



Women's Sailing Conference June 6, 2009

Corinthian Yacht Club
Marblehead, MA

Welcome to our 8th annual Women's Sailing Conference! Enjoy a full day of learning, sailing, sharing, networking, and good fun at the Corinthian Yacht Club on beautiful Marblehead Harbor. 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 and silent auction, with proceeds benefiting the NWSA AdventureSail® program for young girls at risk.

Your fee of \$115 (NWSA member) or \$150 (non member) includes workshops, continental breakfast, lunch, dinner 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 May 22, there will be a \$15 surcharge. You will receive a confirmation notice by e-mail or telephone. Refunds less \$25 for cancellations received prior to May 22. No refunds after May 22.

Workshops on Land

Charting*

Knots to Know

Electronic Navigation

Understanding the Wind

Suddenly Singlehanded

Diesel Engine

Galley Cuisine

Emergency Life Raft & PFD

Workshop Description

Hands-on experience reading charts and plotting courses.

Learn to tie basic knots and practice their best applications.

Understand navigation using electronic devices – GPS, chart plotter, computer software.

How to work with the wind – the foundation of sailing knowledge.

Suddenly you're alone on the boat. How to get help and get home.

Overview of a diesel engine and basic troubleshooting.

Simple and tasty menus and tips for cooking at sea – for a day, a weekend, a week's cruise.

In- water experience deploying and getting into a life raft, using a PFD. You will go in!
(Held in club pool. Bring clothes to wear for in water demo and/or a clothing change)

Workshops at Float or on a Boat

Boat Systems

Sail Trim

Spinnakers

Reefing, Flaking/ Folding Sails

Explore electrical systems, marine heads, the oven, and more – and what can go wrong.

Demonstration of sail trim for getting the most out of your sail – for the intermediate sailor.

Learn to pack and set the spinnaker, jibe the pole – for the intermediate sailor.

Learn to reef the sail and best methods for putting them away at the of day

Workshops on Water*

Crew Overboard

Introduction to Sailing

Introduction to Racing

Take the Wheel

Take the Tiller

Workshop Description

Learn how to rescue and retrieve a person of any size from the water.

Introductory skills and terminology for novices with limited or no sailing experience

The basics of race strategies, basic rule, and lots of practice starts.

Your turn to be the skipper! Practice steering the wheel and adjusting sail trim.

Now you drive! Practice steering with a tiller and adjusting sail trim

***Sessions last all morning or all afternoon.**

Dress: Dress for warmth. Layers are best. Spring in the northeast can be both sunny and chilly with winds off a cold ocean. Bring rain gear as this is an all and any weather event. ***Please wear soft, white-soled shoes.*** Dress for dinner is casual.

Bring your personal flotation device (PFD). **PFDs are required for workshops at the float, on a boat or on the water.**

Housing. Limited number of rooms at the Corinthian YC 781-631-0005. Marblehead has lovely B&Bs, but they fill up quickly. Contact the Marblehead Chamber of Commerce at 781-631-2868 or info@marbleheadchamber.org or visit the website www.marbleheadchamber.org.

Transportation A car is the most convenient way to get to the yacht club.

For more information e-mail Joan Thayer at joan_thayer@comcast.net or call 781-631-2084.

NWSA website address: www.womensailing.org

Directions to Corinthian Yacht Club, Marblehead, MA (781) 631-0005

Directions:

From Boston: Take 1A North Ramp to Logan Airport. Stay left. Continue on Rte 1A N through Revere and Lynn toward Swampscott. At rotary, go around to the left toward Swampscott. Go through Swampscott into Marblehead. Approximately 1.5 miles from the Marblehead line, take a right at the set of lights & four-way intersection onto Ocean Avenue. *(see in Marblehead Directions)*

From the South: Take Route 93 (South East Expressway). Take Exit 20 to I-90/Logan airport. Merge onto I-90E/Mass Pike via exit on the left toward Logan Airport. Do not exit for Logan. Follow Route 1A North through Revere and Lynn toward Swampscott. At rotary, go around to the left toward Swampscott. Go through Swampscott into Marblehead. Approximately 1.5 miles from the Marblehead line, take a right at the set of lights & four-way intersection onto Ocean Avenue. *(see In Marblehead Directions)*

From The North: Take Route 128 South to Exit 25A, Route 114 East – Marblehead, in Peabody. Follow 114 to the end in Marblehead. At the fire station, take a right onto Ocean Avenue. *(see In Marblehead Directions)*

From The West: Take Route 95 North until it combines with Route 128 North. Stay on Route 128 North toward Gloucester. In Peabody, take Exit 25A, Route 114 East – Marblehead. Follow 114 into Marblehead. At the end of 114 at the fire station, take a right onto Ocean Avenue. *(see In Marblehead Directions)*

In Marblehead: Follow Ocean Avenue across the causeway. Marblehead Harbor will be on your left. At the end of the causeway, bear left onto Harbor Avenue. At fork in road, bear left up hill still on Harbor Ave. Pass the Eastern Yacht Club on left. At the rotary at the top of the hill, bear left. Very shortly thereafter, take a left onto Corinthian Lane. Parking is available on any of the side streets. Thank you for your cooperation.

Navigation Coordinates: N 42 30.30 W 70 50.40 VHF: Channel 9

CONFERENCE SCHEDULE

8:30 a.m. – 9:30 a.m.	Registration and continental breakfast
9:30 a.m.– 10:55 a.m.	Workshops
11:05 a.m.– 12:30 p.m.	Workshops
12:30 p.m.– 1:30 p.m.	Buffet Lunch
1:40 p.m. – 3:05 p.m.	Workshops
3:15 p.m. – 4:40 p.m.	Workshops
4:45 p.m. – 5:45 p.m.	Cash bar, hors d'oeuvres, raffles
5:45 p.m. – 7:15 p.m.	Dinner
7:15 p.m. – 8:00 p.m.	Award presentation & Keynote Speaker
8:00 p.m. – 8:30 p.m.	Raffle drawing and auction prizes

Primary Sponsor

