

Guide to the Core Sailing Curriculum

SAFETY FIRST! LSS is a fun and friendly place, but we take a few things *very* seriously. Safety is one of them. As in all outdoor sports, sailing involves some risk. We insist that all students wear *properly sized*, USCG approved life jackets (PFDs) while on the water. Please cooperate by being sure that your child brings a PFD every day.

Perhaps the most common of the few injuries we experience each summer are shell cuts due to inappropriate footwear. Sandals, such as Tevas and 'flip-flops', do **NOT** provide adequate foot protection on our beach, especially at low tide. Please insist that your child wear secure shoes, which fully enclose the foot and have sturdy rubber soles.

Pacing the Steps: Our best advice to parents of younger (under 13) students is: don't push them too fast! Longshore is a sailing school, not a camp; so its curriculum is more rigorous than many students and parents expect. Our Core Sailing Curriculum courses are unique, progressive, highly structured and advance rapidly. It is quite normal and highly recommended that younger students (under 13) repeat certain Core courses along the way, while 13 – 16 year olds can expect to progress steadily from one course to the next without pause.

Sailing 2

Sailing 2 is a large step up from Sailing 1. Age makes a big difference here, so we recommend that 9 and 10 year olds repeat this course at least once before taking Sailing 3. Many 11 and 12 year olds will repeat as well. Even if taken the summer before, Sailing 2 is a good refresher after a long school year. Students will be asked to complete "take-home" work and a final exam. Instructors assess students' on the water skills as well. Each student will be holistically graded taking their exam and practical skills into consideration before being able to move on to Sailing 3.

Sailing 3

Sailing 3 is best suited for sailors ages 12 and up, however we may accommodate a highly skilled younger sailor. Most sailors under 13 should repeat Sailing 3 at least once. Sailing theory, particularly the aerodynamics of sails, is a strong theme. The readings and final exam are targeted to a higher grade and reading level than in Sailing 2. *Minimum recommended weight is 100lbs.

Sailing 4

Sailing 4 is our most theory heavy course. Sailing 4 involves solo sailing on Lasers, and is ideal for those weighing over 100 lbs. The course work, reading and exam are rigorous and the sailing drills are more physically demanding. The high honor of 'Sailing 4 Certification' is awarded only to a select few (typically just 20%) in each class. Most students repeat this course once or twice before finally meeting the challenging requirements for Sailing 4 Certification. Sailing 4 students are encouraged to register for Racing Techniques which is a weeklong regatta held at the end of each season.

Passing and failing: There is no such thing as *failing* a course at LSS. We test and monitor to measure progress. Both sailors and instructors need feedback, so they know what to work on. Sometimes a student pre-registers for the next level of the Core Sailing Curriculum, but evaluations may indicate he/she has not fully absorbed the necessary material from the previous course. This is usually because the student has advanced too quickly through the curriculum for his/her age. Heeding the above guidelines can usually prevent this problem. Sometimes a deficiency can be made up quickly with a private lesson or two, without missing a beat. Don't hesitate to check with your child's instructor if you have questions.