

| Monday - 6                  | Tuesday - 7 | Wednesday - 8                | Thursday - 9                                | Friday - 11                                 | Saturday - 12 | Sunday - 13 |
|-----------------------------|-------------|------------------------------|---|---|---------------|-------------|
| -Day One of Sailing!        |             | -Race Team: First Basin Race | -Race Team: Sail Nova Scotia Tune Up Clinic | -Race Team: Sail Nova Scotia Tune Up Clinic | -ARK          | -ARK        |
| - Monday Dinghy Race (5:30) |             | -All: Pirate Day!            |   |   |               |             |

# NEWSLETTER



## Day One

What a great first day! The Race Team did some goal setting, the wetfeet kids got their feet wet, and are starting to get comfortable on the water, and the intro kids focused on tiller exchanges, and a rust remover for the sailors who have been here before!

Wetfeet kids getting their feet wet!

## Wetfeet

The wetfeet kids had a great first day! They practiced boat balance, and learned the parts of the boats. After lunch they did a lot of swimming to cool down from the sweltering heat! In the afternoon they worked on their steering skills with some sculling races!

## Intro Opti

The Intro Opti kids had a busy day as well! They did rigging lessons, points of sail lesson, and did a lot of sailing! They learned how to do the Newfie donut, and played captains coming!

## Intro 420

The Intro 420 kids started off with a rigging lesson, rust remover sail, and then had a tour of the basin! They worked on towing skills, and did some land lessons.

## Opti Race

The Opti Race kids had a guest coach today, Mike Todd, who will be coaching them for the next few days. They did goal setting, and some race theory refreshers. Due to the super hot temperature, and very low wind, they swam off their boats in-between drills!

## 420 Race

The 420 Race Team did goal setting as well, fitness, and a rust remover sail! Tomorrow they are getting ready to work on spinnaker. Hopefully the winds cooperate and they can get some serious sailing in!

## Note from the coaches

We are all really excited that the summer has started, and are really looking forward to the rest of the summer! We can't wait to meet the rest of the sailors, and for all the regattas this summer.

-BBYC team of 2015

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## *Pictures from day one*

