

# COMMUNITY LEARN TO SAIL

Southern Idaho Sailing Outreach Newsletter | Summer 2021



## Execution to Perfection

What a difference a year makes! This time last year, NO youth sailing camps. SISO spent much of 2020 using our pent-up energy working on our sailing center infrastructure. We had high expectations of once again providing kids an opportunity to learn how to sail in 2021.

SISO set a 2021 goal of teaching 70 kids the joy of sailing. This goal included five basic learn to sail camps, an all-girls camp and one intermediate sailing camp for young sailors that had previously graduated from a basic learn to sail camp.

This summer didn't disappoint. Our goal and dream of teaching youth the joy of sailing came to fruition. Our partner, Boise Parks and Recreation informed SISO, that after the first week of summer camp registration, the scheduled camps were completely full with a waiting list. After the second week, there was a waiting list of over 50 eager kids hoping to gain a spot in the sailing program.

Perhaps part of the demand for the camp was due to a colorful picture of kids having a blast on sailboats. The picture was taken from one of our first pilot camps in 2019 and was published on the front cover of the Boise Parks and Recreation Activity Guide. How cool is that? Great advertising for a camp that only had a track record of two camps and 15 kids.

Apparently, Boise Parks and Recreation had faith in our ability to deliver and we did just that. Nine sailing instructors and eight dedicated volunteers provided a summer full of happy, energetic young sailors, proud parents, and a very pleased Boise Parks and Recreation Department. The Idaho Department of Parks and Recreation staff who are always supportive of SISO in many ways were also impressed.

Cheers and thank you to all that made our very first full summer program a success. Through the hard work, volunteerism, dedication and contributions by so many individuals, SISO has opened up the door to endless opportunities sailing provides to Treasure Valley youth.



*Thank you for making Sailing Camp Possible*



*Gaining big boat knowledge*



*Catching the morning breeze / All - Girls Camp*

# Big Smiles. The first EVER Challenged Athletes Sailing Camp

SISO is very excited and proud to announce the very first Challenged Athlete Foundation (CAF) Sailing Camp was a huge success. Eight challenged athletes, 10 to 18 years of age with varying disabilities, joined us along with their parents at the SISO Sailing Center on August 4th and 5th. This sailing camp is just the beginning of what SISO and CAF truly believes is an opportunity of a lifetime for these young athletes.

Jennifer Skeesick, CAF Regional Director -Idaho summed the event with her thoughts: *"I am blown away by the generosity, empathy, genuine interest and deep rooted passion for sailing that is found in your group. Seriously guys, that is incredibly unique and we are so blessed to have found a group like yours so early in our journey in Idaho sport. Our kids will never realize the amount of effort and sharing that occurred over the last two days, but it is not lost on me. You guys completely blew my mind the last two days with the number of people, the energy, The BOATS!, and the genuine interest in developing sailors who might do it a little bit different from you. I know that you worked extensively on building a curriculum that would meaningfully meet our athletes. Thank you for that effort, it was apparent. I am so excited about the future with this sport in Idaho with SISO, with CAF and beyond."*

It all started last October 2020 when Willie Stewart, CAF Athlete Ambassador proposed an idea to JT More, SISO Board Member and sailing instructor of providing sailing opportunities to challenged athletes. A proposal was written by SISO and accepted by CAF. Fast forward to August 2021, Idaho now has seven US Sailing Certified Adaptive Sailing Instructors and three highly qualified volunteers with extensive sailing backgrounds and US Sailing Adaptive Sailing Clinic knowledge. Plus one very successful adaptive sailing camp under our sails.

The two-day camp was also empowered by eleven enthusiastic, skilled sailors from Southern Idaho Sailing Association (SISA). These volunteers assisted the sailing instructors making this event possible through the use of four sailboats and bringing with them sailing knowledge to share. We are very fortunate to have such gracious members in the Idaho sailing community making the sport of sailing available to everyone.



Boat exploration triggers curiosity



I got this tiller under control



Good day to meet new friends



Southern Idaho Sailing Association



## Big Smiles. The first EVER Challenged Athletes Sailing Camp (cont.)



*Learning a few sailing knots*



*Ready to board*



*Last minute coaching before the first sail*

Anything is possible when two organizations come together such as SISO and CAF. Each with determination, passion and vision for success, with a focus on opportunities through sport. SISO is profoundly grateful for this partnership enabling us to be serving the CAF community. The next SISO/CAF Adaptive Sailing Camp is scheduled for Sept 18-19, 2021 at Idaho Power North Campground, CJ Strike Reservoir.

