



Sail Martha's Vineyard 2017 Course Catalogue

June 26th – August 18th



Welcome to Sail Martha's Vineyard's summer sailing programs. Our programs are offered to over 400 island and seasonal children between the ages of 8 and 18 at our Boathouse at the Sailing Camp Park on the Lagoon in Oak Bluffs. All courses are taught by nationally certified instructors, and we strive to maintain a 6:1 ratio of students to instructors. Our entry level Messing Around in Boats course is for eight year-olds and focuses on getting kids comfortable on the water. This course introduces the basic skills of seamanship, teaches rowing skills and provides an introduction to sailing, with a focus on general water safety. The young mariners will enjoy time spent in a safe environment with certified instructor supervision.

We have a variety of beginner level courses. After Messing Around in Boats I & II, most children progress through to the Beginner Pram Course. Prams are sailed with two children in a boat as partners. After Prams, students move to Opti Level 1 and start to sail by themselves. As the children's skills and confidence improve, there are intermediate and advanced offerings with curricula that focus on having fun. For kids who want to test their skills in a more competitive environment, we do offer Opti Level 3 program that incorporates racing basics, but our emphasis remains on teaching our young sailors the values of good seamanship and the sheer pleasure of being on the water. In short, our focus is to teach children to sail...not to race.

If you need assistance in choosing the appropriate class for your child, please call the Sail MV office at 508-696-7644 ~ Online Registration @ www.sailmv.org

Program Fees per Class: All students must be a member of Sail MV at \$50

- Messing Around in Boats I & II – Island Student \$0, Seasonal Student \$300
- Beginner Pram & Opti Level 1 – Island Student \$0, Seasonal Student \$600
- Novice Sloop – Island Student \$0, Seasonal Student \$600
- Opti Level 2 & 3 – Island Students \$300, Seasonal Student \$600
- Intermediate Sloop, Advanced 420 & Racing – Island Students \$300, Seasonal Students \$600
- Intro and Advanced Windsurfing - Island Students \$300, Seasonal Students \$600

Courses for Younger Sailors:

MESSING AROUND IN BOATS I

- Age 8, 1 week course

MAB I was created to introduce children to the sea around us and is open to children who have reached their eighth birthday by the start of the session in which they are enrolled.

MAB I will expose students to rowing, water safety, sail boats and other on-the-water learning opportunities. The focus is on safe fun with the daily lesson plans designed to provide hands-on learning and practicing and taking pleasure in their new skills. It is our goal at this level to create enthusiasm and excitement for Sail Martha's Vineyard's more formal sailing instruction which begins at age ten.

MESSING AROUND IN BOATS II

- Age 9, 1 week course

Children enrolled in this course will have preferably completed MAB I, but this is not a requirement. MAB II is an experiential opportunity where students are introduced to a variety of sailing experiences from sailing with other students and an instructor in one of our sloops to experiencing the thrill of sailing on Sail Martha's Vineyard's 41' Concordia yawl berthed in Vineyard Haven. This course will continue to build sound seamanship skills and respect for the sea around us.

BEGINNER PRAM

- Age 10, 2 week course

The Beginner Pram course is Sail Martha's Vineyard's introductory sailing course, teaching the fundamentals of sailing in pram dinghies, while reinforcing the basics of boating safety, seamanship, maritime nomenclature and an appreciation of and respect for the sea. The primary goal for this course is to have students establish confidence in their ability to sail with a partner using the fundamental sailing concepts and safety skills learned during the course. In some instances students will take two sessions of Beginner Pram before advancing to Opti Level 1 which is just fine.

OPTI LEVEL 1

- Age 10 & Up, 2 week course

The Opti Level 1 course is another one of Sail Martha's Vineyard's introductory sailing courses, it is the next step up from Beginner Pram. In this course children will be asked to sail single-handed. However, all of the basics of boating safety, seamanship, maritime nomenclature and an appreciation of and respect for the sea will be reviewed. The primary goal for this course is to have students establish confidence in their ability to sail single-handed using the fundamental sailing concepts and safety skills learned during the course. In some instances students will take two sessions of Opti Level 1 before advancing to Opti Level 2, our intermediate level.

OPTI LEVEL 2

- Age 11- 14, 2 week course

Opti Level 2 is for those children who have developed the skills of sailing on all points of sail or who have been recommended for advancement to this course by an instructor. The purpose of this course is to improve on-the-water confidence and to refine the technical aspects of boat handling skills taught in the Opti level 1 course. Students will build on their prior knowledge with instruction focused on increasing the young sailors' wind awareness of variables like direction, shifts and velocity. In addition, instructors will work with each student to begin the process of developing more efficient sail trim, steering, tacking and jibing. The primary goal of this course is to develop a student's confidence level to prepare them for more rigorous instruction in Opti Level 3 or Opti Racing our most advanced Opti Level.

