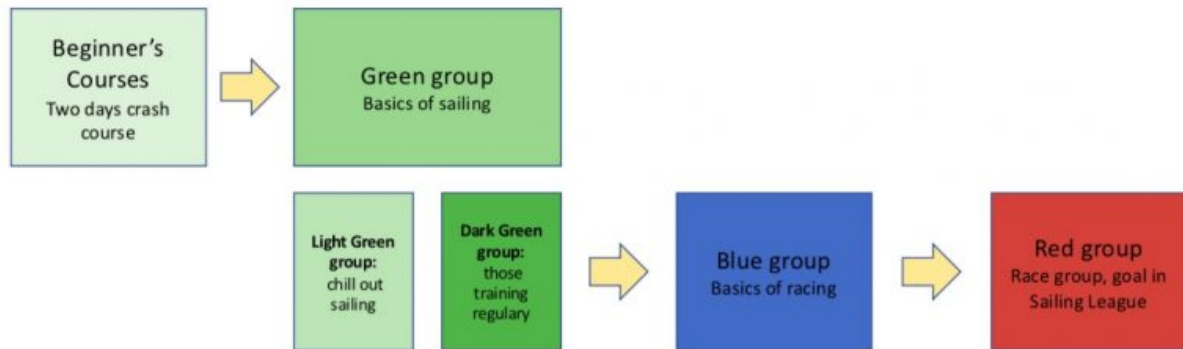



HSS Sailing Center (Adult Sailing) Training Groups 2019



 Saturday training: all groups mixed

| | |
|---|----------|
| Light Green | 2 |
| Requisite and sailing experience needed | 2 |
| Level | 3 |
| Coaches | 3 |
| Wind limit for sailing | 3 |
| Learning goals | 3 |
| Racing level | 4 |
| Next level | 4 |
| Dark Green | 4 |
| Requisite and sailing experience needed | 4 |
| Level | 4 |
| Coaches | 4 |
| Wind limit for sailing | 5 |
| Learning goals | 5 |
| Racing level | 5 |
| Next level | 6 |
| Blue | 6 |
| Requisite and sailing experience needed | 6 |
| Coaches | 6 |
| Wind limit for sailing | 6 |
| Learning goals | 6 |
| Racing level | 7 |
| Next level | 7 |
| Red | 7 |
| Requisite and sailing experience needed | 7 |
| Coaches | 7 |
| Wind limit for sailing | 8 |
| Learning goals | 8 |
| Racing level | 8 |

Light Green

“For people who wanna try sailing and just enjoy being out on the sea, more than setting learning goals for a new hobby.”



Requisite and sailing experience needed

This group is for members with little or no sailing experience and for those who would like to try sailing.

You need:

- ability to swim
- minimum age 15 years
- own life vest

Level

Light Green is a beginner level training and getting to know Helsinki water areas. On this level you learn the basics of sailing in practice. You don't need to know whether your future includes race sailing, buying your own boat or just having fun on the water - the skills learned here are useful in all forms of sailing. Training happens once a week with changing crew of 3 to 4 persons so you don't need your own team. There is no need to join training every week, you can come when it fits for your schedule.

Coaches

Sailors per coach:

- 6-8 persons early season (2 boats per coach)
- 10-12 persons late season (3-4 boats per coach)

Two coaches per training for the whole season

Coaches: Akseli Lehtola (responsible coach) and Dimitrios Tsallos (assistant coach)

Wind limit for sailing

- 6 m/s full sails
- 8 m/s reefed sails

If there is too little or too much wind we will hold theory or boat maintenance -classes.

Training is never cancelled because of wind conditions.

Learning goals

- Parts of a boat
- Most important knots (eight, reef knot, bowline, round turn and two half hitches) and coiling a rope
- Knowing wind direction and wind speed
- Rudder and keel functions
- Rigging the boat
- Launching a boat
- Sailing straight
- Accelerating, slowing down and stopping
- Tack and jibe
- Sailing in all wind directions
- Leaving the shore and coming back (launching and docking) independently
- Basics of navigation and seamarks
- Basic maintenance of boat
- Basic rules of the road
- Basics of sail setting
- Boat trim and balance (weight placement)
- Capsizing and recovering the boat (L16)
- MOB situation

Racing level

Crewing in Wednesday races

Next level

Sailing Center Dark Green - group, with coaches recommendation

Dark Green

“For people with some (beginners course is enough) sailing experience and want to sail regularly and learn faster.”



Requisite and sailing experience needed

This group is for members with little sailing experience, for those who have not tried dinghy sailing before and for those who want to refresh their memory with the basics. If you have no previous sailing experience we highly recommend taking part in one of our beginner's courses. After a beginner's course you know the very basics of sailing and you are ready to join this training group.

You also need:

- ability to swim
- minimum age 15 years
- own sailing gear and life vest, start watch optional

Level

Dark Green is a beginner level training. On this level you learn the basics of sailing in theory and in practice. You don't need to know whether your future includes race sailing, buying your own boat or just having fun on the water - the skills learned here are useful in all forms

of sailing. Training happens once a week with changing crew of 3 to 4 persons so you don't need your own team.

