

FreeSail 2010

Sponsored by



67 Prince George St
Annapolis, MD 21401

Sunday, noon-4PM

The mission of Annapolis Community Boating is to establish and maintain a cooperative, community-based educational program to welcome newcomers and sailors at all levels to the water, and to provide affordable training and access to boats and boating.

www.annapolisboating.org

Annapolis Community Boating/National Sailing Hall of Fame FreeSail 2010

Thank you for your interest to join us in one of our FreeSail 2010 sessions. To make the experience more pleasurable we want to give you the following information:

Schedule:

Our classes are structured around a 4 hour period. It is important that you arrive on time to get the literature and life jacket. After all students get these items we will start the class. Please arrive at noon and plan on staying until 4PM.

Location:

The classes will be run from the National Sailing Hall of Fame docks at the outside end of the Annapolis City Dock, aka the Susan C Campbell Park. Landmarks in this area are the Harbor Queen tour boat and Hell Point Restaurant. The NSHOF docks are situated between the city dock and the Naval Academy.

NSHOF – 67 Prince George St. Annapolis, MD 21401

Parking:

Parking for 4 hours in downtown Annapolis can be problematic. We suggest that you either park on the street in Eastport and walk across the bridge to Annapolis or that you park in the parking garage on Main Street. The walk from Eastport will take approx 20 mins, the walk from the parking garage will take 10 mins.

Food and Drinks:

There will be water available for students to fill up a water bottle on shore. If you want some other food or drink please bring your own. We strongly suggest bringing your own water bottle for on the boat. Alcoholic beverages will not be permitted.

Clothing:

When dressing to go sailing it is important to dress for the water temperature. In April and May the water temp is between 50-60 degrees. We suggest long pants, socks, short sleeve shirt, a sweater or sweatshirt and a wind breaker. During the summer months the water temp can get up to 75 degrees. Short sleeve and shorts are appropriate during this time frame, also bring a sweater or sweatshirt just in case it gets a little cool.. It is better to be able to take layers off. Also bring sun protection: sunglasses, sun block lotion and a hat. If it looks like it might rain you should also bring a short rain coat and an extra pair of clothes to change into at the end of the class. Life jackets will be provided and are to be worn at all times while on the docks and boats.

Shoes:

You should wear closed toed shoes with soft , non-slip soles. Running shoes, walking shoes or sneakers all work fine. Please, no flip flops or leather soled shoes. It is easy to stub your toe or slip on a boat and we'd like to prevent that.

Weather:

We will meet regardless of the weather forecast. Many times we have discovered the conditions reported from BWI airport are different than the conditions in Annapolis. We don't want to miss a beautiful sailing experience because the weather man was incorrect in his prediction. If the weather is deemed unsuitable for sailing we will reschedule everyone for a future session.

Safety Information:

ACB's goal is to make sailing accessible to as many people as possible, regardless of age, income, or athletic ability. Sailing in our FreeSail program requires enough agility to stand up, duck, and change seats fairly quickly and sometimes changing seats and ducking a few times within a few minutes, all in a moving boat. If you think this may be challenging for you, just let us know. We may have a program and a boat to accommodate your needs. The only requirement of participants is that they weigh over 40 lbs. If you have a very young child please remember that we will be on the water for nearly 3 hours with other participants.

Contact info:

If you are running late or have last minute questions please call:
Susan Taylor at 410-991-9815 or Lorie Stout 410-703-8248

Nautical Terms

Bow – Front of the boat

Stern – Back of the boat

Port – Left side of the boat

Starboard – Right side of the boat

Line – rope that ties things down

Sheet – rope that controls the setting of the sails

Halyard – rope that raises the sails

Block – pulley to control ropes (sheets, halyards, lines)

Ease – Let rope (line, sheet or halyard) off slowly

Trim in – Pull rope (line, sheet or halyard) in slowly

Windward – high side of boat or side without sail on it

Leeward – low side of boat or side with sail on it

Bear Off – head towards side with sail

Head up – head towards side without sail

Tack – Pass bow of boat through the wind

Jibe – Pass stern of boat through the wind

Head to wind – Bow pointing directly into the wind

Close Hauled – Sailing as close to the wind as possible

Reaching – Sailing with wind coming from the side

Dead Down Wind – Sailing with wind coming from behind

Tacking Commands:

Helmsman: “Ready To Tack”

Crew: “Ready” or “Wait”

when crew ready Helmsman: “Hard Alee”