OPTI LEVEL 3

- Age 12 to 14, 2 week course, *we recommend you sign up for multiple sessions*

Acceptance into this course is based on a prior year instructor's evaluation and recommendation or the Sailing Master's approval. It is highly recommended that students taking this course take more than 1 session. Opti Level 3 is where we take talented young sailors and begin to introduce some of the more sophisticated "go fast" techniques that sailors who might have an interest in our Opti Racing course should know. The course focuses on boat and rig preparation, sail trim, boat handling and the Racing Rules of Sailing. Classes start each day with a shore-side briefing for the instructor to go through what the goals and expectations are for the day. Once on the water the instructors will set up realistic scenarios either through the use of drills or actual set courses designed to provide a template for learning/practicing certain skills i.e. roll tacks, proper mark rounding's. Students in this course and Opti Racing will have the opportunity (but not obligation) to participate in local regattas for which minimal coaching and set-up fees will be charged.



Courses for Older Sailors:

NOVICE SLOOPS

- Age 12 & Up, 2 week course

Novice Sloops is designed as an introductory course for two categories of student, (i) those who need an introductory level course and are physically too large (over 120 lbs) to be taught in Opti's, (ii) those who are seeking a purely recreational experience under the careful eye of our knowledgeable instructors. This class is taught in Rhodes 19's, which provide the student a sound teaching platform and an introduction to learning to sail boats with both mainsails and jibs. Students are divided into skill-equal groups of three with each taking turns at steering, trimming main and trimming jib. Attention is always paid to pairing up students of like age.

INTERMEDIATE SLOOPS

- Age 12 & Up, 2 week course

This course enjoys the broadest participation of any of our sailing programs in that it follows two distinct tracks. It welcomes young sailors who have completed a novice level course and just want to keep sailing to have fun. It also enrolls students who are physically too large for the more advanced Opti courses and want to more aggressively pursue improvement of their sailing skills. Many of these latter students go on to develop their talents at one of the advanced levels. We are able to accommodate these two groups through the use of different boats appropriate for the skill levels of the students.

Typically, the recreational track will sail in Rhodes 19's while the development track will advance out of these boats into 420's.

ADVANCED 420's

- Age 13 & Up, 2 week course

The 420 Program is Sail Martha's Vineyard's highest level of instruction and as such typically enrolls sailors between the ages of thirteen and sixteen who have been all the way through the Sail MV curriculum and have mastered the fundamental skills, techniques and concepts of sailing. Students will focus on improving and refining their boat handling skills, employing a high level of communication and teamwork in the boat and becoming more confident with sailing in a range of weather conditions. It is likely that as part of the class curriculum they will be exposed to both fleet and team racing. This is a great feeder course for 420 Racing for those serious sailors who intend to sail on high school teams.

OPTI RACING/420 RACING

-Ages 11 & up, 2 week course

This course is offered to the advanced sailors who seek instruction with a focus on competitive sailing. Students who have completed either Opti 3 or Advanced 420's or have been invited by the coaches are welcome to register for this course. Both Opti and 420 racers will receive coaching in boat handling, trim, tactics and the Racing Rules of Sailing. Students will also be eligible to sail in the Vineyard Haven and Edgartown Y.C. Junior Regattas.

INTRODUCTORY WINDSURFING

- Age 12 & Up, 2 week course

Increasingly popular for kids aged 12 and up, this course introduces its participants to the thrills of board sailing. Taught by a certified windsurfing instructor, students will learn all of the basics required to sail upwind, reach or sail downwind. Emphasis will be on board and sail control. Part of each class is land based, so that students have a clear understanding of the moves and skills required for the day's lesson plan.

INTERMEDIATE/ADVANCED WINDSURFING

- Age 13 & Up, 2 week course

As more and more of our windsurfing students are coming back each year, this course was created in response to the need for a higher level of instruction. Emphasis will be placed on efficient tacking upwind, jibing downwind, deep water starts and the use of harnesses. This course is available only to those students who have successfully completed Introductory Windsurfing, which is likely to take more than one or two sessions, and have received an instructor's evaluation recommending enrollment in this course. Any prospective student who does not have prior experience at Sail MV but who believes that s/he qualifies for this course will be provisionally enrolled as a "walk-on" and will be evaluated on the first day of the session. If accepted, s/he will remain with the class. If advised to take another session of the introductory course, we will make every effort to slot her/him in Introductory Windsurfing for the same session.