



"Capture The Power"

Saturday and Sunday,
October 12 & 13, 2002

Saturday Program

7:30-8:30 am.....	Registration
8:30-9:00 am.....	Welcome
9:15-10:45 am.....	Courses
11:00-12:30 pm.....	Courses
12:30-1:30 pm.....	Lunch/Raffle
1:45-3:15 pm.....	Courses
3:30-5:00 pm.....	Courses
5:00-on....	Happy Hour/Raffle

Hosted by
Island Yacht Club
Alameda Marina
1853 Clement Ave.
Alameda, CA 94501

WSS Chair Sally Richards 510-444-4321
sally@pineapplesails.com

IYC: (510) 521-2980
www.iyc.org

Welcome

The United States Coast Guard

has agreed to open the Seminar with a

Helicopter Rescue Demonstration

At 8:30 a.m.
Down on the docks

So don't be late.

Hotels

Spending the night? Here is a short list of some local hotels/motels.

Marina Village Inn, Alameda
510-523-9450

Motel Six, Oakland
510-436-0103

Executive Inn, Oakland
510-536-6633

Best Western Inn at the Square
510-452-4565

Information

Important information to help you fully enjoy the 2002 Northern California Women's Sailing Seminar.

- Dress Warmly (layers) and wear comfortable shoes. Be prepared for rain!
- On-the-water attendees must have boating attire (no dark soled shoes) and provide their own gear (gloves, PFD, foul weather gear). Be prepared!
- Registration, continental breakfast, Saturday lunch and raffle will take place at the IYC clubhouse.
- Courses will be held at various buildings in the Alameda Marina. You will receive a map with your registration packet Saturday morning.
- You will receive a tote bag for your seminar souvenirs and course handouts.
- Souvenir merchandise will be available the day of the seminar while supplies last.
- Refunds will be made only to those who cancel before October 1, 2002.
- Submit one registration form per person. Feel free to make copies of the form.

Space is limited to 150 – first come, first served.

Registration (Saturday only) includes: continental breakfast, lunch, tote bag, free WSS Logo Cap, literature, all Saturday courses and hors d'oeuvres. **FEE: \$75 fee** for all applications received by October 1, **\$80** after that, or at the door. No refunds for cancellations after October 1, 2002. Registration for Sunday includes: Race or cruise, and lunch. **FEE: \$20.**

Workshops

Course Options

For easier selection, classes have been categorized to skill level and subject matter. Please note your sailing level when selecting courses to get the most out of the seminar. Mark your selections clearly on the registration form and mail it promptly. Courses are offered on a first come, first served basis.

To assist you in selecting the classes that are most interesting and appropriate, courses have been divided into the following categories:

N = Beginner
A = Advanced
C = Classroom
W = On -the-water
D = Dockside

Please select your courses according to your level of interest and your level of sailing experience.

Beginner: Little or no experience sailing a boat.

Advanced: Experience either as a helmsperson or active crew. Understand points of sail, know how to tack and gybe a boat, know what's expected of you as a crew member.

9:15—10:45

CLASSROOM COURSES:

Basic Sail Trim — N

Learn the how and why of changing the shape of the main and jib.

Fitness for women who sail — All

Find out from a fitness trainer and sailor just what it takes to be physically fit for sailing.

Advanced Sail Trim — A

Go beyond the basics to optimize a boat's performance.

GPS — All

Everybody has one. Find out how to use one!

DOCKSIDE/ON-THE-WATER COURSES:

Docking—Take the boat in and out of the slip with confidence. The pleasure of sailing starts here. **This is a 2-session course.**

Lifesling Recovery—N or A

How many of you have noticed the lifesling on board but have never ventured to look inside or understand how it works? Practice using this device to recover a live person and get the person back aboard. **This is a 2-session course.**

Basic Anchoring—N or A

Learn the basics of anchoring and how to communicate without yelling! You will learn the different types of anchors and conditions under which to use them, as well as considerations like current and wind.

Anatomy of a Boat—N

Sailing has it's own vocabulary. Learn what everything is and what it does, from stem to stern.

11:00—12:30

CLASSROOM COURSES:

Diesel Maintenance—All

Understanding a boat's engine can be a basic part of sailing. Come learn from a pro.

Spinnaker Handling—A

Learn the basics of rigging and flying a spinnaker. Learn the terminology, understand how to set, gybe and take down a spinnaker.

Sail Maintenance and Repair—All

Get advice from an expert sailmaker on taking care of sails and doing repairs at sea.

Knot Tying—N

Back by popular demand! Learn the most often used knots in sailing. Practice knots with help and support from the instructor.

