

# SailMaine Offshore Program

Supported by:

Collegiate Offshore Sailing Circuit

## Goals:

- For teams of 4 junior sailors with support of a safety officer to complete the Monhegan Race
- All members of the team complete Online US Sailing Offshore Safety at Sea Program
- Each sailor develops skills around safety, navigation, systems, strategy, teamwork, boat handling, and boat speed related to offshore sailing
- Promote Offshore Racing and Sailing to Junior sailors
- Build a sustainable junior offshore program

## HOW DOES IT WORK? WHAT DOES IT LOOK LIKE?

5 week program

2 weeknights each week (5pm to 8pm)

2 overnight sails during weekends

2-2 day weekend inshore/on the dock

Monhegan Island Race August 8<sup>th</sup> to 9<sup>th</sup>

Cost: \$1950

Includes: coaching, boat usage, insurance, regatta fees.

NOTE: We are working on funding to help reduce cost and we don't want cost to be a barrier for anyone. Please contact me directly to discuss costs.

## DRAFT SCHEDULE

	Date	Day	Time
	WEEK 1--Get to know the boats and systems		
WK 1	July 6th	Monday	5 to 8pm
	July 9th	Thursday	5 to 8pm
	July 11th and 12th	Saturday and Sunday	10am to 6pm
	WEEK 2--Focus:safety during overnight sailing		
WK 2	July 13th	Monday	5pm to 8pm
	July 16th	Thursday	5pm to 8pm
	July 18th and 19th	Saturday and Sunday	10am Saturday until 11am on Sunday
	WEEK 3 Focus: Boat Handling and navigation		
WK 3	July 20th	Monday	5 to 8pm
	July 23rd	Thursday	5pm to 8pm
	July 25 and 26th	Saturday and Sunday	10am Saturday until 11am on Sunday
	Week 4 Focus: Safety and Boat Prepaion		
WK 4	July 27th	Monday	5pm to 8pm
	July 30th	Thursday	5pm to 8pm
	August 1st	Saturday	10am to 6pm
	WEEK 5 Focus: Race Preparation and Race		
WK5	August 3rd	Monday	5pm to 8pm
	August 8 to 9	Friday and Saturday	Full day both days