



**Island Yacht Club** *presents*

**The 15th Annual Northern California  
Women's Sailing Seminar©  
October 6 and 7, 2007**

**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!**

The 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.

Our keynote speaker this year is Dana Riley. Dana is the Marine & Aquatic Sports Supervisor for the City of Oakland. You might find her over at the Lake Merritt Boating Center at the Jack London Aquatic Center. Under Dana's direction, the City of Oakland's programs stress self-empowerment, safe boating and marine ecology--perfectly coinciding with the main objectives of Island Yacht Club's Women's Sailing Seminar©, which is all about empowering women on the water.

Dana started sailing at an early age on the Great Lakes, the East Coast, and the Caribbean. When Dana was 12 years old, her family sailed for a year, from Michigan to Grenada--and back! Over 10,000 miles! In 1984, Dana started sailing competitively, from local club racing to international regattas. Dana worked with her sister Dawn to build a successful America's Cup team from the ground up. Dana is eager to share her enthusiasm about sailing. Come and hear her speak about her experiences and you will be inspired to sail more often, and further, and better.

Your fee of \$140 entitles you to two full days (cost for Saturday only is \$95), 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! Registration is first-come, first-served. If space is available after October 1, there will be a late charge for registrants of \$15.

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!



**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 Dana Riley**
- 9:15 am to 10:45 am Workshops
- 11:00 am to 12:30 pm Workshops
- 12:30 pm to 1:30 pm Lunch & Raffle
- 1:45 pm to 3:15 pm Workshops
- 3:30 pm to 5:00 pm Workshops
- 5:00 pm to 6:15 pm Cash bar and hors d'oeuvres & Raffle

*See next page for details of Sunday's Schedule of Events*



## Saturday Classroom Course Descriptions

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

**Boat Speak (Dockside):** Introductory terminology for novices with limited or no sailing experience. (Open to all)

**Knots:** Learn the most-often-used knots and the best applications. (Open to all)

**Weather 101:** Plan ahead to be ready for unexpected weather; emergency safety gear for boat and crew. (Open to all)

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

**Navigation Basics:** 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. (Intermediate)

**Note:** This is a DOUBLE SESSION.

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

**Basic Sailing:** Basic sail trim skills and terminology for novices with limited or no sailing experience, learn the how and why of changing the shape of the main and jib. (Beginner)

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

**Sail Repair / Sail Care:** How to properly care for your sails; how to handle & store them, and even make minor repairs. (Open to all)

**Navigation Basics:** 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. (Intermediate)

**Note:** This is a DOUBLE SESSION.

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

**Knots:** Learn the most-often-used knots & best applications. (Open to all)

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

**Medical Emergencies at Sea:** How to handle minor/major emergencies on board, what to carry in your first aid kit. (Open to all)

**Diesel Care & Feeding:** Overview of diesel engines and basic troubleshooting. (Open to all)

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

**Rules of the Road:** If the DMV had a test on the rules of the road at sea, would you pass it? Take this class and learn who has the right of way in a variety of situations. (Open to all)

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

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

**Demystifying Outboards:** The care and feeding of an outboard, how to start it, run it, deal with the gas can and the gas line, and what to do with it when you're sailing. (Open to all)



## Saturday On-The-Water Course Descriptions

### **Session I & II**

**Docking:** Learn techniques and steps involved in docking. (Open to all)

**Anchoring:** Learn techniques and steps involved in anchoring a boat. Choose the right anchor. (Open to all)

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

### **Session III & IV**

**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. (Intermediate)

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

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

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

**What to Bring:** Bring your personal flotation device (PFD) and rain gear 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 [Island\\_WSS@yahoo.com](mailto:Island_WSS@yahoo.com), call Susan at 925-305-8660, the club, 510-521-2980, or check the website of Island Yacht Club: [www.iyc.org](http://www.iyc.org).

Select one of two choices described below. Saturday enrollment REQUIRED for Sunday participation

### **Sunday 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!

Meet at 11:00 AM at Island Yacht Club. The Cruise will last until 4:00 PM. The \$45 fee includes lunch.

### **Sunday 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.

Meet at 10:00 AM at Island Yacht Club. The Races will end at around 3:30 PM. The \$45 fee includes lunch.