



island yacht club *presents*

The 17th Annual Northern California
Women's Sailing Seminar[®]
October 10 & 11, 2009

**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.

The special two day combined rate fee of \$140 entitles you to two full days 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 (cost for Saturday only is \$100, or Sunday only is \$50). Registration is first-come, first-served. If space is available after September 19, 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!
9:15 am to 10:45 am	Keynote Speaker: Theresa Brandner-Allen
11:00 am to 12:30 pm	Workshops
12:30 pm to 1:30 pm	Workshops
1:45 pm to 3:15 pm	Lunch & Raffle
3:30 pm to 5:00 pm	Workshops
5:00 pm to 6:15 pm	Workshops
	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): Climb aboard a boat, introductory terminology. (Recommended for Beginners)

Knots: Learn the most-often-used knots and the best applications.

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

Navigation Basics (Part I): 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. **Note: This is a DOUBLE SESSION.**

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

Basic Sailing: Basic sail trim skills and terminology, learn the how and why of changing the shape of the main and jib.

(Recommended for Beginners)

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

Navigation Basics (Part II): See Description for Part I, above.

Note: This is a DOUBLE SESSION.

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

Advanced Knots: Knots beyond the bowline!

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

Diesel Care & Feeding: Overview of diesel engines and basic troubleshooting.

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

Rules of the Road: Starboard and Port are only the beginning – what are the rules of the road at sea?

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

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

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.

Recommended Learning Track for Beginners!

Session I: Boatspeak (Dockside)

Session II: Basic Sailing (Classroom)

Session III & IV: Basic Sailing (On-the-Water)

If you are interested in this seminar track, just check the BEGINNERS REGISTRATION BOX on the registration page!

Saturday On-The-Water Course Descriptions

Session I & II: 9:15 am to 12:30 pm

Docking: Learn techniques and steps involved in docking.

Anchoring: Learn techniques and steps involved in anchoring a boat. Choose the right anchor.

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

Session III & IV: 1:45 pm to 5:00 pm

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.

Advanced Sail Trim: Learn how to efficiently trim the sails in all conditions.

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 raingear 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 WSS@iyc.org, or phone the club at 510-521-2980, or check our Website:

www.womenssailingseminar.com.

Sunday Activities:

Select ONE of the two choices described below. Each activity is preceded by a complimentary yoga session!

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!

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.

Revised 10/5/2009

