

“Learn more from one day of racing, than in an entire month of sailing around”

Free public seminars, training, mentors, and crew openings!

Sponsored jointly by: Pacific Corinthian Yacht Club, Pierpont Bay Yacht Club, Anacapa Yacht Club, Westlake Yacht Club, Ventura Yacht Club, and Channel Islands Yacht Club

Friday FREE seminars. Let fellow racers buy you a FREE beer **24 Mar 12 May 18 Aug 6 Oct 2006**

Pacific Corinthian Yacht Club 7 – 8:30 p.m. By the bridge at Channel Islands Harbor
2600 S. Harbor Blvd, Oxnard CA 805.985.PCYC paul.mcquillan@dslextreme.com

Each FREE seminar covers these subjects for everyone:

- Secrets of local weather conditions - Point Mugu Navy weather forecasters
 - Basic Racing Rules (free reprint from Dave Perry's book) - Susan Countess
 - Local currents & tides - Professor of Geology, Marine Science Institute, UCSB
 - How to build or join a crew. - Paul McQuillan
- Plus: upcoming course charts, strategies for the next big race, and clean water pollution controls for the harbors at Channel Islands & Ventura.

After the seminar, you are welcome to mingle in the Crows Nest with other sailors.

No boat? Need a ride? Area crew list <http://www.yrrc.com/home.html>

Sailmaker's Speed Seminar 9 Apr 4 Jun 6 Aug 5 Nov

Meet the sailmaker on Sunday. Hoist your sails at the PCYC or VYC docks. FREE one-on-one advice about your sails. Call to reserve space for your boat. Line handlers ready. FREE classroom seminar for all. paul.mcquillan@dslextreme.com

New for the 2006 race season:

- ✓ Would your spouse rather be on one of the committee boats? Most clubs have a group of people who just go out to start the race. It's often a short trip out on the water, and then back to the clubhouse. Volunteer now, and get ready to attend the annual race management seminar in February 2007.
- ✓ Family activities at the PCYC club pool while you enter PCYC races. Or ask a nearby club about their family events.

Want to move up from the back of the pack?

Free on-the-water Tune-up Race. 12 March 29 Oct

Join a short 2-hour Sunday sail, with a volunteer mentor on YOUR boat. Bring the people in your crew and watch sail trim and starts improve. You're the skipper --here's a way to build hands-on experience! paul.mcquillan@dslextreme.com

paul.mcquillan@dslextreme.com rcountess@aol.com drandle@adelphia.net

Crew web site: <http://www.yrrc.com/home.html> Here's an easy intro to racing on other peoples' boats. It's OK to try it, or tell a friend who wants to start sailing.

E-mail notices about racing and seminars: put your name on the email list. Contact rcountess@aol.com

Want a photo of your boat? Racing past the committee boat is a great way to get exciting digital pictures of you and your friends on your boat. Photos are emailed free from the race committee to any of the entrants (conditions permitting).

Women's Sailing Convention, Feb 2007. Sells out every year! Join 260 other women for on the water experience and seminars on a Saturday at Bahia Corinthian Yacht Club, Corona del Mar. Contact Gail Hine hine@scya.org

Area yacht clubs seek mentors Have you crewed or skippered a race boat? Want to put something back into the sport? Email any of us about joining the regional mentoring program. Use your experience to help a new racer. **Want help with your boat? Join the Tune-up race on March 12th.** paul.mcquillan@dslextreme.com

Also for the 2006 race season:

- ✓ Race management certification held Sunday Feb 26th at Santa Barbara YC
It's just one route to getting on many of the area committee boats!

Tell a kid, tell their parents, tell a friend... youth sail training

There are at least FOUR training programs for youths aged 8 to 17 run by outside organizations in the region. While these summer camp type programs are not free, they are a great place for kids to learn to sail. Some train as many as 50 children in each session. Most have sessions all summer.

Pacific Corinthian Youth Foundation <http://www.pcyf.org>

Westlake YC Juniors KajandLori@aol.com

Westlake YC Juniors KajandLori@aol.com

Del Ray YC, Marina del Ray coachadam@gmail.com

Competitive High School Sailing Teams contact: millerduke@hotmail.com

MDR sailors If you would like to schedule a seminar at Del Rey Yacht Club, then please contact RTSWood@verizon.net Have speakers... will travel.