

Syllabus for NCSC Classroom Instruction - 2018

This year, we have switched from Sailing Fundamentals to The America Sailing Association's "Sailing Made Easy". While the book covers keel boats, NCSC members sail dingys, which have removable centerboards, a Thistle, a high-performance one-design racing dinghy, also used for day sailing and Flying Scots, both designed by Sandy Douglass. With uniqueness in sailboats and club sailing area, we'll cover additional material in Classroom instruction that is not found in the book. That said, it's a great foundation and reference.

Chapter 1: Sailing-the what, the how, and the where; points of sail; anatomy of a sailboat, pp 14-26

Chapter 2: Boarding, in the cockpit-the boat's controls, preparing to go sailing, rigging the jib, hoisting sails and casting off, mainsail first, getting the boat moving and keeping it moving. pp 28-40

Chapter 3: It's all about trim, time for the jib, the power of two, it's all about the wind, tacking, jibing. pp 42-56

Chapter 4: Better sailing, sailing "in the groove", steering and trim in strong winds, knots. Roles on board. pp 58-70

Chapter 5: Sailing drills, slowing the boat under sail, backwinding the jib and heaving to, stowing the jib, sailing to a mooring, care and handling of sails pp 72-88

Chapter 6: Basic sailing rules, government rules, safety equipment, navigation aids. Pp 90-100

Chapter 7: Anchors and anchoring, man overboard. Pp 105-106

Full Schedule:

Date	Event	Time (am)	
2/10/18	Intro to Sailing 1 - Points of sail, anatomy of a sailboat	10:30	12:00
2/17/18	Intro to Sailing 2 - Knots, boarding, controls, rigging, moving	10:30	12:00
2/24/18	Getting a feeling for sailing - jib, spinnaker, sail trim, tack, Jibe	10:30	12:00
3/3/18	Sailing skills 1 - Strong wind, light wind, managing emergencies	10:30	12:00
3/10/18	Sailing skill 2 - slowing, backwinding, heave to, docking, mooring	10:30	12:00
3/17/18	Sailing rules - required equipment, navigation, right of way	10:30	12:00
3/24/18	Tides, Currents & Moorings, Weather - forecasts, patterns, indicators, proper judge	10:30	12:00
3/31/18	Hazards - what, where, how to avoid	10:30	12:00
4/7/18	Rigging a Scott, Racing fundamentals	10:30	12:00
4/14/18	Rigging a Thistle, Advanced Racing	10:30	12:00
4/21/18	Possible makeup day	10:30	12:00