

Grand Lake Yacht Club Sailing School:

Mission: Provide an introduction to the sport of sailing to children with quality instruction and a safe learning environment for young sailors. Promote access and participation in sailing for the Grand Lake Yacht Club and within the Grand Lake community.

Director of Sailing School: Board appointed member of Grand Lake Yacht Club who will staff, oversee, manage, and report to board the activities of the Grand Lake Sailing School.

Staffing: Director will hire head(s) instructors, instructors, and junior instructors as required to best meet the goals and curriculum of our sailing school. Preference will be given to members of the GLYC but if there are compelling reasons to hire individuals outside of the GLYC the director can make those determinations and hire and staff accordingly without board review or approval.

Oversight:

- 1) Maintain Financials on Sailing School – Which will be reviewed by GLYC BOD at regular intervals.
- 2) Pay Staff – Comply with federal and state requirements on hiring seasonal employees.
- 3) Allocate Resources of Sailing School to best meet objectives and curriculum.

Management:

- 1) Developing curriculum and working with instructors on implementation and best practices.
- 2) Providing feedback to instructors on performance.
- 3) Managing program issues for the school (ranging from students, parents, equipment, or instructors).
- 4) Responsibly plan succession for director position.

*Program Issues: are concerns or problems that go beyond day to day operations of sailing school.

Reporting:

- 1) Develop Curriculum which can be reviewed online by parents and board of GLYC.
- 2) Report & Maintain Financials for board at regular intervals.

Head Instructor(s):

- 1) Manage day to day operations of Sailing School during seasonal operation.
- 2) Provide instruction to kids enrolled in the school.
- 3) Organize and give staff (instructors and junior instructors) weekly assignments to implement curriculum of the school.

- 4) Work with staff to develop a daily plan for each group with detailed drills, off water plan, and skill set development projects.
- 5) Provide at least weekly reporting back to director on operations, progress, needs, and problems.
- 6) Be US Sailing Certified Instructor(s).
- 7) Provide information, documentation, and teaching to instructor team to provide building blocks for future head instructors.

Pram/Opti Curriculum:

Prams & Opti's are the most basic and potentially most important platform for teaching kids to sail. Basic skills and understanding are critical to any future singlehanded or skippering crewed platforms.

If we can improve instruction and skills of our youngest kids in this boat it will greatly benefit our sailing program.

Mission of Pram School: Provide our youngest and most inexperienced sailors with a safe reliable platform to start the process of learning to sail. As a sailing school dedicate appropriate resources to the most fundamental part of our program introducing kids to sailing.

SKILLS:

- 1.) **READY TO GO ESSENTIALS**
 - a. Equipment and Gear
 - b. Assessing Conditions
 - c. Mentally and physically ready to go
- 2.) **IDENTIFYING and UNDERSTANDING WIND DIRECTION**
- 3.) **BASIC SAILING FUNDAMENTALS**
 1. Set up/break down
 2. Position
 3. Directional Sailing
 4. Points of Sail
 5. Change Course Tacks/Jibes
 6. Most basic right of way rules Starboard/Port, Leeward/Windward, Ahead/Astern

I AM SAILING (BORN TO SAIL) – Concept:

1. Change Identity of leaning boats in our sailing school.
 - a.) Identify Members of I AM SAILING
 - b.) Create some sort of Simple Team Wear – Dry wear shirts...etc. Limited only to this group and it's instructor(s)

- c.) Recognize as a group being the cornerstone for our program. Special introduction every week w possible shirt or something.
- 2. Dedication of Resources
 - a.) Recognize as foundation and future of our sailing program dedicate resources accordingly.
 - b.) Provide highest level of instruction in this part of our program.
- 3. Sailing is serious fun
 - a.) Introduce, Coach, Teach, Learn
 - b.) Reinforce with information back to kids

CURRICLUM:

- 1.) Everything reinforces skills identified above.
- 2.) Constant Attention and Positive Reinforcement.
- 3.) Doing is the key to learning basic skills. More time on water.
- 4.) Clearly introduce daily program.
- 5.) Forecast next day's program at end of day.

REQUIREMENTS – I AM SAILING - KIDS:

- 1.) Enrolled in Sailing School.
- 2.) Come Ready to Sail. No excuses.
- 3.) Physically/Emotionally/Mentally able to sail in boats as determined by head instructor(s)/director.

REQUIREMENTS – I AM SAILING – INSTRUCTORS

- 1.) Maximize Water Time Instruction to group
- 2.) Provide Constant Supervision, Instruction, and Coaching
- 3.) Report and Forecast Daily Program with Head Instructor(s)
- 4.) Daily Progress Report with Head Instructor(s)

Goal: Give kids a fundamental understanding of principles of sailing which can then be applied to crewed platforms and single handed boats.

Bug Curriculum

“The Bug” – As in I got the sailing bug. Bugs are where our kids will further develop their basic sailing skills and transition into sailors. The key here is to use a safe reliable platform to allow kids to explore everything that is sailing. We will encourage these kids in this platform to test themselves and develop confidence in their skills. Enthusiasm and encouragement of skill development in this boat will go a long way towards keeping our young involved in sailing.

