



# 2019 SLA Summer Youth Programs

## 2019 CYSP Schedule

### Week 1

<i>Opti Full Day</i>	Monday 6/24	Tuesday 6/25	Wednesday 6/26	Thursday 6/27	Friday 6/28
<b>Full day: 8:30am-3:30pm</b>	Our full day Opti sailing class is open to campers ranging in age from 7-10. In this class we will cover everything from the basics of sailing to intermediate material tailored to each sailor. Access to a full day on the water will allow opportunities such as destination sailing on Squam and the use of boats other than Optimists.				
<b>Class Components</b>	Swim test, rigging, wind direction, steering	Points of sail, trimming & easing, tacking, sailing around marks	Review: Upwind sailing, boat handling, points of sail	Individual needs & assessment, skill improvement	Fun Day: Friday! Racing & destination sailing

### Week 2

<i>Mixed Camp</i>	Monday 7/1	Tuesday 7/2	Wednesday 7/3	Thursday 7/4	Friday 7/5
<b>Full day: 8:30am-3:30pm</b>	Mix Camp: JSLA & CYSP Combo	Mix Camp: JSLA & CYSP Combo	Mix Camp: JSLA & CYSP Combo	No Camp	Squam Olympics!
<b>Class Components</b>	Sailing, paddling, swimming and camp life	Sailing, paddling, swimming and camp life	Sailing, paddling, swimming and camp life		Team FUN!

### Week 3

<i>Optimist 1</i>	Monday 7/8	Tuesday 7/9	Wednesday 7/10	Thursday 7/11	Friday 7/12
<b>Half day: 8:30am-11:30am</b>	This is a beginner sailing class for ages 7-10. This class is designed for those who have never sailed before or have only one year of prior experience. Kids will learn the basics of the Optimist Dinghy and skills including righting a capsized boat, basic boat-handling, and the points of sail.				
<b>Class Components</b>	Swim test, rigging, wind direction, steering	Points of sail, trimming & easing, tacking, sailing around marks	Review: Upwind sailing, boat handling, points of sail	Individual needs & assessment, skill improvement	Fun Day: Friday! Racing & destination sailing

<i>Club Junior 1</i>	Monday 7/8	Tuesday 7/9	Wednesday 7/10	Thursday 7/11	Friday 7/12
<b>Half day: 12:30pm-3:30pm</b>	CJ 1 is a beginner sailing class for ages 11-14. This class is designed for older sailors who are new to sailing or new to the CJ class. Kids will learn the basics of sailing a typical two person dingy and skills including righting a capsized boat, basic boat-handling, and the points of sail.				
<b>Class Components</b>	Swim test, rigging, wind direction, steering	Points of sail, trimming & easing, tacking, sailing around marks	Review: Upwind sailing, boat handling, points of sail	Individual needs & assessment, skill improvement	Fun Day: Friday! Racing & destination sailing

### Week 4

<i>CJ Full Day &amp; Campout</i>	Monday 7/15	Tuesday 7/16	Wednesday 7/17	Thursday 7/18	Friday 7/19	Overnight
<b>Full day: 8:30am-3:30pm</b>	Our full day Club Junior class is open to campers ranging in age from 11-14 interested in learning about destination sailing. In this class we will cover everything from the basics of sailing to intermediate material tailored to each sailor. Access to a full day on the water will allow opportunities such as the use of boats other than CJs and the opportunity to sail to an island for a campout!					Moon Island
<b>Class Components</b>	Swim test, rigging, wind direction, steering, individual needs & assessment	Points of sail, trimming & easing, tacking, sailing around marks	Review: Upwind sailing, boat handling, points of sail	Overnight packing skills, destination sailing, camp set up and fireside safety	Fun FRIDAY! Clean camp, Leave No Trace, destination sailing	



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## Week 5

<i>Optimist 2</i>	Monday	Tuesday	Wednesday	Thursday	Friday
	7/22	7/23	7/24	7/25	7/26
<b>Half day: 8:30am-11:30am</b>	An intermediate sailing class for ages 7-10. This class is designed for young sailors with at least one year of prior sailing experience. Kids will review the basics of sailing learned in Opti 1 and take their knowledge of the Optimist Dinghy to the next level by exploring advanced boat-handling and the technical aspects of the boat.				
<b>Class Components</b>	Swim test, rigging, wind direction, steering	Points of sail, trimming & easing, tacking, sailing around marks	Boat speed, positioning, roll tacking	Downwind Speed: Center boar up, windward heel, wing and wing, etc.	Roll tacking practice, races with downwind leg, whistle drill

<i>Club Junior 2</i>	Monday	Tuesday	Wednesday	Thursday	Friday
	7/22	7/23	7/24	7/25	7/26
<b>Half day: 12:30pm-3:30pm</b>	CJ 2 is an intermediate sailing class for ages 11-14. This class is designed for older sailors with plenty of prior experience. Kids will review the basics of sailing while learning simple sailboat racing skills including rights of way, straight-line speed, and the starting sequence.				
<b>Class Components</b>	Swim test, rights of way, course diagrams, box & starting drills	Boat speed, positioning, roll tacking	Racing tactics, upwind and downwind speed tactics	Racing Rules: Mark room, penalties, avoiding contact, barging	Mini Regatta Race Day

## Week 6

<i>Optimist 1</i>	Monday	Tuesday	Wednesday	Thursday	Friday
	7/29	7/30	7/31	8/1	8/2
<b>Half day: 8:30am-11:30am</b>	This is a beginner sailing class for ages 7-10. This class is designed for those who have never sailed before or have only one year of prior experience. Kids will learn the basics of the Optimist Dinghy and skills including righting a capsized boat, basic boat-handling, and the points of sail.				
<b>Class Components</b>	Swim test, rigging, wind direction, steering	Points of sail, trimming & easing, tacking, sailing around marks	Review: Upwind sailing, boat handling, points of sail	Individual needs & assessment, skill improvement	Fun Day: Friday! Racing & destination sailing

<i>Club Junior 1</i>	Monday	Tuesday	Wednesday	Thursday	Friday
	7/29	7/30	7/31	8/1	8/2
<b>Half day: 12:30pm-3:30pm</b>	CJ 1 is a beginner sailing class for ages 11-14. This class is designed for older sailors who are new to sailing or new to the CJ class. Kids will learn the basics of sailing a typical two person dingy and skills including righting a capsized boat, basic boat-handling, and the points of sail.				
<b>Class Components</b>	Swim test, rigging, wind direction, steering	Points of sail, trimming & easing, tacking, sailing around marks	Review: Upwind sailing, boat handling, points of sail	Individual needs & assessment, skill improvement	Fun Day: Friday! Racing & destination sailing

## Week 7

<i>Mixed Boat</i>	Monday	Tuesday	Wednesday	Thursday	Friday
	8/5	8/6	8/7	8/8	8/9
<b>Full day: 8:30am-3:30pm</b>	Our Multi-Age sailing class is open to campers ranging in age from 8-14. In this class we will cover everything from the basics of sailing to intermediate material tailored to each sailor. Access to a full day on the water will allow opportunities such as destination sailing on Squam and the use of a variety of boats that might include Optis, CJs, JYs, Lightnings, Sunfish, and/or Capri.				
<b>Class Components</b>	Swim test, rigging, wind direction, steering	Points of sail, trimming & easing, tacking, sailing around marks	Review: Upwind sailing, boat handling, points of sail	Individual needs & assessment, skill improvement	Fun Day: Friday! Racing & destination sailing

\*Schedule subject to change due to weather, camper ability, or other unforeseen issues at discretion of the SLA