**Course Description**

**Boat-Handling Clinic**

The boat-handling Clinic will run on five Saturdays from 9AM-12PM.  This clinic is geared towards beginning and intermediate sailors looking to learn and refine the fundamental skills needed to maneuver the Ideal 18 keel boat in a safe and seamanlike way.  This clinic will focus on the following skills: rigging the Ideal 18, leaving and returning from the dock, trimming sails properly for all points of sail, proper technique for tacking and jibing, steering with weight and sails, and sailing backwards.  The day's lesson will be dependent upon skills previously taught as well as the day's weather conditions.  While participants are not required to attend all sessions it is strongly recommended that you make every effort to come to each class so you can build your skills over time.

**Racing Clinic**

The racing clinic will run on 9 Sunday afternoons in the summer starting at 1pm and will be immediately followed by scored racing.  This clinic is designed to build skills and knowledge necessary for competing in small keel boat racing at the club and amateur level.  Sailors are encouraged to attend with their regular skipper/crew partner if they have one, but are also welcome to attend as singles who will then be paired up.  This clinic will cover the following skills: (1) proper boat-handling technique for tacking, jibing with spinnaker, jibing without spinnaker, setting the spinnaker, dousing the spinnaker, rounding marks. (2) boat speed instruction for sailing upwind in flat water, upwind in waves, and downwind in light, moderate, and heavy conditions. (3) Strategic decisions about the fastest way to each mark considering wind shifts and current conditions.  (4) Tactical decisions about how to maneuver in relation to other boats on the starting line, in the open field upwind and downwind, and at marks. (5) Rule clarification focusing on rules 2-18 in the Racing Rules of Sailing 2017-2020.  Spinnakers may be used in the clinic but will not be used in the racing

4/2018