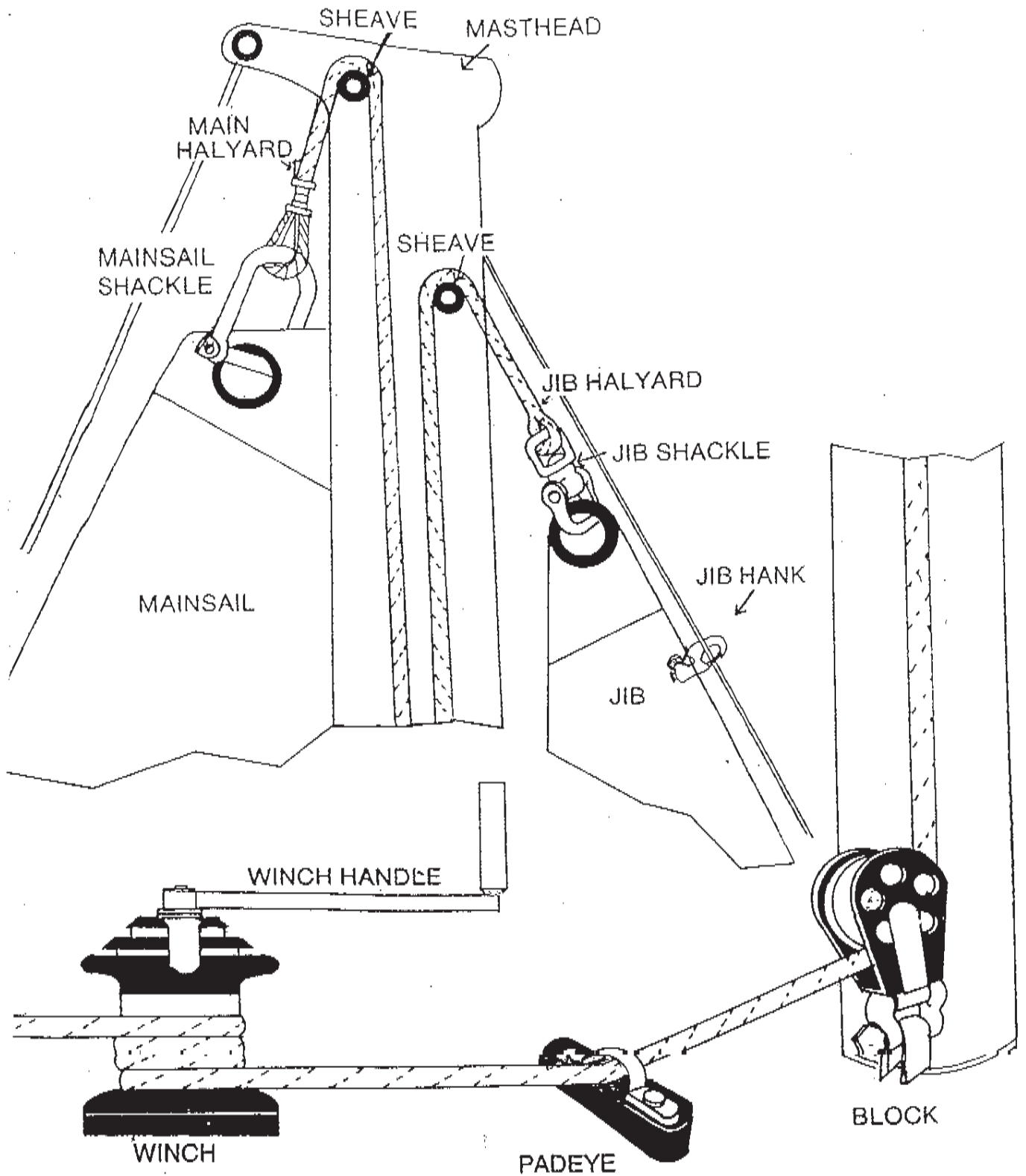
Jibing Commands:

Helmsman: “Ready to Jibe”

