



The Lake Norman Yacht Club
Yacht Road, Mooresville, NC

Discover Sailing 2016

LNYC will host our Discover Sailing 2016 on May 14 2012 at the LNYC Clubhouse off Yacht Road in Mooresville. It is an opportunity for interested folks to get a solid foundation of sailing knowledge and practical, on the water experience. The event will use the books “Start Sailing Right” and “Little Red Certification Book” as our texts, and include powerpoint and lots of practical demonstrations. We will utilize a variety of sailboat types from small centerboard boats to larger keelboat cruisers for our on the water sessions.

Mike Robinson
Discover Sailing Chair 2016





The Lake Norman Yacht Club
297 Yacht Road, Mooresville, NC

Discover Sailing Weekend

13-14 May 2016

Friday 6 pm

**Distribute Materials - Informal Meet and Greet
your Instructors and fellow classmates and club members
We'll have burgers, dogs
and open grills(if you want to bring something to cook)**

Saturday 8 am

**Coffee/light snack
Class Room Session 1
Safety First
Boat terminology
Sailing Fundamentals**

Followed by on the water session

**Lunch
(Make your own sandwich, material provided)**

Class Room Session 2

Followed by on the water session

**Classroom session 3
What's Next?**

Attendee Objectives

At the conclusion of the Discover Sailing Session, participants will be able to:

1. Demonstrate an understanding of the safety aspects of sailing by:

- Always wearing a PFD for all 'on the water' activities
- Reviewing the local weather forecast before departing the dock, and what this means for the type of boat sailed
- Wearing Sun Screen, Sun Glasses, Clothing appropriate for conditions

2. Know the basic terminology of sailing and sailboats

- Hull, Mast, Boom, Rudder Tiller, Fore/aft, Port/Starboard, sheets, halyards

3. Demonstrate an ability to RIG/UNRIG the Boat

- raise and lower the sails,
- raise lower/center board, tiller/rudder) and be able to secure the boat at the end of the day.

4. Demonstrate an ability to control the boats motion on the water by:

- Being able to determine where the wind is coming from
- Being able to adjust sails to suit wind direction
- Making it go where you want it to go – through TACK and GYBE
- Being able to sail to a mark placed in the water
- Being able to identify the NO GO ZONE and able to get out of it.
- Being able to return to the dock area

