



# 2nd NW WOMEN'S SAILING CONFERENCE

*Take the Helm*<sup>®</sup>

An all day program of sailing workshops and on-the-water sessions

**SATURDAY, AUGUST 2, 2008**

**PORT TOWNSEND YACHT CLUB – PORT TOWNSEND, WA**



Primary Sponsor

NWSA  
c/o Linda Newland  
Event Chair  
5391 Cape George Rd.  
Port Townsend, WA 98368



Women's Sailing Conference  
August 2, 2008

Port Townsend YC  
Port Townsend, WA

Welcome aboard, women, to our 2nd Women's Sailing Conference! Come spend a full day of learning, sailing, sharing, networking, and good fun at the Port Townsend Yacht Club on beautiful Port Townsend Bay. Participate in a variety of workshops for women of all sailing abilities, presented by some of the best women sailors around. The conference is a great way to learn more about sailing, acquire new tactics and techniques, hone your nautical skills, and meet women who share your interest and enthusiasm for being on the water. We encourage you to select on land and on water workshops that match your interests and abilities. Take a chance on winning exciting prizes in our raffle, with proceeds benefiting the NWSA AdventureSail® program for young girls at risk. **Nancy Erley**, our keynote speaker, will talk about her experiences in twice circumnavigating her Orca 38 "Tethys" while providing an unmatched opportunity for women to learn and cruise with her.

Your fee of \$100 (NWSA member) or \$130 (non member) includes workshops, continental breakfast, lunch and keynote speaker, one raffle ticket, registrant packet, and "goodie bag." Due to space limitation, registration is on a first-come, first-served basis. If space is available after July 15<sup>th</sup>, there will be a \$15 surcharge. You will receive a confirmation notice by e-mail or USPS. Refunds less \$25 for cancellations received prior to July 15<sup>th</sup>. No refunds after July 15<sup>th</sup>.

<u>Workshops on Land</u>	<u>Workshop Description</u>
<b>Charting 101-102</b>	Hands-on experience reading charts and plotting courses. Take together or separately.
<b>Knots to Know</b>	Learn to tie basic knots and practice their best applications.
<b>Suddenly Singlehanded</b>	Suddenly you're along on the boat. How to get home and get help.
<b>Care and Repair of Sails</b>	Learn the type of sails, how to care for them and make repairs underway.
<b>GPS Charting</b>	How to integrate basic charting skills with using your GPS for navigation.
<b>Dress for Success</b>	What to pack in your seabag to keep warm/cool and personal safety equipment needed.
<b>First Aid and Safety Equipment</b>	Basic first aid for boating and personal safety equipment. Taught by an RN who sails.
 <u>Workshops at the Dock or a Boat</u>	
<b>Welcome Aboard</b>	Basic sailing terminology, guest etiquette, how to use basic onboard systems--Beginners
<b>Reefing</b>	Introduction to reefing to depower your boat in building winds --Beginner to Intermediate
<b>Spinnakers</b>	Learn to pack and set the spinnaker, jibe the pole -- for the intermediate sailor.
<b>Intermediate Sail Trim</b>	Learn how to trim to change sail shape and improve performance in all points of sail
 <u>Workshops on Water*</u>	
<b>Crew Overboard</b>	Learn how to rescue and retrieve a person of any size from the water. All levels.
<b>Take the Helm Intro</b>	Actual helming experience on points of sail for novices or those without helm experience
<b>Heavy Weather Sailing</b>	Learn techniques to depower and safely sail your boat in rough conditions -- Inter & Adv.
<b>Tack and Gybe Smartly</b>	Hands on practice in efficiently tacking and gibing to improve boat handling skills. Beg-Int.
<b>Spinnaker Sailing</b>	Learn to fly a spinnaker, rotate crew positions and helm. Int-Adv.
<b>Intermediate Sail Trim</b>	Trim for maximum performance. Helm time, too. Beg-Int.
<b>Docking &amp; Mooring</b>	Learn the basics of docking a boat and picking up a mooring. Beg-Int.
<b>* Sessions last all morning or all afternoon.</b>	

**Dress:** Dress for warmth. Layers are best. Summer in the northwest can be both sunny and chilly with winds and rain showers. Bring rain gear as this is an all weather event. **Please wear soft, white-soled shoes.**

**Bring your personal flotation device (PFD).** **PFDs are required for all on the water sessions.**

**Housing.** Port Townsend has lovely B&Bs, but they fill up quickly. Check the following websites for housing links: [www.ptguide.com](http://www.ptguide.com) and [www.enjoypt.com](http://www.enjoypt.com). These links also give you information on sites and things to do around town.

