

“Capture The Power”



Island yacht club presents
**The 21st Annual Northern California
Women's Sailing Seminar**
September 28-29, 2013

We offer you 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.

Register by September 13 and take advantage of the two-day "early bird" discounted fee of \$195 which covers **two full days** including our Saturday workshops, continental breakfasts, lunches, one raffle ticket, class handouts, WSS visor, a bag filled with goodies from our sponsors - plus Sunday sailing! 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 13, registration fees go up to \$220 for both days.

WSS is made possible by the generous donations of instructors, boat owners and sponsors. Each participant's printed program 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 nonprofit yacht club that welcomes all boating enthusiasts! Ask about our **introductory membership special** that runs during the Women's Sailing Seminar! IYC will waive the usual initiation fee. Also, your annual dues of just \$375 will cover your membership **all the way through the end of 2014!**

**Have a great weekend
and...
“Capture the Power!”**

Saturday Schedule

7:30 - 8:30 am	Registration and continental breakfast
8:30 - 9:00 am	Welcome! Keynote Speaker
9:15 am - 12:30 pm	Classes (descriptions next page)
12:30 - 1:30 pm	Lunch & Raffle
1:45 - 5:00 pm	Classes (descriptions next page)
5:00 - 6:15 pm	Cash bar, hors d'oeuvres & raffle

Sunday Schedule on next page

How to Sign Up

- 1) Look through the class schedule on the next page. We have a wider-than-ever selection of tracks this year; you'll see those tracks on our Registration Form, but you are free to pick and choose your classes instead. (Custom-eligible classes say **[Open]** in the description.) Note that some classes are two sessions long; they take the full morning or afternoon.
- 2) In your Web browser, go to <http://womenssailingseminar.com> and click on the **Online Registration** link. Fill in the contact information and select your classes. (We ask for up to three preferences for each session in case a class fills up or has to be cancelled.) You can pay by PayPal at the same time.
- 3) If you prefer, you can fill in the paper form attached to this sheet and mail it with your check.

Remember, Early Bird Registration ends at 6:00PM on September 13. Your registration and tuition must be received (or postmarked if mailed) by that date.



2013 WSS Class Descriptions

"Track" vs. "Custom" Registration

We've put together seven Tracks this year, each of which give you a full day of related courses and the special camaraderie of being with some of the same students through the day. When you go to our online registration form, just click on a track and you're all done choosing your Saturday classes!

If you want to pick and choose, you will be a "Custom" registrant. Take a look at the courses below and figure out your day. Look for the word "open" in square brackets for the classes available to you.

Selecting your Saturday Classes

Custom registrants select two Single Sessions OR one Double Session for morning; two Single Sessions for the afternoon. Track classes are denoted by the name of the track in [square brackets]. If the class is open to Custom registrants, the word "open" will appear in the brackets.

Morning Single Session I: 9:15 am – 10:45 am

Boat Speak [Beginner-open] (Dockside): Climb aboard a boat, learn introductory terminology and other good boating habits and protocol.

Review of Terms, Procedures, Safety, Equipment [Intermediate-open] (Classroom): Refresh your memory and "plug the holes" in your knowledge of these critical areas.

Advanced Sail Trim [Sail Trim-open] (Classroom): Go beyond the basics to optimize a boat's performance.

Intro to Racing [Racing-open] (Classroom): Racing is still the best way to get good at sailing. Learn the different crew positions and strategies.

Anchoring/Mooring [Ocean Cruising] (On the Water): Experienced cruisers can tell the charter sailors and novice cruisers in an anchorage by their ability to communicate and secure a boat at anchor or mooring ball with minimum stress and verbal discussion. Learn to settle in like an old salt and bring out the margaritas like you have been doing this for years.

Knots [open] (Classroom/Dockside): Go "beyond the bowline" and learn some truly useful knots for different occasions.

Morning Single Session II: 11:00 am – 12:30 pm

Basic Sailing [Beginner-open] (Classroom): Basic sail trim skills and terminology, learn the how and why of changing the shape of the main and jib.

