

## Windsurfing Pre Camp Work

The Windsurfing 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 Starboard Start Boards. We have the large model and generally use sails that are 2.5 to 5.4. Remember that the kids are usually between the ages of 8 and 16. A few Newtec 328s are also available for the more advanced sailors and a couple of large sails as well.

### What you **MUST** do:

1. Complete Windsurfing Study Guide
2. Have current certification in Lifeguard Training, CPR and First Aid.  
\*This book will be mailed to you, please return it along with completed study guide to Foley upon completion.
3. Read up on windsurfing theory, lessons and other terminology. Use a google search.  
Example: <http://learntowindsurf.com/basics.shtml>

### What you **SHOULD** do:

1. **PRACTICE.** When it comes to windsurfing, the more experience you have the better. Getting out there and sailing whatever type of rig you have access to will help. Practice using sailing terms, explaining to others what tacking, jibing, etc. are. Rig and de-rig boards. You should practice driving a small outboard motor boat because this is where you instruct from! Any practice you can get with towing a rig with a small outboard boat will help also.
2. **DRIVE.** If you can some time in driving small outboard boats (safety boats) between now and the start of camp that is awesome. You will be using these on a daily basis. Any practice towing windsurfing sails/boards with those boats is also good.