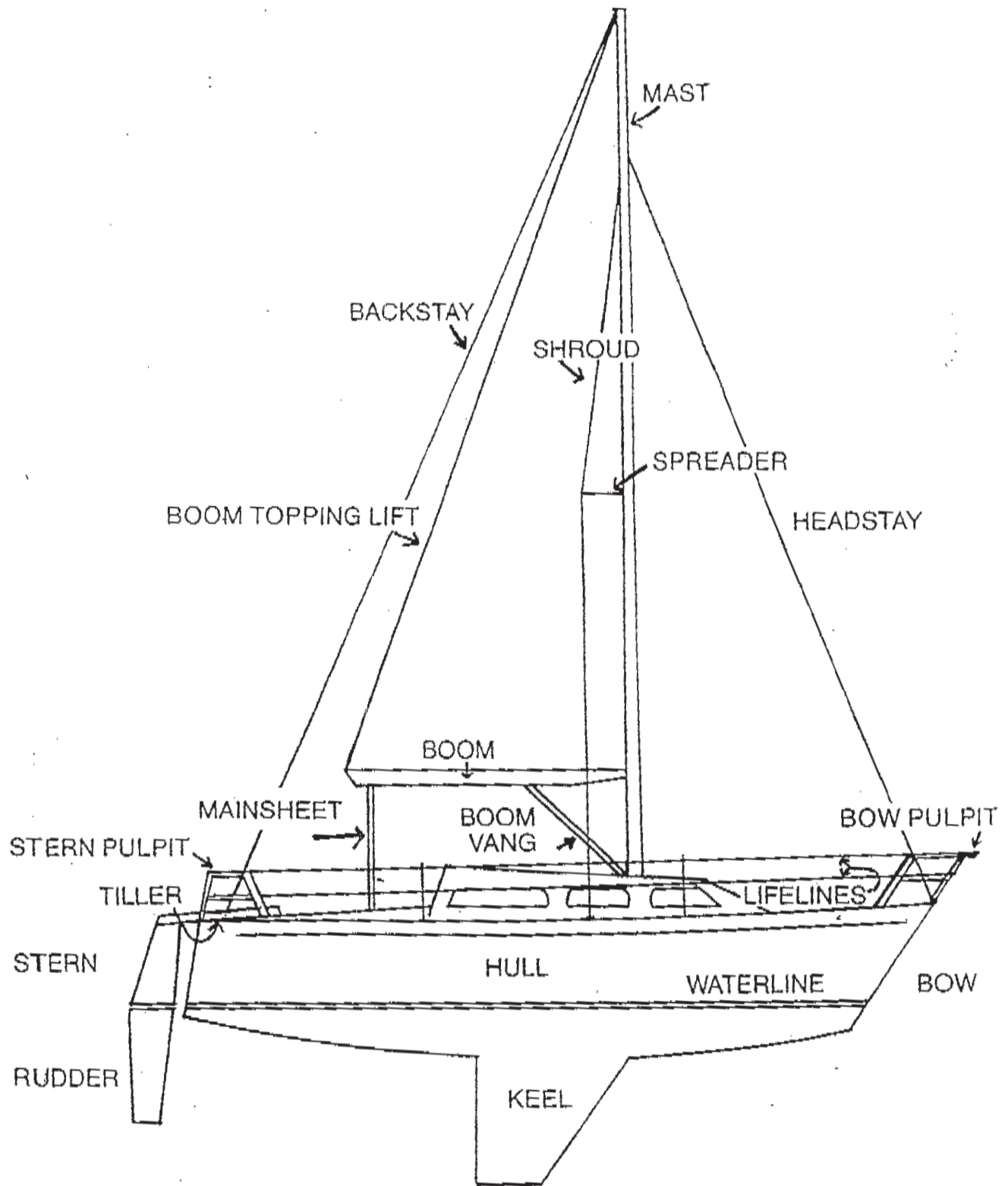
Crew: “Ready” or “Wait”

when crew ready Helmsman: “Jibe Ho”