**Transportation** A car is the most convenient way to get to the yacht club. If you'd like to carpool or would be willing to offer your car for carpooling, please make a note on this reservation and we'll try to match people up.

**For more information** e-mail Linda Newland at [newlan2dl@aol.com](mailto:newlan2dl@aol.com) or call 360-379-1582. Fax: 360-379-5364. Website address: [www.womensailing.org](http://www.womensailing.org)

## NATIONAL WOMEN'S SAILING ASSOCIATION CONFERENCE SCHEDULE

<b>0730 -- 0830</b>	<b>Registration and continental breakfast</b>
<b>0830 -- 0900</b>	<b>Keynote speaker, Nancy Erley*</b>
<b>0915 -- 1045</b>	<b>Workshops</b>
<b>1100 -- 1230</b>	<b>Workshops</b>
<b>1230 -- 1330</b>	<b>Lunch</b>
<b>1345 -- 1515</b>	<b>Workshops</b>
<b>1530 -- 1700</b>	<b>Workshops</b>
<b>1700 -- 1730</b>	<b>Raffle, hors d'oeuvres</b>

\***Nancy Erley**, a world-class circumnavigator will speak on “Women Sail Around the World” and will share interesting moments from her two circumnavigations as captain on her Orca 38 sailboat, *Tethys*. Founder of Tethys Offshore Sailing, Nancy teaches the skills to take a small boat across an ocean, from competent crew to ocean skipper. She holds her USCG 50-ton Master of Oceans and 100-ton Master Near Coastal licenses, is an Instructor Evaluator-Ocean for the *International Sail and Power Association*, a ham radio operator and an advanced scuba diver and delivery skipper. In 2006 Nancy received the Leadership in Women’s Sailing Award from *BoatUS* and *National Women’s Sailing Association* (NWSA). Although currently living in London, England, Nancy is in the Pacific Northwest this summer scheduling learning cruises for women aboard *Tethys*. She also offers private instruction onboard *Tethys* or the learner’s boat for both men and women, ocean deliveries as captain or onboard advisor, and voyage consultation.  
[www.tethysoffshore.com](http://www.tethysoffshore.com)

### **Directions to Port Townsend Yacht Club** 2503 Washington St., Port Townsend, WA 98368 (Call Linda’s cell 510-501-9899 if directions needed on the way)

#### **Directions:**

**From Seattle and East:** Take I-5 North to the Edmonds-Kingston ferry. (Or you can drive around through Tacoma via the Tacoma Narrows Bridge on SR 16). From Kingston, follow SR 104 across the Hood Canal Bridge and turn right on SR 19 about 2 miles from the West end of the bridge. Follow SR 19 into Port Townsend. Turn right just after the Safeway gas station. Go 1 long block, follow the road around a 90 degree turn to the left. PTYC will be on your right side directly across the street from West Marine. Park anywhere except in front of the WM store. About 2 1/2 hours from Seattle either way you go.

**From the South – Olympia and Portland:** Take I-5 to West US 101 heading towards the Olympic Peninsula. Follow 101 until you reach the lower end of Discovery Bay, turn right on SR 20 and follow for several miles. At the traffic light, turn left and follow SR 20 into town. Follow the directions “From Seattle” to find the yacht club once you are in town. About 4 ½ hours from Portland and 2 hours from Olympia.

**From The North:** Take SR 20 from I-5 to Whidbey Island ending at the Keystone-Port Townsend ferry dock. Take the ferry across Admiralty Inlet to Port Townsend. When exiting the ferry dock in Port Townsend, turn left at the traffic light and continue for about ¾ mile and turn left, then an immediate right at the next traffic light. The yacht club will be on your left in about 300 yards. Approximately 2 ¾ hours from Bellingham. Give yourself plenty of time due to summer ferry crowds.

**From The West:** Take US 101 East. Turn left at SR 20 at the foot of Discovery Bay. Follow instructions “From the South” from Discovery Bay. About 55 minutes from Port Angeles and 45 minutes from Sequim.