DOCKSIDE/ON-THE-WATER COURSES:

Rules of the "Road" - N

Understand right of way. Understand "ranging." Then relax.

Basic Anchoring—N or A

Learn the basics of anchoring and how to communicate without yelling! You will learn the different types of anchors and conditions under which to use them, as well as considerations like current and wind.

1:45-3:15

CLASSROOM COURSES:

Basic Sailing—N

Upwind, downwind, tack, gybe, head up, fall off...what's it all mean? Come find out.

Weather—All

Understand the highs and lows of weather in the information age.

Navigation Basics—N

Learn chart-reading basics, tools and techniques for plotting a course and 'ded reckoning.' Bring parallel rules, divider, pencil, paper, SF chart #18649, if you have one. **This is a 2-session course.**

DOCKSIDE/ON-THE-WATER COURSES:

Basic Sailing—N

Become familiar with getting a boat ready for sail. Learn important knots, how to hoist the sails, and how to communicate aboard. **This is a 2-session course.**

Spinnaker Handling—A

Racing or cruising, learn how to safely sail a spinnaker. The class will teach sets, trim, gybes and douses. Specify dip-pole or end-for-end gybes. Or symmetric or asymmetric sails. **This is a 2-session course.**

Sail Trim—A

Learn how to efficiently trim both the main and jib in all weather conditions, whether in the heat of a race or just out cruising. Light air and heavy air tactics will be demonstrated. As well as reefing.

3:30-5:00

CLASSROOM COURSES:

How to Crew on Other People's Boats—A

Geared toward offshore cruising, this course will show you what you need to do and know to sign on as crew on someone else's boat.

Fitness for women who sail — All

Find out from a fitness trainer and sailor just what it takes to be physically fit for sailing.

Medical Emergencies at Sea—All

Learn how to handle common medical problems that occur onboard and how to prevent them as well. Learn how to construct a first-aid kit.

Navigation Basics—N

Learn chart-reading basics, tools and techniques for plotting a course and 'ded reckoning.' Bring parallel rules, divider, pencil, paper, SF chart #18649, if you have one. **This is a 2-session course.**

DOCKSIDE/ON-THE-WATER COURSES:

Docking & Motoring—A

Learn about prop walk, communication skills and how slip position affects your docking strategy. Take turns pulling in and out of a slip. **Please specify tiller (W4T) or wheel (W4W).**

Basic Sailing—N

Become familiar with getting a boat ready for sail. Learn important knots, how to hoist the sails, and how to communicate aboard. **This is a 2-session course.**

Spinnaker Handling—A

Racing or cruising, learn how to safely sail a spinnaker. The class will teach sets, trim, gybes and douses. Specify dip-pole or end-for-end gybes. Or symmetric or asymmetric sails. **This is a 2-session course.**

Registration

Last Name: _____ First Name: _____
 Street Address: _____
 City: _____ St: _____ Zip: _____
 Day Phone: () _____ Eve. Phone: () _____
 Email: _____

Experience Level: (Circle One) Beginner Inter./Adv.
 Lunch Preference: (Circle One) Veggie (non-dairy) Meat

Clothing:
 Your Cap with WSS Logo is FREE. Additional caps are \$15 each.
 Special item: Denim shirt by Wrangler with WSS Logo, \$32 each,
 sales tax included. Please indicate your selection

Free Cap Qty: 1 Size: _____ Total Cost: _____
 Add'l Cap _____ Size: _____ Total Cost: N/C
 Denim shirt: _____ Size: _____ Total Cost: _____

No Cancellations on Clothing Orders!!

Saturday Registration Costs: Sunday Registration:
 Before 10/1/01 (\$75) _____ Racing or Cruising (\$20) _____
 10/2/02 or later: (\$80) _____ Total Cost Clothing: _____
Total Amount Enclosed: _____

Every attempt will be made to satisfy your preferences. Remember, first come, first served.

Refund policy: Should you need a refund, all cancellations must be made in writing. There are no refunds after October 1, 2002.

Sunday Selection:

(Circle One) Cruise Race Neither

Merchandise may be ordered on your seminar registration form and picked up on October 12.

Sizes: Women's S, M, L, XL (XXL available in men's size)

Price: \$32 each, tax included.

Extra caps: \$15.00 each

Sizes: One size fits all.

Multicolor WSS Logo Cap
 100% cotton denim cap with WSS logo in lime.

Denim long sleeved shirt
 Denim shirt in "blue jean" blue with button down collar and WSS logo in lime.