Rigging to secure the sails



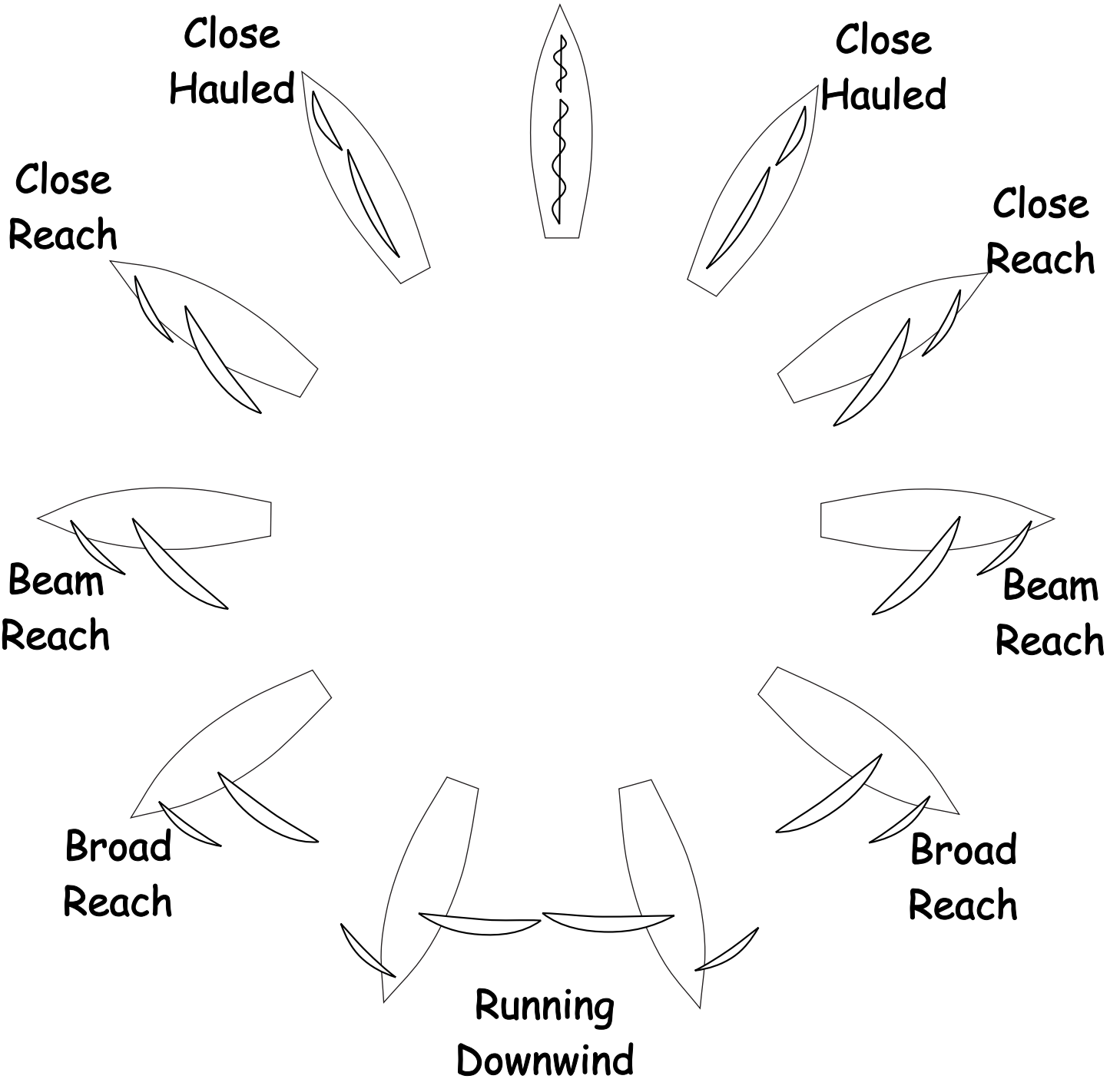
Parts of a Sailboat



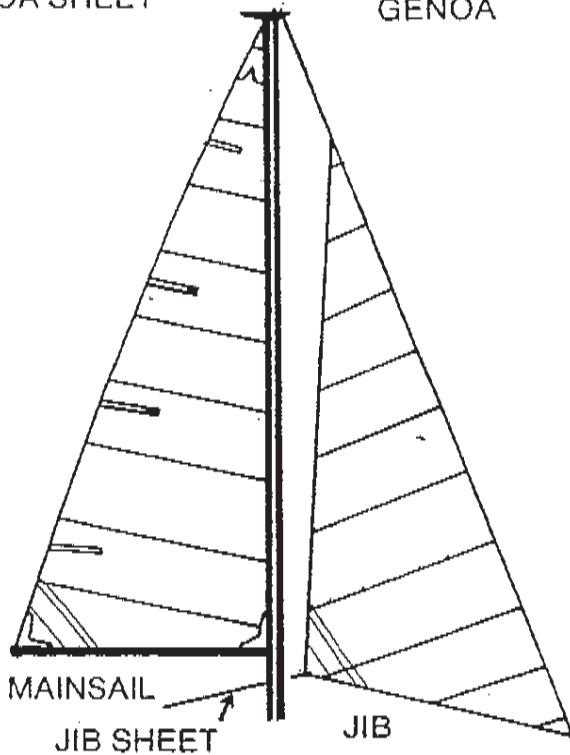
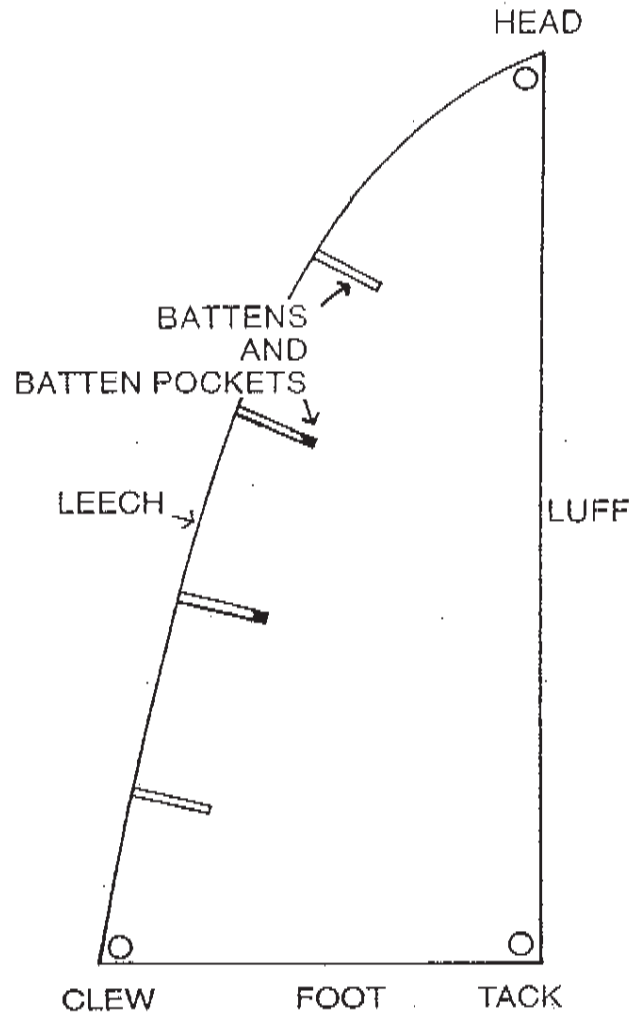
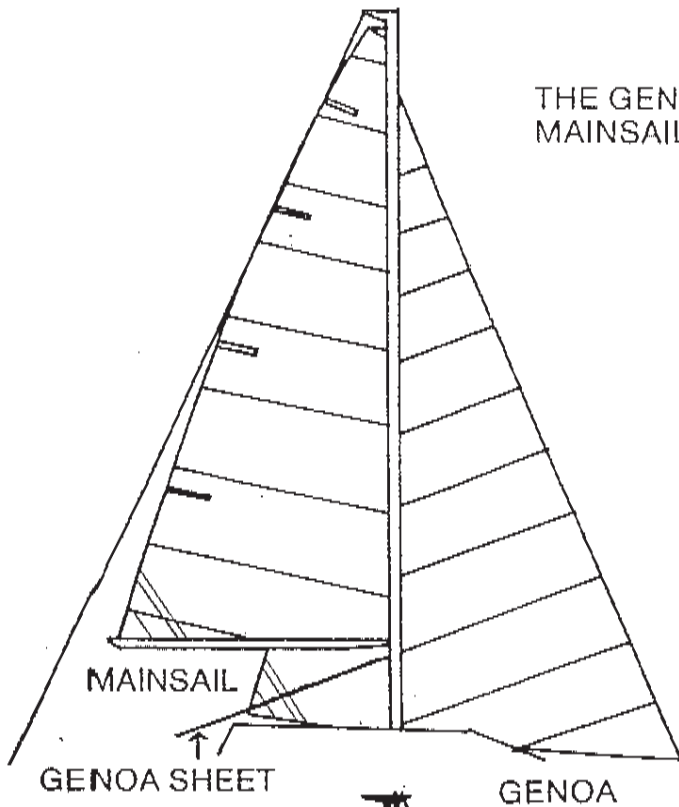
Points of Sail

wind ↓ direction

No Go Zone



Sail plans for different types of boats



PARTS OF THE MAINSAIL
(ALL EDGES AND CORNERS
HAVE A NAME. THE PARTS
OF A JIB AND GENOA
ARE THE SAME.)

