

COMMUNITY LEARN TO SAIL

Southern Idaho Sailing Outreach Newsletter | Spring 2020



Youth Sailing Camp Update

Experienced sailors take heavy weather sailing seriously, and sometimes opt to take refuge until better weather arrives.

Much like experienced sailors, Boise Parks and Recreation, Idaho State Parks and Recreation and SISO have made the safety of individuals a top priority and are taking COVID-19 seriously. Until further notice, Boise Parks and Recreation Summer Youth Programs have been placed on hold. While we are all doing our part to stem the spread of the virus by sheltering in place, we are working closely with Boise Parks and Recreation and Idaho State Parks and Recreation on a condensed 2020 sailing season.



The fleet is anxious to sail once it's safe to get on the water

A Like-Minded Partnership

The Idaho Whitewater Association (IWA) is a non profit organization committed to notifying and educating people about river access, whitewater safety skills and any issue affecting the public use of Idaho's whitewater river resources.

A portion of their far-reaching advocacy includes supplying river access points and groups with life jackets. Early in 2020, SISO asked the IWA Board of Directors for a donation of lifejackets that would be suitable for sailing. IWA, with the help of Idaho River Sports, generously responded with a gift of 20 new life jackets to SISO in early April.



Emma and Max Palmer modeling our new lifejackets. Thank You IWA!

During our interactions with IWA, we discovered a great, like-minded organization that is invested in "getting youth on the water," as noted by Cris Riggs, IWA President. "Being outdoors keeps kids grounded and creates an appreciation and the lifelong support of nature."

Additionally, the parallels between small boat sailing and paddling are numerous: gear and splash clothing, working with a changing environment of wind, water and weather, skill development and most importantly, fostering self-reliance.

We very much appreciate this awesome donation and our relationship with the Idaho Whitewater Association. Find more information about IWA, including their great Gear Swap & Sale here: idahowhitewater.net

Teaching Sailing for Different Learning Styles

With the guidance and expertise of US Sailing, a group of experienced sailors became a group of successful sailing instructors.

All SISO instructors have completed a 40-hour US Sailing Small Boat Level 1 Sailing Instructor Certification Course. The goal of the program is to produce highly qualified instructors. Training topics include: classroom and on-the-water teaching techniques, risk management, safety issues, lesson planning, creative activities, ethical concerns, and sports physiology and psychology.

Following US Sailing's approach to incorporating activities for different learning styles, and using a systematic approach of teaching sailing skills is a big part of our success story.

Everyone Learns Differently

Keeping in mind that students may retain and comprehend lessons in different ways, we adjust sailing camp activities to maximize learning for different learning styles. In general, there are three types of learners:

- (1) **Visual Learner** remembers best what they see, retaining lessons that use pictures, videos, diagrams, demonstrations, etc.
- (2) **Auditory Learner** remembers best what is said or heard, such as lectures and recorded sound.
- (3) **Kinesthetic Learner** remembers best by doing, touching and experiencing what they are learning about.

When students are learning a new sailing skill, it is important that we teach in ways that support these different learning styles. And that requires a bit of creativity on the side of instructors. Even so, we follow a systematic approach to teaching that has a proven track record of success among US Sailing programs.

Developing Skills Systematically

A well-established method to teach sailing skills uses US Sailing's three-step building block process:

- (1) **Chalk Talk** is the first building block for students, where they learn the theory of a sailing skill and how it will be used on the water. Chalk Talks are short, classroom-style lessons, often using white boards.
- (2) **Land Drill** allows the instructor to demonstrate the new skill in slow- and real-time motion. Then, students get the chance to work on the skill under the instructor's guidance. Once students have demonstrated good comprehension and physical mastery of the skill, it's time to head to the boats.
- (3) **Water Drills** are where the real fun begins. It also becomes the moment of truth for the instructor — if after a little practice, the students are comfortably executing the skill taught in the chalk talk and land drill the instruction is a success; however, if students are struggling on the water, it may be time to regroup and go back to the chalk talk and land drill.
- (4) **Above all, one of the most important lessons is to keep sailing fun!** Allow kids to be kids. We look forward to being back on the water soon to work on our teaching skills and share our passion with the youth of the Treasure Valley.



Kent Reetz teaching Keyton Smith the art of coiling a line.

Southern Idaho Sailing Outreach (SISO) is now in its third year of operation. What began as a concept and vision - teaching sailing to kids in the Treasure Valley - has become a reality in a short period of time. Last summer as we began our first sailing camps in partnership with Boise Parks and Recreation, Idaho Department of Parks and Recreation and Ada County Parks and Waterways. Through the generosity and support of our community, we have been successful in our efforts, but we still have a ways to go to realize our full vision! We still need your help.

