

Sailing Pre Camp Work

The Sailing program at camp is designed to teach kids the basics of sailing, advance skills they already have and allow them to have fun learning a technical sport. We have several different types of boats to ensure a fit with everyone at camp. The program is based around Vanguard 420's, Hartley 12s and O'pen Bics. The more familiar you are with these boat types the better off you will be at camp.

What you **MUST** do:

1. Complete Sailing Study Guide – use google for answers
2. Have current certification in Lifeguard Training, CPR and First Aid.

What you **SHOULD** do:

1. **PRACTICE.** When it comes to sailing, the more experience you have the better. Getting out there and sailing whatever type of boat you have access to will help. Practice using sailing terms, explaining to others what tacking, jibing, etc. are. Rig and de-rig boats. You should practice driving a small outboard motor boat as this is where you teach from. Any practice you can get with towing a boat with a small outboard boat will help also. A good idea is to get in touch with your college sailing team if you aren't already. Many times they will be willing to go out and sail with you or you can join the team for added practice. Although the boats might not be exactly the same, many colleges use small dinghies just like Foley.
2. **Read up.** We understand if you don't have access to boats, but then you should educate yourself. Below are some websites, books and other materials that will give you info about our equipment, teaching techniques, etc. Remember it is best to be over prepared. Drills, games, fun events, all of this will make your job as an instructor easier.
 - a. www.ussailing.org – a comprehensive site with information about what US Sailing is and other resources. The awards that the kids at Foley try to earn in sailing are based off of this organization.
 - b. <http://www.apsltd.com/c-4996-club-420.aspx> - Info on Vanguard 420.
 - c. <https://www.hartleyboats.com/index.php?id=97> – Info on the Hartley 12.
 - d. <http://class.openbic.com/> - Info on O'pen Bic
 - e. Type in “Sailing Drills” in Google and there are tons to check out!
 - f. Start Sailing Right by Derrick Fries. Camp has many copies and this is a great resource if you aren't very confident with your book knowledge of sailing or you need a refresher – Ask Alli upon arrival and she will give you a copy.