



Susquehanna Yacht Club

Regatta Sailing Program Learn to Crew

Spring 2025

Become a Key Member of the Crew – Join Our "Learn to Crew on a Sailboat" Program!

Are you ready to take your love for the water to the next level? Whether you dream of racing across the open sea or enjoying leisurely coastal cruises, our **Learn to Crew on a Sailboat** program is your gateway to becoming a valued member of any sailing crew.

- By the end of the 5 sessions, participants should be able to:
 - Understand the basic principles of sailing and the key components of a sailboat.
 - Perform fundamental crew roles such as trimming sails, handling lines, and steering.
 - Communicate effectively with the rest of the crew during maneuvers.
 - Confidently participate in basic sailing activities and maneuvers under a crew member's supervision.
- This curriculum offers a solid foundation for anyone looking to become a skilled and confident member of a sailing crew, with the right balance of theory and hands-on practice.

Why Choose Our Program?

What You'll Gain

- Practical, hands-on crewing experience.
- Increased confidence in your ability to contribute to any sailing team.
- A deeper understanding of sailboat mechanics and operations.
- The skills to participate in both casual cruises and competitive races.
- A sense of belonging to a vibrant, fun-loving sailing community.

Why Choose Our Program?

- **Hands-On Experience:** Learn by doing! Our program offers hands-on training in all aspects of crewing, from setting sails and trimming to steering and navigating. You'll get real-world experience aboard a sailboat, under the guidance of skilled instructors.
- **Teamwork & Communication:** Sailing is all about working together as a crew. Our program emphasizes the importance of collaboration, helping you understand how to communicate effectively and contribute to a smooth, efficient sailing experience.
- **Expert Instruction:** Our instructors are seasoned sailors who are passionate about sharing their knowledge. With personalized attention, they'll teach you everything from basic sail handling to advanced crewing techniques in a fun and supportive environment.
- **Master Essential Skills:** You'll gain confidence in performing key tasks such as managing lines, working with winches, spotting wind patterns, handling ropes, and understanding sail dynamics—skills that make you indispensable on any boat.
- **Stunning Locations:** Learn to crew in breathtaking settings, whether it's a beautiful bay, coastal waters, or an exciting race course. You'll get to enjoy the thrill of sailing while improving your skills in diverse conditions.
- **Flexible Scheduling:** Our program offers 5 Tuesday sessions in April and May to kickstart the season.
- **Sailing Community:** Join a network of fellow sailing enthusiasts! The camaraderie of being part of a crew adds to the excitement of learning. Share the experience and build friendships that last long after the course ends.

Details

Timeline

- Six 1.5 hour sessions with Lightning Regatta Preparation on Session 5
- April-May
- Tuesday Evenings
- **Cost:** Members \$30; Non Members \$50
- **One** Regatta will identified by participants during the sessions:
 - Helly Hanson, Annapolis Maryland
 - SYC Regatta, SYC PA
 - Pymatuning Spring Classic, Pittsburgh PA

SYC will provide boats, snacks, ropes, training/educational materials
Just bring yourself and have fun!

Are You Ready to Crew?



Don't miss your chance to be part of the action!

Sign up for our **Learn to Crew on a Sailboat** program today and start your journey toward becoming an essential member of any crew.

Whether you're interested in leisure sailing or the thrill of racing, this program will give you the skills to thrive on the water.

The crew is waiting for you – let's set sail together!

Sign up at: <https://www.regattanetwork.com/html/products.html>

Timeline*

Session	Date	Time	Activity	Location
1	Tuesday 8 April	6:00pm til dark	Introduction to Sailing & Boat Familiarization	Dry Land
2	Tuesday 15 April	6:00pm til dark	Sail Handling Basics	Dry Land
3	Tuesday 22 April	6:00pm til dark	Steering & Navigation Basics	On the Water Practice
4	Saturday 26 April	11:00 am to 5:00 pm	Crew Coordination & Maneuvering	On the Water Practice
5	Tuesday 29 April	6:00pm til dark	Advanced Crew Skills	Dry Land & Advanced Crew Skills
Optional	Friday 2 May	6:00pm til dark	Wrap up	Pack up Lightings and get ready to go to the Regatta!

