

Program Descriptions

Beginners

Our beginners are introduced to sailing by way of the Optimist Dinghy. The Opti is recognized world wide as one of the best teaching boats for junior sailing. Its small size, light weight and positive flotation are the reasons for its popularity. Older students may be using Sunfish for this class.

Intermediate

The intermediates will be using the Optimist and/or Sunfish depending on age, weight and skill level. Our intermediates should know how to rig a boat and be able to sail all points of sail on their own.

Racing Clinic

The Racing Clinic is for **advanced sailors**. Boat speed and tactics on all parts of the race course will be emphasized during the 5 days. Adults and Juniors are welcome.

Adult Beginner

An emphasis on fun and safety. A minimum of six participants is needed for this 5-day class to be held. Come on! Give it a try, don't let the kids have all the fun.

Mark Weider
217 Edgemoor Road.
Rochester, NY 14618



Rochester Canoe Club Junior Sailing

Rochester Canoe Club

*One Design Sailboat
Racing*

2010 Junior and Adult Sailing Program

*Open to students 8 years old
and older. Non RCC members
are welcome to participate.*



www.rochestercc.org



2010 Sailing School Registration

Sign up for:	Time	Price
<input type="checkbox"/> Session 1 Jr. Beginner (6/28-7/2)	8:30-12:00	\$165.00
<input type="checkbox"/> Session 1 Jr. Intermediate (6/28-7/2)	1:00-4:00	\$165.00
<input type="checkbox"/> Session 2 Adult. Beginner (7/5-7/9)	8:30-12:00	\$165.00
<input type="checkbox"/> Session 2 Race Clinic (7/5-7/9)	1:00-4:00	\$165.00
<input type="checkbox"/> Session 3 Jr. Beginner (7/12-7/16)	8:30-12:00	\$165.00
<input type="checkbox"/> Session 3 Jr. Intermediate (7/12-7/16)	1:00-4:00	\$165.00
		Subtotal: _____
		RCC Members deduct \$20.00/session _____
		Deduct \$10.00 for a sailor's second session this year _____
		Deduct \$10.00 if you are using your own boat _____
		Total Enclosed: _____

Name _____

Address _____

Adult T-Shirt Size _____

Phone _____

Please fill out the above registration form and the enclosed medical info and waiver form. MAIL completed forms along with the appropriate fee to Mark Weider. Registrations will be taken on a first come first served basis. Current RCC members will have priority for registrations received before May 1st. Class sizes are limited to 14 participants per session. One form per participant please.

Please make check payable to:
“ROCHESTER CANOE CLUB”

Send check and completed forms to:

Mark Weider
217 Edgemoor Road.
Rochester, NY 14618
Phone: 585-473-9346
e-mail: mweider1@rochester.rr.com

Important Information

Information Night

On Monday, June 7th from 6:30-7:30 PM, please plan on coming to an optional information night at RCC to get answers to any questions you may have.

Instructors

There will be 2 Senior Instructors this year. Doug Kaukeinen will be back for his 16th year. He is a math teacher at Fairport High School and has been sailing for more than 30 years. Doug has had top finishes in both the Sunfish and Thistle at National level regattas. Mark Weider will also be back for his 5th year of teaching sailing. Mark is an Earth Science teacher at Wayne Central Schools. Mark is a Sunfish “master” and races Thistles as well. The Junior Instructors will be introduced at the information night

Daily Lessons

Instructors have organized the sessions into a structured, but fun way to learn how to sail. The normal class procedure starts with rigging the boats. We then have a chalk talk to learn new material and practice daily drills. We then spend the majority of the day on the water performing a variety of drills. We finish the day by de-rigging and going over the days activities with a summary chalk talk.

Bad Weather

The instructors will attempt to provide as much “on the water sailing time” as possible. We occasionally will run into days where there is too little or too much wind. Alternate activities are planned in case of inclement weather.

Equipment

Students are required to bring to class and wear their own Coast Guard Approved personal floatation device (PFD) at all times while on or near the water. Students should also bring an extra change of clothes, a hat to cover their head and sunscreen. Students are required to wear “closed toed” or “sneaker” type shoes at all times.

Fee Schedule

	RCC Member	Non-Member
Sessions I, II & III	\$145.00	\$165.00

Deduct \$10.00 if you are providing your own boat.
Deduct \$10.00 for a sailor's second session this year.

Further Information

Call Mark Weider @ 585-473-9346. Confirmation for classes will be sent out shortly after June 7th

RCC Website: www.rochestercc.org

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