 10 - 14

Advanced Opti- This class is designed for the experienced Optimist sailor who is interested in building boat handling skills and racing tactics. Prerequisite: Intermediate Opti.

Advanced CFJ's - This class is designed for the advanced CFJ sailor who is interested in beginning to race competitively. Advanced boat handling and spinnaker work will be emphasized.

Number of Weeks Enrolled _____ Total Fee Due _____ Deposit Enclosed _____

Once your application is received, you will be mailed an information packet with medical consent and liability forms, information about *parent of the day*, a list of things to bring to class and our goals and ethics policy.

Questions can be sent to Jenny Kretz at jkretz@bgsu.edu or Phone 419-410-0471 -or- Jeff Mackay at ["jeff6026@charter.net](mailto:jeff6026@charter.net) , Phone 734-243-6026

Thank you for your participation in the North Cape Sail Camp Program.