## What's Next?

Every Friday afternoon wraps up with young sailors graduating from the basic learn to sail camp, with sailing certificate, "I Love Youth Sailing" sticker and a copy of Sail magazine. Parents and kids are asking what's next? For starters, this year, SISO/Boise Parks and Recreation Department offered an Intermediate Sailing Camp for young sailors that graduated from the Basic Learn to Sail Camp. According to Clay Lee / Boise Parks and Recreation Department this camp filled up the first day of registration with a waiting list.

The goals of the intermediate sailing camp are **Sail Fast, Sail Confident and Sail Smart**. The intermediate camp focused on the physics of sailing, sail and boat trim, sail controls, safety and an introduction to racing and racing rules. Thursday and Friday was all racing, sailing fast and smart, putting the previous days coaching to practice. The wind during the week also provided an opportunity to sail with confidence. Wind at 12 knots, no worries these sailors got it. Hiking out to keep the boat flat with spray coming over the bow and an occasional capsize was part of the experience.

When Friday afternoon wrapped up, we were asked the same question. What's next? To answer that question, SISO is working towards an advance sailing camp, focusing on racing and tactics for next year. However, if young sailors can't wait until next summer check out the Southern Idaho Sailing Association calendar for regattas this fall and all next year. SISA would love to provide opportunities for these kids to stay hooked on sailing.....and of course adults are welcome too.

To learn more about SISA visit: [idahosailing.org](http://idahosailing.org)



*Sailing Fast*



*First Graduating Class—intermediate Sailors*



*Hiking with Confidence*

# Sailing Center takes Center Stage at Spring Shores Marina

The SISO Sailing Center comprised of the clubhouse (Conex box for equipment storage), outdoor classroom and non-motorized marina worked just as planned. Taking away the indoor, four-wall educational experience most kids endure during the school year provides a refreshing change.

The Sailing Center provides multilevel learning opportunities that students and sailing instructors took advantage of.

Many of the elements and challenges sailors experience sailing on a lake or an epic voyage around the world are on full display in real time. The outdoor classroom offers abundant fresh air, sunshine, occasional rain, wind, heat, cold, nature, stunning views, rigging and sails.

The non-motorized marina was also a big hit. The marina provides a safe harbor for learning, teaching and having fun. The marina served up multiple uses such as lessons on safety, capsized recovery, rigging, land drills on tacking and jibing, docking and launching boats. The biggest hit of all was kids just being kids, playing water games, making new friends and cooling off on a hot summer day.

Most importantly, the sailing center provides many fun memories. In the future when these sailing campers become adults, they can say “ I can remember when I went to sailing camp and I did.....and learned.....and I met..... and I had a blast. It was so much fun!”

SISO can't wait to provide the same opportunities next year.



*Playing games and cooling off with new friends*



*Full sail at the sailing center*



*Capsize practice makes for safe sailing*

## Nautical Knowledge: Spinnaker

Some of the most eye catching photos of sailboats are taken of large colorful sails ballooning from the bow. This sail is called the spinnaker. The sail is designed for downwind sailing. These sails are made from light weight nylon cloth. Boats can sail downwind with the mainsail and jib, but these sails become less efficient. The mainsail and jib work like airplane wings and are trimmed to provide lift. However, when the wind is behind the boat, sails drive the boat by pushing it forward. The spinnaker is designed to fill with the wind and balloon out, this is called flying the spinnaker. When trimmed correctly the spinnaker will provide optimal downwind sailing performance.





Racing kicks off with a tight fleet of sailors working on boat balance and trim



**“The big boats get the glory, but small boats make the sailor.”**

*From the movie “Wind”*

Through your generous donations, SISO is growing one step at a time. Our future is bright and youth sailing in the Treasure Valley is ALIVE!

### Help Make Youth Sailing Possible

Youth sailing education in Southern Idaho is in great demand. Help make sailing accessible to all Treasure Valley Youth.

### Be part of our success!

SISO is a nonprofit, 100% privately funded organization that promotes a healthy, active lifestyle through youth sailing education.

Thank you for considering becoming a program advocate today by making a tax-deductible donation.

- ❑ **Online:** [sailingoutreach.org](http://sailingoutreach.org)  
by credit card or PayPal
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## THANK YOU!!

Your generous financial support gives Idaho's youth the opportunity to learn and grow through sailing.

Youth sailing camps provide lessons in sailing and safety including: discovering how systems like sails and lines work together and how to manage those systems to power a boat; building self-confidence when mastering new skills; and experiencing the adventure of exploring new places and outdoor activities.

We hope that a SISO youth sailor from the landlocked Treasure Valley will one day go on to pursue the dream of sailing in the Olympics.

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