SKILLS:

READY TO GO ESENTIALS

- a. Equipment and Gear
- b. Assessing Conditions
- c. Mentally and physically ready to go

BASIC SAILING FUNDAMENTALS

1. Boat Parts & Use/Function
2. Active Set up and Break Down
3. Boat Dynamics / Main Sheet Trim
4. Refine Steering Techniques
5. Introduction to Rules of Racing
6. Introduction to Tactics of Racing / Fleet Sailing
7. Correctly Positioning boat to wind – Points of Sail
8. Skipper/Crew Communication

CURRICULUM:

- 1.) Basic Drills and Team Sailing that Reinforce Skills above
- 2.) Promote Group Learning with everyone's (crew/skipper) involvement
- 3.) Introduce young sailors to crew dynamic and teamwork
- 4.) Clearly introduce daily program
- 5.) Forecast next day's program at end of day
- 6.) Present as many new challenges as possible for both skippers and crew

REQUIREMENTS – BUG KIDS:

- 1.) Enrolled in Sailing School.
- 2.) Come Ready to Sail. No excuses.
- 3.) Physically/Emotionally/Mentally able to sail in boats as determined by head instructor(s)/director.

REQUIREMENTS – BUG INSTRUCTOR(S):

- 1.) Introduce more process into on water activities.
- 2.) Positive Interaction with both skippers and crew.
- 3.) Introduction to critical evaluation both skippers and crew.
- 4.) Report and Forecast Daily Program with Head Instructor(s).
- 5.) Daily Progress Report with Head Instructor(s).

Feva Curriculum Draft

“Feva School” is designed to be a step towards racing performance crewed boats like scows. Instruction in this group (both skippers and crew) can be more direct and pointed. Competition and racing skills will be emphasized. Challenging these sailors consistently will be the focus of instruction.

SKILLS:

READY TO GO ESSENTIALS

- d. Equipment and Gear
- e. Assessing Conditions
- f. Mentally and physically ready to go

BASIC SAILING FUNDAMENTALS

- 1.) Sail controls, function, shape impact, when to use
- 2.) Teams Manage Launch and Dock and Storage
- 3.) Boat Dynamics / Main Sheet Trim / Jib Trim / Spinnaker / Genoa
- 4.) Refine Steering Techniques
- 5.) Use Rules of Racing
- 6.) Use Tactics of Racing and Fleet Sailing
- 7.) Skipper/Crew – Team work – Team Building
- 8.) Peer Review - Communication

CURRICULUM:

- 1.) Advanced Drills
- 2.) Racing - Practice Starts - Situational Racing
- 3.) Instructor(s) sailing with against students
- 7.) Emphasize crew dynamic and teamwork
- 8.) Clearly introduce daily program
- 9.) Forecast next day's program at end of day
- 10.) Test and Challenge Skippers and Crew with all means available.

REQUIREMENTS – FEVA KIDS:

- 1.) Enrolled in Sailing School.
- 2.) Come Ready to Sail. No excuses.
- 3.) Physically/Emotionally/Mentally able to sail in boats as determined by head instructor(s)/director.

REQUIREMENTS – FEVA INSTRUCTOR(S):

- 1.) Active coaching of racing, tactics, and maneuvering.
- 2.) Direct feedback on areas for improvement in both skippers and crew.
- 3.) Participation and competition from instructors.
- 4.) Introduction to critical evaluation both skippers and crew.
- 5.) Develop written evaluation including areas for improvement for skippers.
- 6.) Report and Forecast Daily Program with Head Instructor(s).
- 7.) Daily Progress Report with Head Instructor(s).

Advanced Laser/Scow Curriculum Draft

The Laser provides opportunity to provide an advanced instruction to kids who still need help in becoming competitive racers but can't get much out of our traditional sailing school platform. To further

their skipper/sailing development they need to be out in competitive situations learning to sail boats optimally. This program is intended to be an afternoon program for the most advanced students and a training time for instructors. Program is intended to be flexible enough for individual coaching or traditional Laser racing. Goal is ultimately to develop our own racing talent and instructors for years to come.

Enrollment Requirements:

- 1.) Selection by Sailing School Staff for Program.
- 2.) Student ready for competitive race coaching and instruction.
- 3.) Enrolled in sailing school or junior instructor. (Junior instructors will participate in program without exception. Selected students will come for afternoon session of sailing school and have this program waiting for them after the afternoon session.

*Weather dependent program not time. Students might be out on the lake training late in structured or unsupervised training.

Curriculum Advanced Sailing Program:

- 1.) Racing - Practice Starts - Situational Racing.
- 2.) Emphasize performance in group.
- 3.) Tiller time and training for racing skippers
- 4.) Open to members of GLYC and potentially guest coaches

REQUIREMENTS – Advanced Sailing Program

- 1.) Enrolled in this Sailing School program. Participation is up to student / participant for late session
- 2.) School equipment will be available but kids will source and maintain like their own boats and likewise may bring or borrow their own equipment. (Primarily Lasers)

REQUIREMENTS – Advanced Sailing INSTRUCTOR(S):

- 1.) Time for training and developing racing experience for all participants in this program
- 2.) Instructors will be involved for themselves but are also required to be open about techniques and helping students
- 3.) Make time for discussions with participants in this program – Q&A's in group format or individual coaching on or off water.