Boat Rigging, Knots, Line Handling [Intermediate-open] (Dockside): Rig a boat for a day sail on the estuary reviewing terminology, purpose and proper use of standing and running rigging.

Sail Shaping [Sail Trim] (Dockside): See how adjustments to a boat's rigging affect the shape of a sail and apply these adjustments to increase or reduce efficiency to sail trim as conditions change.

Racing Rules & Start Procedure [Racing-open] (Classroom): Rules of the Road and visual signals applied during the beginning of a race. Learn tactics for getting the best line position to start a race when the gun goes off – not before or after this sound signal.

Communications for Cruisers [Ocean Cruising-open] (Classroom): Nets, home support, port authorities, international navigation, SSB, sat phones, Email while at sea.

Up the Mast [open] (On the Water): Experience being the both the person sent to the top of the mast and learn how to safely hoist another person. Used when retrieving halyards or performing other maintenance in the 360-degree view bosun's seat.

Morning Double Session: 9:15 am – 12:30 pm

Spinnakers [Spinnaker] (Classroom/Dockside): Details of theory and practice to get the most out of the big kite.

Navigation [Navigation] (Classroom): Learn chart-reading basics, tools and techniques for plotting a course, navigational tips and tricks, and "dead reckoning." Students must bring their own parallel rules, divider, pencil, paper, SF chart #18649.

Anchoring [open] (On the Water): Techniques and steps involved in anchoring a boat, including choosing the right anchor.

Docking [open] (On the Water): Learn techniques and steps involved in docking.

Crew Over Board [open] (On the Water): Learn how to rescue and retrieve a person of any size from the water. Hands-on practice using the Lifesling device.

Other Information:

Dress: Dress in layers; bring warm outerwear. 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.*

Transportation: A car is the most convenient way to get to the yacht club. Ample free parking is available in the marina. *Coming by boat?* Contact Alameda Marina at 510-521-1133 for guest slip information.

For more information: E-mail WSS at WSS@iyc.org, or phone the club at 510-521-2980

Lunch and Raffle 12:30 to 1:30

Afternoon Single Session III: 1:45 pm – 3:15 pm

Maintenance and Rigging [open] (Dockside): Things to know to keep your boat shipshape and safe!

Dress for Success [open] (Classroom): Choices in clothing and gear for the changeable weather on the Bay or at sea.

Shorthanded Sailing [open] (Dockside): How to rig a boat for short-handed sailing; what to do if short-handed unexpectedly.

Outboard Motors—Make them Purrrr [open] (Dockside): Overview of gasoline motors and basic troubleshooting.

Weather [Ocean Cruising-open] (Classroom): "A red sky in the morning is a sailor's warning, a red sky at night, a sailor's delight" and other proverbs have long helped those at sea head for shelter to avoid storms and danger. Learn modern techniques, electronics and services that are available today to help predict winds and conditions for sea travel.

Afternoon Single Session IV: 3:30 pm – 5:00 pm

Radio [open] (Classroom/Dockside): How to properly use your VHF radio. What channels to use, how to identify yourself, best practices for clear communication.

Night Sailing [open] (Classroom): Learn about the special challenges and techniques of sailing at night; how to read the lights and interpret other clues about what's around you.

Diesel Care & Feeding [open] (Dockside): Overview of diesel engines and basic troubleshooting.

Living Aboard [open] (Dockside): Choose a vessel as a home, stow everything from soup to work clothes, batten down the hatches and the TV when you turn your home back into a vessel for a day on the bay.

Marine Electronics & Mechanical Problem-solving [open] (Dockside): The market abounds with electronics for navigation, communication, weather, entertainment, wind and water conditions – learn what is available plus services to keep them current. At the other end of the spectrum, anchors still drag, lines get tangled around props and impellers have to be replaced. Begin a file system of information to resolve mechanical break-downs.

Afternoon Double Session (Track Registrants only): 1:45 pm – 5:00 pm

Basic Sailing [Beginner] (On the Water): This is it! Time to hoist the sails and actually do it.