Some popular knots used on boats

Bowline

The Bowline makes a reasonably secure loop in the end of a piece of rope.

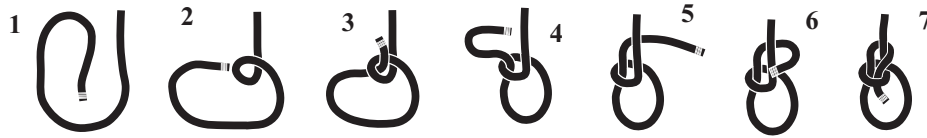


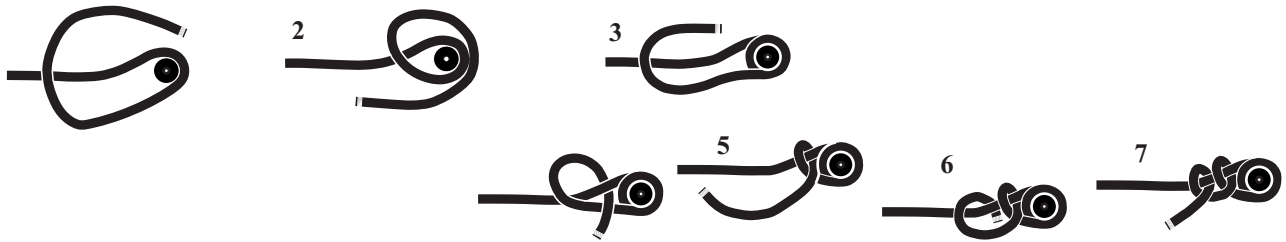
Figure 8

The Figure Eight provides a quick and convenient stopper knot to prevent a line sliding out of sight.



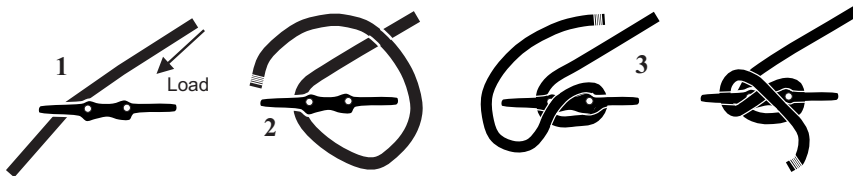
Round Turn, Two Half Hitches

A Round Turn and Two Half Hitches is ideal for attaching a mooring line to a dock post or ring.



Cleat Hitch

The Cleat Hitch, or Cleat Knot, secures a rope to a cleat.



Sheet Bend

The Sheet Bend is recommended for joining two ropes of unequal size.



The FreeSail 2010 is sponsored by the following:

National Sailing Hall of Fame www.nshof.org

Annapolis Rotary Club www.annapolisrotary.com

Stoutgear Promotional Products www.stoutgear.com

The Reusable Bags are sponsored by the following merchants
in the Annapolis Downtown Area.

Bring your bag to the following stores to receive a discount.

Diva Boutique - 5% off all purchases

30 Market Street

A carefully edited selection of cocktail dresses, denim and casual attire along with affordable accessories and impeccable service make diva Annapolis a premier boutique.

Aurora Gallery - \$10 off

67 Maryland Ave

Discover many distinctive paintings, watercolors, original prints and fine crafts for the home. Elegant pottery, a spectrum of blown glass and fine hand-crafted jewelry represented in a unique collection

Paradigm - 10% off

179 Main Street

Paradigm offers contemporary menswear and women's apparel complemented by carefully selected shoe, handbag, and jewelry collections. Paradigm provides the right mix of traditional and fashion forward products to wow its customers.

Annebeth's - 10% off

75 Maryland Avenue

Specialty foods, beer and wines. Gifts pertaining to entertaining. Stop in for a great selection of wines under \$9.00. Mix your own six-beers. Film rentals. We offer products from Mary Phillips Designs, Tea Forte, Pacifica Candles, Dolfin chocolate, Japanese sushi-ware, EnviroSax.

Lilac Bijoux - 10% off

145 Main Street

A boutique for those who love to adorn themselves in fashion jewelry and casual chic handbags. Our designers come from all over the US, including locals and from as far away as Brazil.

Mary and Blanche! - 10% off

78 Maryland Avenue

A unique boutique that delivers its promise of providing "an outrageously funny place to shop" by offering shoppers a funky, fresh and fantastic assortment of cards and gifts for any occasion.

Eyes On Main - 10% off

Mixed Greens - 10% off