Saturday Course Selection

The workshops are provided on a first come, first served basis. Please list three Classroom choices and two On-The-Water choices in order of preference for each session. Note: You are allowed a total of 2 On-The-Water Courses. 1 Double session counts as 2 sessions.

9:15-10:45
 Course # _____ Name of Course _____

11:00-12:30
 Course # _____ Name of Course _____

1:45-3:15
 Course # _____ Name of Course _____

3:30-5:00
 Course # _____ Name of Course _____

Waiver/Release Clause:

I am aware that my participation in the events conducted by IYC and the Women's Sailing Seminar can be physically demanding and involves certain risks and dangers, including potential risk to my person and or property. I acknowledge and assume these risks and wish to participate in these events. I assume full responsibility for my actions. Should injury or loss occur, I agree to indemnify and hold harmless IYC, Women's Sailing Seminar, Boat owners, Facility owners, Skippers and Instructors for any and all liabilities.

Signature: _____

Souvenir Merchandise

Note: Sunday events are limited in space – Register EARLY!!

Race on the Estuary – Participate in a FUN sailboat race on the Estuary. This is an event for all skill levels. Meet at Island Yacht Club at 10:30 for a skipper/crew briefing and review of the race instructions. Each boat will have a qualified skipper and crew member to ensure you a safe, enjoyable and memorable race! The race will be followed by an awards ceremony and presentation of prizes to the winners. Note: you will need to wear appropriate sailing gear – rain gear, non-marking soled shoes, hat, gloves, etc.

*Time: 10:30 am – 3:00 pm
 Cost: \$20 (includes lunch)
 Where: Island Yacht Club*

October 13, 2002

Cruise on the Bay – Participate in a Cruise on the San Francisco Bay with a qualified woman skipper and enjoy the Fleet Week activities on the Bay. Please meet at Island Yacht Club at 9:30 Sunday morning to pick up lunch and meet with your crew. You can use this time to reinforce what was learned the previous day or just relax and enjoy the experience. Note: you will need to wear appropriate sailing gear – rain gear, non-marking soled shoes, hat, gloves, etc.

*Time: 9:30 am – 3:30 pm
 Cost: \$20 (includes lunch)
 Where: Island Yacht Club*

Directions to IYC

From San Francisco:

Take **Bay Bridge** over Bay from SF.
Take **I-880 South Ramp** towards **Alameda/Airport/San Jose**.
Merge onto **I-880 South**.
Take the **23rd Avenue/Alameda** exit.
Continue straight to merge onto **Kennedy Street**.
Follow **Kennedy Street** as it curves to the left and to the right, putting you onto the **Park Street Bridge**.
Go over bridge into Alameda.
Take **Park Street** to second stop light, which is **Clement Avenue**. Turn right on Clement.
Go straight through stop sign, and turn right into Alameda Marina Gate where you see the WSS sign.

From Berkeley:

Take **80 South**, stay in #2 or #3 (watch signs) lane to merge onto **880 South** towards **Alameda**.
Take the **23rd Avenue/Alameda** exit.
Continue straight to merge onto **Kennedy Street**.
Follow **Kennedy Street** as it curves to the left and to the right, putting you onto the **Park Street Bridge**.
Go over bridge into Alameda.
Take **Park Street** to second stop light, which is **Clement Avenue**. Turn right on Clement.
Go straight through stop sign, and turn right into Alameda Marina Gate where you see the WSS sign.

From Oakland:

Take **880 South**.
Take **23rd Avenue/Alameda** exit.
Continue straight to merge onto **Kennedy Street**.
Follow **Kennedy Street** as it curves to the left and to the right, putting you onto the **Park Street Bridge**.
Go over bridge into Alameda.
Take **Park Street** to second stop light, which is **Clement Avenue**. Turn right on Clement.
Go straight at stop sign, and turn right into Alameda Marina Gate where you see the WSS sign.

Directions to IYC

From Fremont, Hayward, or San Jose:

Take **880 North**.
Take the **23rd Avenue** exit.
Take the first left and immediately turn left again.
Proceed straight ahead over the freeway. The **Park St. Bridge will be visible ahead**.
Go over bridge into Alameda.
Take **Park Street** to the second stop light, which is **Clement Avenue** and turn right. Alameda Marina is at 1815 Clement. Turn right into the marina gate where you see the WSS sign.

Parking space is limited—please try to carpool.

By Bus: Call AC Transit for bus information and schedules (510) 839-2882.

By Water: If you want to sail in for the seminar please call the Alameda Marina harbormaster at (510) 865-0435.



10th Annual
Northern California
*Women's
Sailing
Seminar*

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