Coaches

Sailors per coach:

- 6-8 persons early season (2 boats per coach)
- 10-12 persons late season (3-4 boats per coach)

Two coaches per training for the whole season

Coaches: Akseli Lehtola (responsible coach) and Dimitrios Tsallos (assistant coach)

Wind limit for sailing

- 8 m/s full sails
- 10 m/s reefed sails

If there is too little or too much wind we will hold theory or boat maintenance -classes.

Training is never cancelled because of wind conditions.

Learning goals

- Parts of a boat
- Most important knots (eight, reef knot, bowline, round turn and two half hitches) and coiling a rope
- Knowing wind direction and wind speed
- Physics/meaning behind sails
- Rudder and keel functions
- Rigging the boat
- Launching a boat
- Sailing straight
- Accelerating, slowing down and stopping
- Tack and jibe
- Sailing in all wind directions
- Beating high enough towards the wind
- Sailing with tiller extension
- Recognizing gust and wind shifts
- Basics of spinnaker sailing
- Leaving the shore and coming back (launching and docking) independently
- Basics of navigation and seamarks
- Basic maintenance of boat
- Basic rules of the road
- Rounding the buoy (race course)
- Basics of sail setting
- Using telltales
- 360 degrees punishment rounding
- Race flags
- Boat trim and balance (weight placement)
- Introduction to roll tack

- Race sailing right-of-ways
- Introduction to fleet racing
- Race start (starting procedure, starting line etc.)
- Capsizing and recovering the boat (L16)
- MOB situation

Racing level

Crewing or helming in Wednesday races

Next level

Sailing Center Blue - group, with coaches recommendation

Blue

“The goal for sailors in the group is to learn basics of racing and create own racing team → take part in HSS Spring and Autumn Cup’s.”



Requisite and sailing experience needed

This group is for sailors who master the Dark Green learning goals (or such skills). In this group sailors concentrate on learning the basics of race sailing. Coached trainings take place once a week and teams may be fixed or changing - depending on sailors' preferences.

However, advisable is, that you consider building up your own team if you wish to progress in race sailing and aim for competitions during the season.

You need:

- Dark Green skills (skipper's rights for Laser16)
- minimum age 15 years
- own sailing gear, life vest and start watch

Coaches

Sailors per coach: 9-12 (3-4 boats)

Coach: Ilya Baraev

Wind limit for sailing

- 8-10 m/s
- skipper's responsibility to recognize their own limit

If there is too little or too much wind we will hold theory or boat maintenance -classes.

Training is never cancelled because of wind conditions.

Learning goals

- Mastering roll tack
- Structure of a race
- Use of start watch and understanding starting line
- Taking and mastering starts
- Accelerating and backing
- Understanding edges of a race course
- Mark roundings
- 720 degrees, punishment turn
- Race sailing rules more in depth
- Sailing around race course (start, mark roundings, different types of courses)
- Weather: clouds etc
- Roles in boat + changing of positions
- Practicing fleet racing
- Boat balance and hiking
- Improving spinnaker sailing skills
- Leaving the pier and docking at all wind directions without outside help

Racing level

- Helming or crewing in Wednesday races
- Taking part in Spring Cup and Autumn Cup

Next level

Sailing Center Red -group with coaches recommendation or invitation from a group member

Red

“The goal for sailors in Red group is to become better racing sailor, be part of the team and represent HSS at Finnish Sailing League.”



Requisite and sailing experience needed

This group is for sailors with high ambitions in succeeding in race sailing. You are a race sailor with personal goals and you love to push yourself for better results. This group's main goal is to succeed in [Finnish Sailing League](#) and the best sailors have a chance to represent our club HSS in the Sailing League. Coached trainings are held once a week and teams. Roles are fixed/permanent after finding a suitable role and team for everyone. You can sign up for the group with a team or as a single crew member. Fixed/permanent teams and roles, will be decided after one month of practice to build the most functional teams.

You need:

- Blue -group skills (skipper's rights for Elliott)
- minimum age 15 years
- own sailing gear, life vest and start watch

Coaches

12-18 sailors (4-6 boat) per one coach
coach: Pasi Palmu (and Ville Väresmaa)

Wind limit for sailing

- 12-14 m/s
- skipper's responsibility to recognize their own limit

If there is too little or too much wind we will hold theory or boat maintenance -classes.
Training is never cancelled because of wind conditions.

Learning goals

- Understanding Sailing League /concept
- Deepening the understanding and skills of tactical, technical and physical aspects of sailing and applying these in different circumstances in the best way possible
- Broadening the knowledge of sailing from a national point of view towards a more international point of view
- Excellent race sailing skills

Racing level

- Helming or crewing in Wednesday races
- Taking part in Spring Cup and Autumn Cup
- The Club organizes separate qualifications (if necessary) two weeks prior to every Sailing League event and the winners of the qualification get to represent HSS in the actual Sailing League.