



Spring Lake Junior Sailing Association
Intermediate Butterfly Class
Summer 2020
Butterfly 2

Overview:
Intermediate
Monday-Thursday
Two hour classes

Class Summary:
This class is designed for the older and more experienced butterfly sailors who are ready to prepare for solo sailing and racing. A treading water swim check is required.

Daily Schedule (Same schedule applies for classes at other times)

Check-In	9:00
On-Land Instruction	9:00-9:30
On-Water Practice	9:30-10:40
De-Rig / Wrap up	10:40-11:00

Day 1: Review and Assessment

Goals

- Get a feel for each student's level of experience
- Review the basics

Schedule

Students Arrive

- Take temperature (due to COVID-19. This will be done daily)
- Take attendance
- Introductions
- Check medical and concussion forms

Safety, Rules, and Expectations

- Explain rules/expectations
- Rules in the yard
 - No running
 - Respect yourself, each other, environment, and equipment
- Explain the layout of the Ted Shed

- Lifejackets required when near dock, on boat, and in water
- Explain the Yacht Club building (bathroom)
- Questions

Name Game

- Play a game with students and instructors to introduce names (e.g. toss ball, one favorite thing, a word that starts with the same sound as name)
- Name
- Sailing experience
- Age
- Goals

Chalk talk/ Land instruction: **Review**

- Swim check
- Review
 - Boat parts
 - Identify wind direction
 - Steering to a point
 - Tacking
 - Knots (square, figure 8, cleat)
 - Rigging
 - Capsizing

On Water

- Triangle course (to assess student's skills)
- Game if time
 - Tennis ball game
 - Follow the leader
 - Sail to a point

*Make sure every student gets a chance to skipper

De-rig

Wrap up/ Chalk talk

- Go over the day's goals and whether or not they were achieved
- Go over positives and what can be improved for the next class
- Questions

Day 2: Safety Position and Boat Speed

Goals

- Safety position
- Sail trim

Schedule

Students Arrive

- Take attendance
- Name game

Chalk Talk: **Safety Position and Boat Speed**

- Set the goal

Rigging

- Make sure everyone is participating

On Water Drills

- Red light green light
- Follow the leader
- Boat speed: slalom course

Day 3: Right of Way

Goals

- Introduce terms: starboard, port, windward, leeward
- Other vessels

Schedule

Students arrive

- Take attendance

Chalk Talk: **Right of way rules**

- Right of way explanation
- Right of way “quiz”

On Water

- Small figure 8 course (the smaller, the more application of right of way)
- Short W/L 2

Wrap Up/ Chalk Talk

- Go over goals and whether they were achieved
- Go over positives and improvements
- Questions

Day 4: Fun day

Goals

- Have fun!
- Become more comfortable on the water

Schedule

Students Arrive

- Take attendance

Chalk Talk: **Review and Fun**

- Right of way, safety position, boat speed, etc... Make it into a game!

Rigging

- Rigging race (have a prize based on the activity of the day, e.g. tow part way to destination, begin with an extra tennis ball, candy, sticker, etc...)

On Water **GAMES**

- Tennis ball game
- Race to instructor boat
- Follow the leader
- Sailing tag (with sponge, ball, or noodle)

De-rig

Wrap Up/ Chalk Talk

- Go over goals and if they were achieved
- Go over positives and what can be improved
- Questions

Day 5 (week two if returning students): Ease, hike, trim

Goals

- Hiking
- Proper sail trim
- Reading the water (puffs, lulls, lifts, headers)
- Preparing for puffs

Schedule

Students Arrive

- Take attendance

Chalk Talk: **Ease, hike, trim**

- Do a land demo for hiking

On Water

- Long windward/leeward course

De-rig boats

Wrap up/ Chalk Talk

- Go over student's goals and whether they were achieved
- Go over positives and improvements for the future
- Questions

Day 6:

Goals

- Intro to racing

Schedule

Students Arrive

- Take attendance

Chalk Talk: **Starts**

- Starting sequence
- Staying on the line

On the Water

- Starts
- Races or game

De-rig boats

Wrap Up/Chalk Talk

- Go over goals
- Go over positives and improvements for the future
- Questions

Day 7: Basic Racing-- Mark Roundings

Goals

- How to round marks

Schedule

Students arrive

- Take attendance

Chalk Talk: **Mark Roundings**

- Rounding windward and leeward marks
- Mark room
- Wide and tight
- Lay lines

Rigging

- Time them and tomorrow tell them to see if they can do it faster

On water

- Diamond of doom
- Slalom course

De-rig

Wrap Up/Chalk Talk

- Go over goals and whether they were achieved
- Go over positives and improvements for the future
- Questions

Day 8: Race

Goals

- Putting it all together: Race!

Schedule

Students Arrive

- Take attendance

Chalk Talk: **Racing**

- Quiz students on racing procedures (which way to round marks, how much time is left in a sequence, which side of the line to be on at go, right of way, etc...)

Rigging

- See if they can rig in less time than yesterday

On Water

- Races

De-rig

Wrap Up/Chalk Talk

- Pass out cards
- Go over achievement of goals

Tips:

- Be prepared for a rain or wind day where students cannot sail
 - Chalk talk
 - Games:
 - Sailing jeopardy
 - Sail controls
 - Captain's coming
 - Knot tying (can make this into a relay race or an untying race)
 - Make boats (pool noodles, paper, sticks, markers)
 - Land drills that can be moved inside
- All plans are tentative based on weather, sailor's abilities, how comfortable they are with certain things, etc...

COVID-19:

- Wear masks when on land
- Wipe down tables between classes
- Keep all students 6 feet apart (unless they are siblings)
- No students allowed in the Ted Shed
- Wipe down equipment (center board and rudder) after use
- Take everyone's temperature before beginning (38.2 degrees C is the cut off)
- Only siblings can sail together