***Tech Sailing 2022 Sailing Overview:***

***Beginning Sailing for Youth***

***Skill/Age Level*:** For first time sailors and those who have sailed before but need a review.

Students must be 8-16.

***Swimming Test:*** All participants must pass a swimming/water safety exam on the first day of instruction. This includes a 50-yard swim and an age-appropriate tread time.

***Description*:** An in-depth introduction to all things sailing. Focus will be on boat nomenclature, basic boat rigging, basic steering, and general safety knowledge including capsizing and self-rescue. The class introduces sailing skills such as: tacking, jibing, getting out-of-irons, points of sail, sailing upwind, downwind, weather and wind awareness and basic right-of-way rules. An introduction to knots and their uses and sailing nomenclature activities will precede on-the-water events.

Instructors will use games/exercises to incorporate teamwork and challenges to build confidence and excitement about the sport of sailing. By the end of the weekend, first time sailors will have developed basic sailing skills and knowledge. Usually, first time sailors along with returning sailors will learn how to sail a fixed course, sail solo, and exhibit good boat handling skills.

***When:*** August 4-7 & August 11-14, 2022

***Schedule (Weather Permitting):*** Thursday and Friday: 1 PM – 5 PM

Saturday and Sunday: 11 AM – 5 PM

***Location:*** Green Boating Center at the Claytor Lake State Park next to the beach area. Sunday pickup is at picnic tables adjacent to the marina building

***What to Bring:*** Swimsuit, towel, t-shirt, hat, sunglasses, **sunscreen**, water bottle, snacks, water shoes, bug spray, lunch on Saturday/Sunday, lifejacket (if applicable)

***Cost:*** FREE, but donation is recommended ~ checks made out to Claytor Lake State Park Ambassadors with memo made for Sailing Camp