Practice Maneuvers; Sail Trim for Changing Conditions [Intermediate] (On the Water): There is a saying "If you can sail the San Francisco Bay, you can sail anywhere," because our Bay has many micro climates. As mid-afternoon approaches, wind blows harder. Any wind change, including its direction, requires adjusting sails to achieve efficiency and preserve their material.

Spinnakers [Spinnaker] (On the Water): Practice safely sailing and trimming a spinnaker. Practice sets, jibes, and douses.

Crew Positions & Race Practice [Racing] (On the Water): Helmsperson, jib women, midships woman, foredeck, tatician – all serve important functions on a race team. Rotate positions during practice races to experience them all.

Advanced Sail Trim [Sail Trim] (On the Water): Shaping the sails through tacks and jibes; adjust them while underway.

Navigation Scavenger Hunt [Navigation] (On the Water): We've got a fun way for you to test your new skills! Get out there and "find it" on the Estuary from the clues we'll give you.

Sunday Activities:

Morning Yoga

Optional for early risers, come for an hour of yoga designed especially for sailors by certified instructor Julie Lucchesi of *Bow Yoga*.

THEN, select one of the two choices described below.

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 **10:00 am** for a 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.

Bay Cruise:

Participate in a Cruise on the San Francisco Bay with a qualified woman skipper! Come to Island Yacht Club **11:00 am** 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!

Ready to Register?

<http://womenssailingseminar.com>

or use the print form starting on the next page

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**The 21st Annual Northern California
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September 28-29, 2013
Registration Form

Save Time! Register Online at
www.womenssailingseminar.com

Full Name: _____ Today's Date: _____
Name as you'd like it on your name badge: _____
Mailing Address: _____
City, State, ZIP: _____ Email: _____
Home Telephone: _____ Cell phone: _____
Describe your sailing experience, if any: _____
In case of emergency, contact _____ Telephone _____

CLASS SELECTION

Indicate the sessions you would like to attend based on the session descriptions from our information sheet or Website.

Easy Track Registration Option: you may register for a TRACK by just checking one of the boxes below; we'll sign you up for all the right Saturday classes! Then just skip down to the SUNDAY section.

- BEGINNER -INTERMEDIATE -SAIL TRIM -SPINNAKERS -RACING -NAVIGATION -OCEAN CRUISING

Custom Registration Option: select individual classes by filling in the table below. If you choose any **Double Sessions**, be sure to fill both session boxes below (that is, fill in 9:15 to 10:45 **and** 11:00 to 12:30). Don't overlap!

Saturday Sessions	First Choice	Second Choice
Session I: 9:15am-10:45am		
Session II: 11:00am-12:30pm		
Session III: 1:45pm-3:15pm		
Session IV: 3:30pm-5:00pm		

IMPORTANT:

Choose only classes labeled "open" in the Course Descriptions.

Choose 2 single **or** 1 double session in the morning.

Choose 2 single sessions in the afternoon.

In case of a full or cancelled class, we will use your second choice.

SUNDAY

- Check this box to reserve a space in our free 60-minute morning yoga class with Julie Lucchesi of *Bow Yoga*.

Choose **one** of the following Sunday activities:

- ESTUARY RACING** (meet at IYC at 10:00am for Skippers' meeting and race instructions)
 BAY CRUISE (meet at IYC at 11:00am for a cruise out to San Francisco Bay)



Order your official embroidered WSS Microfleece Jacket (optional)

This is a Port Authority® Ladies Microfleece Jacket, perfect worn alone or layered. Features clear coil zippers, anti-pill finish, open cuffs and hem. Made of 7.5 ounce, 100% polyester microfleece with polyester tricot pockets. Sizes XS thru XL are only **\$30** including tax and shipping. (Extra charge for sizes XXL, 3XL, 4XL.)

Your purple jacket will have our Women's Sailing Seminar "pink spinnaker" logo embroidered on the left. Let everyone know you've *Captured the Power!* Select your size, then add the price in the box on the back of this sheet:

SIZES: XS S M L XL XXL (\$31.20) 3XL (\$33.60) 4XL (\$34.80)

Please continue on to the back of this sheet

