

SPRING TRAINING 2017 SATURDAY MARCH 11, 2017 9:00 – 4:30 PM @ A.A.C.C.

9:00 – 10:30	A – 1 New Members	A – 2 New Skippers	A – 3	A – 4 Skippers	A – 5	A – 6 Skippers	A – 7 Skippers	A – 8
	BASIC SAILING FUNDAMENTALS	RAFTING WITH SOS	SOS BAREBOATING IN EXOTIC PLACES	SAIL CONSTRUCTION, CARE & SELECTION	ADVANCED SAIL TRIM AND BALANCE	UNDERSTANDING/ MAINTAINING ELECTRICAL SYSTEMS	DIESEL ENGINES	WEATHER
	Levels: 1, 2	Levels: 1, 2, 3	Levels: 1, 2, 3	Levels: 2, 3	Levels: 2, 3	Levels: 2, 3	Levels: 2, 3	Levels: 1, 2, 3
	SOS Skipper Rick Morefield uses things you already know to explain how a boat sails, with specific emphasis on points of sail and getting a boat from point A to point B	SOS Skipper Dan Meier will lead this discussion on rafting in SOS, both circles and linear. What is the overall plan, what part does the crew play, and (for skippers) how do you direct your crew for a smooth entry into the raft?	SOS Skipper and Bareboat Chair Sandy Rosswork presents the SOS Bareboat program and discuss pre-departure steps for crew and skippers including the different types of mooring, particularly Med mooring.	Chuck O'Malley of Chesapeake/Doyle Sailmakers of Annapolis discusses the sailmaking process from measuring, designing, material- selection, construction alternatives.	Jeff Jordan, J World Director, describes the various controls on the sails and how to use each to shape your sails for all wind conditions. No more flogging sails; look good going down the Bay.	Andrew Fegley, owner of Yacht Electrical Systems helps in understanding and maintaining your boat's electrical system.	Karl Allen, Diesel Guru will discuss basic operating theory, anatomy, routine maintenance and trouble-shooting for marine diesel engines. Karl may be able to bring his engine model, space permitting.	Before a cruise the mariner should read, and then understand, the local forecast. Captain Chuck Wells will highlight the basics of the Earth's weather with a focus on sailing and the interpretation of weather.
10:40 – 12:10	B – 1 New Members	B – 2 New Members	B – 3 New Members	B – 4 Skippers	B – 5	B – 6	B – 7	B – 8
	READING NAUTICAL CHARTS CORRECTLY	KNOTS	MEDICAL EMERGENCIES ON THE BAY	INTRO TO SAILING WITH INSTRUMENTS	SAFETY AT SEA (MOB)	KAYAKING FROM A SAILBOAT	USING OPenCPN	BASICS OF RADAR
	Levels: 1, 2	Levels: 1, 2,	Levels: 1, 2, 3	Levels: 2, 3	Levels: 1, 2, 3	Levels: 1, 2, 3	Levels: 1, 2, 3	Levels: 2, 3
	SOS Skipper Harry Keith conducts an introduction to charts and a discussion about types of charts, their uses, data and symbols used, and related resources, including web-based sources	SOS Skipper George Hollendursky demonstrates the proper knots to use on a boat and when to use them. Hands-on practice is included while viewing animation of each knot	June Ejk, EMT and SOS Member, brings her medical knowledge to us on how to cope with any unfortunate medical emergencies that we may encounter while sailing.	Christopher Gilbert, of B & G Electronics Discover the basics of essential marine electronics use and calibration of sailing vessels. Plus, learn about practical solutions to unique challenges of VMG and Lay lines navigation, wind/water variables and selecting electronics.	Jeff Jordan, J World Director, reviews necessary crew safety gear and safety procedures on board, with a special emphasis on crew recovery. Know what to do in the event of a "man overboard."	Don Huber of West Marine talks about kayaking and sailing. He describes how to choose the right kayak for your sailboat, what additional equipment is needed and how to stow it on a sailboat. Discuss whether a kayak substitute for a dinghy?	OpenCPN is free navigation software. The US Power Squadrons have adopted this software for use in its piloting and navigation courses. This seminar will demonstrate how to download the program and introduce you to its capabilities. Captain Chuck Wells will present.	SOS Skipper Ray Harris will show how to be sure your boat visible on radar, the differences between the new breed of step chirp radars and older magnetron radars, radiation safety on your boat, and how radar resolution affects what you see on your displays.
