

CREWING ON A RACING SAILBOAT 2011

Sponsored by Fishing Bay Yacht Club

COURSE OVERVIEW: The course consists of three classroom sessions and two to three optional practice sessions on the water on board racing sailboats. All participants will receive written materials that complement the classroom sessions and include FBYC's 2011 racing schedule. Classroom instruction will be provided by FBYC racing skippers and crew with experience in local, national, and international racing, supplemented by demonstrations and optional hands-on practice on FBYC racing boats. A copy of the table of contents of the course handbook is on the following page.

The first classroom session will cover basic nomenclature and familiarity with the components, controls and hardware crew will be exposed to, and will include introduction to line handling and the most frequently encountered knots. In the second session, boat dynamics and basic maneuvers will be covered, including the how and why of sail trim, points of sail, and tacking and jibing, all with emphasis on the crew's role and responsibilities. Basic safety practices and precautions will also be covered. The third session will briefly review the race course and rules and conclude with two sessions, one led by an experienced racing crew and one led by a skipper, focusing on skipper and crew perspectives on communication on the boat, crew dynamics, and the do's and don'ts of crewing. Following the last presentation, the class will adjourn to a suitable venue where the class will be joined by FBYC skippers and crews looking for crew, or just interested in meeting the class and talking about the upcoming racing season (Opening day is April 16).

FBYC racing skippers usually volunteer to take interested course participants out on the weekends following the second and third sessions. This activity is a purely optional opportunity some of our skippers make available, weather permitting, and it is not a formal part of the course. The individual skippers determine what activities and training are afforded to participants in these sessions. Lunch is provided for skippers, crews and course enrollees participating in these sessions, which are conducted at Fishing Bay Yacht Club in Deltaville.

CLASSROOM SESSIONS:

Tuesday, March 22, 2011, 6:30-9:30 PM (check in & pick up materials starting 6:10PM)

Tuesday, March 29, 2011, 6:30-9:30 PM (check in starting 6:15PM)

Tuesday April 5, 2011, 6:30-8:30 followed by social with skippers at location tbd

WHERE: RETREAT HOSPITAL Board Room, Robinson St at Grove, Richmond, Virginia
Enter through Robinson street entrance next to parking deck, or Grove Avenue. Board Room is in the corner nearest Robinson and Grove on the ground floor. Look for signs.

HOW MUCH: \$60.00 (Includes printed Course materials, refreshments and last night social)

OPTIONAL ON-WATER PRACTICE: Tentatively scheduled for Saturday, April 2, and Saturday April 9, weather and boat/skipper availability permitting. Only classroom attendees will be invited to participate

WHO TO CONTACT FOR MORE INFORMATION: Jim Snowa jsnowa@ws-arch.com, or
(Office Phone) 643-6196, (Home Phone) 323-1510.

CREW TRAINING COURSE HANDBOOK

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