

AYC JUNIOR SAILING CAMP



WHAT DO SAILORS DO AT CAMP?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	Drop-Off				
9:00 AM	Classroom Instruction				
10:00 AM	Swim Check	Morning Sail	Morning Sail or Windsurfing	Morning Sail	Capture the Flag & Tie-dye
11:00 AM	Capsize Demonstration				
12:00 PM	Lunch				
1:00 PM	Classroom Instruction	Swimming or Playground Time			
2:00 PM	Afternoon Sail	Classroom Instruction			
3:00 PM		Afternoon Sail	Afternoon Sail or Windsurfing	Afternoon Sail	Sailing Demonstration
4:00 PM					Awards Ceremony
	Afternoon Snack				
5:00 PM	Pick-up				

SWIM CHECK, CAPSIZE DEMO, & SAILING DRILLS

Before sailing, every camper camper must:

- Have their swimming ability assessed (**not** a test)
 - So, counselors understand the sailors' capabilities in the water
- Learn and perform a proper capsize recovery (an overturned boat)
 - Very simple
 - Builds confidence
 - Avoids panicking when it happens later in the week!

Sailing Drills:

- Practice fundamental skills while having fun
- Build on the skills throughout the week



DESTINATION SAIL

- Practice learned skills by sailing to a specific destination on the lake
- Depending on the skill of the group, sometimes we can have lunch on the lake!



Examples include Starnes Island, Sometimes Island (water-level dependent), and Cypress Creek

WINDSURFING WEDNESDAYS!



Camp is split into two groups for morning and afternoon sessions

SAILBOAT RACING



- Introduction to racing in the classroom
- On the water drills and then, races!

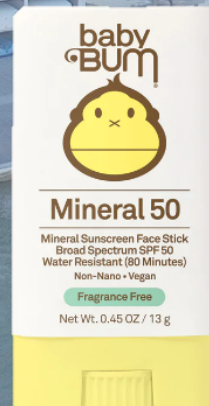
CAPTURE THE FLAG

- On the water: lifejackets, buoys, floaties, noodles
- On land: real sailing flags while rotating for tie-dye



SUNSCREEN

- Waterproof!
- Face and body
- Mineral: titanium dioxide and zinc oxide
- Show your camper how to properly apply before they come to camp!



GEAR EXAMPLES

THIS:



NOT THAT:



IMPORTANT CONTACT INFORMATION

- Max Ross
 - Camp Director
 - max@austinyachtclub.net
 - (512) 851-9418 **(for emergencies only)**
- Jackie Wheelless
 - AYC General Manager
 - Office: (512) 266-1336
 - gm@austinyachtclub.net
- Linda McDavitt
 - AYC Sail Training Commander
 - sail_training@austinyachtclub.net



An aerial photograph of a calm lake. In the foreground, a floating platform with a white roof and a sign that reads "Rylander Pavilion" and "Home of the Art Boatman" is visible. To its right, a long dock holds several blue kayaks. The background shows a shoreline with trees and a small building. The word "QUESTIONS?" is overlaid in large, bold, yellow letters across the center of the image.

QUESTIONS?