

# Balboa Yacht Club Regional Symposium - Notes

November 8, 2014

## **Topic 1**

### Keeping the Youth Involved

Common issues:

- The youths dislike for racing
- Post-college commitments

Some Solutions:

- Rec-Sailing programs: One club can have both a racing and a rec-sailing program.
- Counter arguments: Keep racing, have two different boats... Need more variety.

Adventure Sailing

- Incorporate racing
- Using instructors with the right background

For kids that like racing:

- Teach FJs pre-high school to keep them interested in racing
- Balance the week between rec sailing and racing to keep them interested.
- Incorporate big boats among the youth to keep them excited.

What age do we lose sailors? 13?

- Keep them by showing and letting them sail with the sailors that are older than them.

How do we keep adventure sailing all year?

- Build the social aspect: Build it like a club
- US Sailing Reach Program
- Use at risk youth programs to build your program.
- Age groups 10-15

Build the club

- Get kids involved to bring in the parents.
- Or get more adults to bring more kids.
- Get kids involved with boat owners -> keep them excited for their future memberships

## **Topic 2**

### Curriculum Planning

- Following models of previous sailing programs. (Find them at US Sailing Website)
- Each instructor can design their plan weekly plan.
- Have strong communication between program directors and instructors.
- Send information in advance to instructors and directors.

-Use US red sailing book as a guide line for what children should learn.

## **Ideas**

- I - Introduction
- D - Demonstrate
- E - Explain
- A - Activity
- S - Summary

Paying the instructor to log lesson plans and making feedback notes

To keep kids active:

1. Switching drills
2. Planning fun drills
3. Different drills for same skill
4. A plan for different skills

## **Topic 3**

### **How to Hire Instructors**

The best instructor is not always the best sailors.

Understanding the students and learning to work with them.

Program lengths and styles can effect who you might hire

1. Working with new students vs. returners.
2. Age of student
3. Coaching vs. Instructing
4. Rotating instructors might help students.
5. Look to local clubs for employees.
6. Hire with the club as well as out for different ideas.