Especially now, with the COVID-19 crisis we need to pull together and make sure our kids have this program to jump into. We will soon emerge from this crisis and we need to give our kids something to look forward to when normalcy returns to their lives.

"The number one rule to a successful program is that kids have to have fun. Immediate feedback from parents, kids, and instructors on this camp is that hands-down this program is delivering that," said Marie Hattaway, Community Partnership and Recreation Manager of Boise Park and Recreation. SISO wants to deliver this fun again this year. Unfortunately, the outbreak of the coronavirus has impacted all of us in ways we did not expect. We will still offer youth sailing classes later this summer, but COVID-19 will likely delay these plans.

We sympathize with Idahoans that have been negatively impacted by COVID-19. At this time, the SISO board is in the midst of planning activities to help our fellow citizens, and we encourage you to give back at this time of need. Idaho Gives has expanded their campaign to two weeks this year: April 23 to May 7.

We will graciously accept your support so that we are ready to launch sailing camps successfully when the time comes. For more information, visit <https://www.idahogives.org/organizations/southern-idaho-sailing-outreach>

A Quest for Knowledge

SISO's success stems from surrounding ourselves with great people, partnerships, community and learning from others. We can attest that learning from the experiences and knowledge of others has helped us grow beyond our wildest expectations.

To continue our quest for learning and knowledge, SISO Board Members Peter Palmer and Steve Christiansen attended the 2020 US Sailing Leadership Forum where a cast of sailing leaders from around the country gathered to share their experiences. Subjects ranged from making more than a junior sailing program, to fundraising opportunities, community partnerships, inclusivity in sailing, maximizing potential, enhancing your instructor pool, risk management and more.

We learned valuable information on the mechanics of successful sailing programs. However, the big take away is that SISO is doing many of the same things that large successful programs across the country have been doing for years to enrich the lives of young sailors. Having a culture of reaching out to community partners, together with knowledgeable, passionate individuals wanting to do something bigger than they can do by themselves, is what makes an organization such as SISO excel.

Cheers and hats off to all who have shared their knowledge, passion and generosity for making SISO what it has become today and creating a path for our future.



Cory Sertle - US Sailing President providing opening remarks at US Sailing's Leadership Forum

Silver Sponsors

SISO is excited to recognize and showcase our Silver Sponsors including corporate and individuals that have donated \$10,000 or more to youth sailing education. A Silver Sponsor provides an opportunity to name a boat for recognition of this level of sponsorship. To date we have the following 5 silver sponsors:

- **Dick and Becci Armstrong** : Boat named in recognition of their daughter's pet grooming salon *The Pet Groomers*.
- **Winston H. Moore**: Boat named in recognition of his late wife *Diane*.
- **Eric and Nancy Davis**: Boat named *Jack* in honor of their new grandson.
- **Lombard / Conrad Architects**
- **Idaho Central Credit Union**

We are looking forward to seeing these boats on the water. Many thanks for your generous donation and trust in SISO.



Southern Idaho Sailing Association

A big thank you to the *Southern Idaho Sailing Association (SISA)* for allocating all proceeds from the Spring Banquet auction and member donations to SISO. SISO is the outreach arm of our parent organization. SISO and SISA share the goal of promoting sailing in Southern Idaho. SISA provides expertise and opportunities for sailing, coordinates sailboat races and related events, and, through membership with the Association, provides continued sailing opportunities for students. For more information visit <https://idahosailing.org/>



Boat Sponsor: Lombard / Conrad Architects



Boat Sponsor: W.H. Moore.



Boat Sponsor: Eric and Nancy Davis



Boat Sponsor: Idaho Central Credit Union



Boat Sponsor: Dick and Becci Armstrong

Photo Credit: RS sailing

Donations in Kind

SISO is looking for additional donations in kind for our "World Headquarters" at Spring Shores. These include (but are not limited to):

- A sunshade
- Decking and landscaping materials
- A weather station and/or anemometer
- A high quality larger cooler
- A 5 gallon Gott style water jug
- Large dry erase board and markers
- A small 14' runabout trailer in GOOD condition.

Thank you for the consideration. 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. Consider making sailing accessible to all Treasure Valley Youth.

Be part of our success!

SISO is a nonprofit 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
by credit card (PayPal)
- ❑ **By check:**
Payable to:
Southern Idaho Sailing Outreach Corporation
2117 N 14th Street · Boise, Idaho 83702
(help us save on costs by using your own envelope and stamp)



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"It is the set of the sails, not the direction of the wind that determines which way we will go."

- Jim Rohn

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All smiles, Brannon Dana
2019 Sailing Camp

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

Dave and Denise Arellano
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