



**Island Yacht Club presents  
The 19<sup>th</sup> Annual Northern California  
Women's Sailing Seminar  
October 1 & 2, 2011**



**We hope you have a fun, relaxing, educational and inspiring weekend in our workshops and on the water with us!  
Be a lucky winner at our exciting raffle which includes valuable and useful sailing prizes!**

Island Yacht Club's Northern California Women's Sailing Seminar was created and founded in 1993 by **Mary Quigley** and **Linda Newland** after they attended a women's sailing seminar down south. They thought, "We need a seminar in Northern California, too!" - where women could learn about sailing from other women.

Book before September 17 and take advantage of the two-day *early bird* discounted fee of \$175 which covers two full days including our Saturday workshops, continental breakfast, lunches, one raffle ticket, registration packet, WSS visor, a bag filled with goodies from our sponsors - plus Sunday sailing (*early bird* cost for Saturday alone is \$125). Additional donations are gladly accepted and will help us put on this seminar every year. Registration is first-come, first-served. If space is available after September 17, registration fees go back to \$200 for both days.

WSS is made possible by the generous donations of instructors, boat owners and sponsors. Each participant's brochure will include details about our contributors, sponsors and volunteers, to whom we extend a sincere and heartfelt THANK YOU!

Island Yacht Club is an unpretentious, all-volunteer yacht club that welcomes all boating enthusiasts! Ask about our introductory membership special that runs during the Women's Sailing Seminar! Briefly, the special comprises waiving the \$100 initiation fee, and the annual dues of \$375 will cover your membership through the end of 2011 and *all* of 2012!

**Have a great day  
and...  
"Capture the Power!"**

**Saturday Schedule of Events**

7:30 am to 8:30 am	Registration and continental breakfast
8:30 am to 9:00 am	Welcome! Keynote Speaker
9:15 am to 12:30 pm	Workshops
12:30 pm to 1:30 pm	Lunch & Raffle
1:45 pm to 5:00 pm	Workshops
5:00 pm to 6:15 pm	Cash bar and hors d'oeuvres & Raffle

Sunday schedule on following page.



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## Saturday Classroom Course Descriptions

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### Session I: 9:15 am to 10:45 am

**Boat Speak (Dockside):** Climb aboard a boat, learn introductory terminology and other good boating habits and protocol. (Recommended for Beginners)

**Advanced Sail Trim:** Go beyond the basics to optimize a boat's performance.

**Navigation Basics (Part I):** Learn chart-reading basics, tools and techniques for plotting a course, navigational tips and tricks, celestial navigation, and 'ded reckoning'. Bring parallel rules, divider, pencil, paper, SF chart #18649. **Note: This is a 2-part course.**

### Session II: 11:00am to 12:30 pm

**Basic Sailing:** Basic sail trim skills and terminology, learn the how and why of changing the shape of the main and jib. (Recommended for Beginners)

**Spinnakers (Dockside):** How to pack, rig, set and douse the spinnaker; how to jibe the pole.

**Navigation Basics (Part II):** See Description for Part I, above.

**Note: This is a 2-part course.**

### Session III: 1:45 pm to 3:15 pm

**Basic and Advanced Knots:** Knots beyond the bowline!

**Intro to Racing:** Racing is still the best way to get good at sailing. Learn the different crew positions and strategies.

**Diesel Care & Feeding:** Overview of diesel engines and basic troubleshooting.

### Session IV: 3:30 pm to 5:00 pm

**Advanced Sail Trim:** Go beyond the basics to optimize a boat's performance.

**Shorthanded Sailing:** How to rig a boat for short-handed sailing; what to do if short-handed unexpectedly.

**Going up the Mast (Dockside):** Learn how to assist putting someone up the mast, how to use a bosun's chair or a climbing harness, and how to do it if you're a singlehander.

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## Recommended Learning Track for Beginners!

**Session I:** Boat Speak (Dockside)

**Session II:** Basic Sailing (Classroom)

**Session III & IV:** Basic Sailing (On-the-Water)

If you are interested in this seminar track, just check the BEGINNERS REGISTRATION BOX on the registration page!

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**You may choose up to four classroom sessions, or two classroom sessions and one On-The-Water double session.**

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## Saturday On-The-Water Course Descriptions

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### Session I & II: 9:15 am to 12:30 pm

**Docking:** Learn techniques and steps involved in docking.

**Demystifying Outboards / Anchoring:** The care and feeding of an outboard, how to start it and keep it running; and, techniques and steps involved in anchoring a boat, including choosing the right anchor.

**Crew Overboard:** Learn how to rescue and retrieve a person of any size from the water. Hands-on practice using the Lifesling device.

**Note: This is a double session.**

### Session III & IV: 1:45 pm to 5:00 pm

**Basic Sailing:** Hands-on introduction to basic sailing skills & terminology for novices with limited or no sailing experience. (Beginner)

**Spinnaker Clinic:** Practice safely sailing a spinnaker. Practice sets, jibes, and douses.

**Advanced Sail Trim:** Learn how to efficiently trim the sails in all conditions.

**Note: This is a double session.**

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**Dress:** Dress warmly. Dress in layers. Wear shoes with non-marking soles.

**What to Bring:** Bring your personal flotation device (PFD) and raingear for this all weather event. **PFDs are required for all on-the-water sessions.**

**Hotels:** Spending the night? Call us for references.

**Transportation:** A car is the most convenient way to get to the yacht club.

**For more information:** E-mail WSS at [WSS@iyc.org](mailto:WSS@iyc.org), or phone the club at 510-521-2980, or check the website of Island Yacht Club: [www.iyc.org/wss.html](http://www.iyc.org/wss.html).

## Sunday Activities:

Select ONE of the two choices described below.

### Bay Cruise

Participate in a Cruise on the San Francisco Bay with a qualified woman skipper and enjoy watching the Blue Angels Airshow, and other Fleet Week activities. Come to Island Yacht Club 11:00 Sunday morning to pick up lunch and meet your crew. You can use the cruise to practice your newfound sailing skills -- or, just relax and enjoy the ride!

### Estuary Races

Participate in FUN sailboat races on our flat-water Estuary! This is an event for all skill levels. Meet at Island Yacht Club at 10:00AM for mandatory Skipper's Meeting and review of race instructions. Each boat will have a qualified instructor and an owner to ensure you a safe and enjoyable race. Races will be followed by an awards ceremony and presentation of prizes to the winners.