*Note Activities may be varied based on weather

2025 Curriculum: Detailed*

Session 1: Introduction to Sailing & Boat Familiarization

Objective: Introduce participants to the fundamentals of sailing and the parts of the boat.

•Theory:

- Introduction to sailing and its basic principles (wind, sails, and boat movement).
- Overview of boat terminology: hull, mast, boom, rudder, keel, etc.
- Different parts of the boat: deck, cockpit, cabin, etc.
- Crew roles and responsibilities (skipper, helmsman, trimmer, etc.)
- Basic safety protocols and equipment (life jackets, overboard & capsize procedures).

•Practical:

- Basic boat tour and hands-on introduction to key boat parts.
- Demonstrating safety gear and how to properly wear it.
- Basic boat handling on calm waters: Getting comfortable with the boat.
- Understanding the importance of communication between crew members.

*Note Curriculum may be varied based on weather

2025 Curriculum: Detailed

Session 2: Sail Handling Basics

Objective: Teach crew members the fundamentals of managing sails, ropes, and lines.

•Theory:

- Introduction to the sails: mainsail, jib, genoa, etc.
- How sails work (principles of lift, trimming, and the effect of wind direction).
- Understanding lines: sheets, halyards, cleats, knots, and winches.
- Proper terminology and commands for sail handling.

•Practical:

- How to hoist, trim, and adjust sails.
- Hands-on practice with lines (sheets, halyards, etc.).
- Basic tacking (turning the boat) and jibing (downwind turns).
- Roleplay different tasks: trimming sails, managing lines, knot tying.

2025 Curriculum: Detailed

Session 3: Steering & Navigation Basics

Objective: Introduce participants to steering the boat and basic navigation concepts.

•Theory:

- The role of the helmsman and basic steering techniques.
- Introduction to the points of sail (close-hauled, beam reach, broad reach, and running).
- Basic navigation concepts: compass, headings, and relative wind direction.
- Basic understanding of the wind indicator and its relation to the boat's direction.

•Practical:

- Practice steering the boat (hands-on experience with the tiller or wheel).
- Understanding and following course directions with the compass.
- Exercises on basic tack and jibe maneuvers.
- Learn to sail in different wind directions and points of sail.

2025 Curriculum: Detailed

Session 4: Crew Coordination & Maneuvering

Objective: Focus on teamwork, crew roles during maneuvers, and communication while sailing.

•Theory:

- Importance of teamwork and crew coordination.
- How to communicate effectively as a crew (hand signals, verbal cues).
- Role of each crew member during maneuvers (tacking, jibing, docking).

•Practical:

- Team drills: Coordinating maneuvers, practicing tacks and jibes as a crew.
- Roleplay scenarios (who does what when approaching a mark or docking).
- Communication exercises (clear, concise, and effective commands).
- Practice turning the boat with proper teamwork in various conditions.

2025 Curriculum: Detailed

Session 5: Advanced Crew Skills & On-the-Water Practice

Objective: Refine sailing skills, reinforce key concepts, and practice more complex maneuvers.

•Theory:

- Review of all skills learned so far.
- Introduction to advanced crew tasks: handling spinnakers, reefing sails, and other specialized tasks (optional, based on participant level).
- Troubleshooting common issues (if the wind drops, how to regain speed, etc.).

•Practical:

- Full crew practice session: coordinating all tasks (steering, trimming, handling lines) as a team.
- Practice on advanced techniques (reefing, using spinnaker if applicable).
- “Race” or timed course to put skills into practice.
- Real-time corrections and tips from instructors.

•Wrap-Up:

- Q&A and final review of skills learned.
- Demonstrating a mock docking procedure or anchoring.
- Offering feedback on how to continue practicing after the course.