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**August 2, 2008**  
**Port Townsend Yacht Club**  
**Port Townsend, WA**

**REGISTRATION**  
**FORM**

Name (Please print) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ E-mail: \_\_\_\_\_

Tel (H) \_\_\_\_\_ Tel (W) \_\_\_\_\_ Tel (C) \_\_\_\_\_

Sailing level: \_\_\_ Novice (0-2 yrs) \_\_\_ Intermediate (3-5 yrs) \_\_\_ Advanced (5+ yrs)

Sailing experience \_\_\_\_\_

Cruiser \_\_\_ Racer \_\_\_ Other \_\_\_\_\_

Sailing affiliation(s) \_\_\_\_\_

**SCHEDULE OF WORKSHOPS:** Choose either a morning or afternoon On-the-Water workshop. Then choose two onshore/dockside workshops for the other half of the day. Classes subject to enrollment.

<b>9:15-10:45</b> Charting 101 Knots Singlehanded Welcome Aboard Care & Repair Sails	<b>11:00-12:30</b> Charting 102 Sail Trim Set up for Spinnakers First Aid, Safety Gear Reefing	<b>1:45 - 3:15</b> GPS Charting 1 Welcome Aboard Care & Repair Sails Dress for Success	<b>3:30 - 5:00</b> GPS Charting 1 Reefing Knots Sail Trim
<b>9:15 - 12:30</b> Take the Helm Intro Tack & Gybe Smartly Crew Overboard & Recovery Docking & Mooring Int. Sail Trim	<b>On-the-Water Workshops</b>	<b>1:45 - 5:00</b> Take the Helm Intro Spinnaker Sailing Int. Sail Trim Heavy Weather Sailing Crew Overboard Recovery Docking & Mooring	

**My Schedule**

**First Choice:**

9:15 \_\_\_\_\_

11:00 \_\_\_\_\_

1:45 \_\_\_\_\_

3:30 \_\_\_\_\_

**Second Choice:**

9:15 \_\_\_\_\_

11:00 \_\_\_\_\_

1:45 \_\_\_\_\_

3:30 \_\_\_\_\_

**Food:**  
 Allergies \_\_\_\_\_  
 Vegetarian option for lunch

<p><b>Merchandise Order Form – Prepaid Orders Only</b></p> <p>Outer Banks® Boysenberry polo shirt embroidered with teal NWSA logo &amp; Conference 2008. No orders after 7/15/08.          S-M-L-XL-2XL ___ at \$37 each = \$ _____</p> <p><b>Make check payable to NWSA</b></p>	<p><b>Registration Fees:</b></p> <p>\$100 NWSA member (No _____) \$ _____</p> <p>\$130 non member \$ _____</p> <p>LATE FEE \$15 after 7/15/08 \$ _____</p> <p>Merchandise Total \$ _____</p> <p align="right">Total \$ _____</p>
<p><b>Mail to: NWSA, Linda Newland, 5391 Cape George Rd., Port Townsend, WA 98368 (postmarked by 7/15/08)</b></p>	

**More detailed Waiver to be signed at door. See online.**

In consideration of your accepting my registration form and fee, I agree to the following:

- I will comply with all safety procedures and instructions including, but not limited to, equipping my boat with any and all USCG safety equipment and complying with any and all USCG regulations and requiring all on board my vessel, including me and my crew, to wear a personal flotation device at all times while on the water.
- I release the NWSA, the Port Townsend Yacht Club, their respective members, volunteers, sponsors, agents or committee personnel from any and all liability for any injury to me or a yacht arising out of my participation in this event and all social events connected therewith, whether such loss is due to property damage including but not limited to my boat and/or any and all of its gear, personal injury or loss of life, even if such loss or injury is due to the negligence of any party so released.
- I assume all risk of accident, loss of property including but not limited to loss of my boat and/or any or all of its gear and personal injury or loss of life arising out of my participation in this event and use of club facilities, due to failure or breakage of the yacht sailed on or any of its equipment and/or weather and sea condition.
- I understand that my name and email will be printed in the program, which will be made available to our sponsors unless I so indicate otherwise in writing to NWSA.

\_\_\_\_\_  
 Signature