12:10 – 1:10 PM – LUNCH, B & G ELECTRONICS BOOTH								
1:10 – 2:10	C – 1 New Members	C – 2 New Members	C – 3	C – 4 Skippers	C – 5 Skippers	C – 6 New Members	C – 7	C – 8 Skippers
	INTRODUCTION TO SOS	RULES OF THE ROAD	DINGHY DANCE	LINES	RIGGING	DRESSING FOR THE WEATHER	BECOMING PRIZED CREW	THE ADVANTAGES OF RADAR
	Levels: 1, 2, 3	Levels: 1, 2	Levels: 1, 2	Levels: 2, 3	Levels: 2, 3	Levels: 1, 2, 3	Levels: 1, 2	Levels 2, 3
	SOS member Debra Roane and SOS Skipper Jon Bernheimer introduce you to the roles of Skippers, First Mates and crew, how to register for our events, and volunteer opportunities with the club.	SOS Skipper Dennis Krizek will review the "Nautical Rules of the Road." Topics will include: give-way and stand-on vessels, lights, shapes and sounds, with an emphasis on situations we encounter on the Chesapeake Bay.	SOS Skipper Mike Swift discusses dinghies and their management. Oriented toward crew who are not familiar with dinghies & skippers looking to buy one.	Eric of Annapolis Performance Sailing would tell what type of line to use for what purpose on your boat	Jimmie Cockerill of The Rigging Company will discuss the creation and maintenance of all aspects of yacht rigging to ensure a seaworthy and enjoyable boat.	How do you choose some good foul weather gear? Barbara of Fawcett's will show some of the latest innovations and what features suit you and your sailing.	Being considered "prized" crew is something that many in SOS achieve. There is no manual or instruction sheet for this, but experienced SOS skippers and other crew provide "pointers" on how to be considered highly appreciated on a boat.	Broadband radar will keep constant watch over you and your crew whether you are interested in short range targets or longer range information, learn the advantages or radar and how to get the most out of radar while your sailing from Christopher Gilbert of B & G.
2:20 – 3:20	D – 1 New Members	D – 2 New Members	D – 3 Skippers	D – 4 Skippers	D – 5	D – 6	D – 7	D – 8
	ABC's OF COOKING ABOARD	VHF RADIO AND BEYOND	SPRING COMMISSIONING & MAINTENANCE TIPS	SOCIAL/PSYCHOLOGICAL ASPECTS OF CREW DYNAMICS	A FRESH LOOK AT BOATING SAFETY	SAILBOAT DOCKING AND MANEUVERING	SOS FIRST MATES PROGRAM	THE ADVANTAGES OF RADAR (Continued)
	Levels: 1, 2	Levels: 1, 2, 3	Levels: 2, 3	Levels: 1, 2, 3	Levels: 1, 2	Levels: 1, 2, 3	Levels: 1, 2, 3	Levels: 2, 3
	Sailing for a weekend requires great food (what to prepare?). SOS Members Carol Niemand and Debbie Goldberg will give you time-tested ideas for your portion of the meals.	Dan Zeitlin, sailor and ham radio operator instructs you in the proper use of VHF radio and handling emergency procedures using a handheld and ship's radio.	Maintenance expert will describe maintenance tasks to prepare your boat for the sailing season. Routine maintenance tasks - what they are, what to do yourself, and what to ask the boat yard to do for you.	Nancie Park, Ph.D. (Leisure Studies), sailor and former live aboard discusses the social/psychological aspects of sailing and team building aboard SOS boats.	Sixteen to-do's that will help; you avoid accidents. Captain Art Pine, a CG Licensed Captain from the Annapolis Sail and Power Squadron lays it all out and in clear, punchy style!	If boats moved across the water like cars move across land, steering would be easy. Stopping, backing and parking of sailboats would also be simple. Learn the basics on how to make the difficult become simple! !Unexpected End of Formula	Join a panel of Skippers, FMs, and Plain Old Crew to learn how to become a FM. Learn about the value FMs provides SOS from various perspectives. Engage in candid discussion and get questions answered. Panel Chair: Kitty St Romain	See C—8
3:30 – 4:30	E – 1 New Members	E – 2 New Members	E – 3 New Members	E – 4	E – 5	E – 6	E – 7	E – 8
	YACHT MECHANICAL SYSTEMS	CELL PHONE AND iPad NAVIGATION	ANCHORS AND ANCHORING	GETTING A USCG CAPTAIN'S LICENSE	CELL PHONE PHOTOGRAPHY	HOSPICE CUP RACE	IS IT TIME TO TRANSITION TO A TRAWLER?	LIMBERING UP TO SAIL AND MOVE AROUND BOATS
	Levels: 1, 2, 3	Levels: 1, 2, 3	Levels: 1, 2, 3	Levels: 2, 3	Levels: 1, 2, 3	Levels: 1, 2, 3	Levels: 1, 2, 3	Levels: 1, 2, 3
	SOS Skipper Emil Becker will describe the various mechanical systems on a modern cruising sailboat, as well as how they work and how to utilize them safely for enjoyable sailing	SOS Member Jan Warfield teaches you how to navigate with your cell phone and pad using sophisticated navigational APPs.	SOS Skipper Ben Kaufman will describe anchors, anchor rode, scope, how to anchor securely and the crews' jobs during the process as well as what affects a boat at anchor and how to "weigh" anchor for another destination	USGC Captain Fletcher Chenn will take you through the steps in getting a USGC Captain's License	More photos are taken everyday with cell phones than any other camera. Don Dement, professional photographer, will show you how to get the most out of your cell phone camera and take an award-winning photo on your next sailing trip.	Karma O'Neill of the Hospice Cup Race will talk about the race. Past participating SOS Skippers will discuss their experiences.	SOS Member Beth Dumesco, recent "transvesselite," talks about the reason for choosing a trawler and benefits of trawler ownership.	Enjoy sailing today and be capable for future sails. In this session, we'll review practical exercises relevant to sailing that improve strength, flexibility, endurance, and balance with SOS Member Ben Payne