

SPRING TRAINING 3/16/2019 8:30 - 4:30 @ A.A.C.C.

9:00-10:30	A – 1 Levels: 1, 2 See Below BASIC SAILING FUNDAMENTALS SOS Skipper Rick Morefield uses things you already know in this interactive session to explain how a boat sails, emphasizing points of sail and the sailing environment (wind and water).	A – 2 Levels: 1, 2 See Below BASIC NAVIGATION Find your way on the Bay! SOS Skipper Sandy Rosswork explains various aids to navigation including channel markers, depth contours, paper charts, & GPS. Includes hands on practice with course plotting and location finding.	A – 3 Levels: 1, 2, 3 See Below WHAT'S WRONG? ARE YOU ILL? (same content as B-1) Two SOS Skippers & Medical professionals (RN's) discuss responding to medical situations when you're on a boat. Is it dehydration? Heart attack? Low blood sugar? Heat stroke? Also get training on the latest medical certification "Stop the Bleed".	A – 4 Levels: 2, 3 See Below ADVANCED SAIL TRIM Jeff Jordan, experienced sailor & industry professional, describes controlling sails, using each sail in various wind conditions, good/bad of heeling, over-powered situations, best upwind & downwind sailing.	A – 5 Levels: 2, 3 See Below BOAT HANDLING UNDER POWER / DOCKING If boats moved liked cars, docking boats would be simple! SOS Skipper, Emil Becker, explains the dynamics of stopping, backing, & docking boats – & how to make friends with that pesky WIND.	A – 6 Levels: 1, 2, 3 See Below WEATHER 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 particular focus on sailing.
10:40-12:10	B – 1 Levels: 1, 2,3 See Below WHAT'S WRONG? ARE YOU ILL? (same content as A-3) Two SOS Skippers & Medical professionals (RN's) discuss responding to medical situations when you're on a boat. Is it dehydration? Heart attack? Low blood sugar? Heat stroke? Also get training on the latest medical certification "Stop the Bleed".	B – 2 Levels: 1, 2 See Below RULES OF THE ROAD SOS Skipper Dennis Krizek reviews the "Nautical Rules of the Road." Topics include: give way/stand on vessel, lights, shapes and sounds, with an emphasis on situations encountered on the Chesapeake - including the recent collision near the Thomas Point Shoal.	B – 3 Levels: 2, 3 See Below DIESEL ENGINES Karl Allen, Diesel Guru, will discuss basic operating theory, anatomy, routine maintenance and trouble-shooting for marine diesel engines. Karl will likely bring his engine model, space permitting. Be sure to bring your engine operating manual and your diesel questions	B – 4 Levels: 2, 3 See Below RAFTING SOS Skipper, Dan Meier, leads this discussion on rafting in SOS, both circle & linear rafts. What is the overall plan, what part does crew play, and (for skippers) how do you direct your crew for a smooth entry into the raft.	B – 5 Levels: 2, 3 See Below SAIL TRIM – HOW IT WORKS Skipper Rick Morefield explains basic sail theory, including lift and push modes, and how to efficiently use the sail controls to shape the sails based on the point of sail (boat and wind direction) and wind strength.	B – 6 Levels: 2, 3 See Below GETTING TO KNOW MARINE ELECTRICAL SYSTEMS Rick Bailey, ABYC-certified Marine Electrician & SOS Captain, explains how marine electrical systems are designed on older & newer boats, & helps to conquer our fear of all things electrical.
12:10 – 1:10 PM LUNCH						
1:10-2:10	C – 1 Level 1, 2 See Below KNOTS SOS Skipper George Hollendursky will teach the proper knots to use on a boat and when to use them. Hands-on practice is included. See who will get the prize for "fastest at tying Bowlines"!	C – 2 Levels: 1, 2, 3 See Below SAVE OUR OYSTERS! Paul Schurick of the Oyster Recovery Partnership describes exciting programs to restore oysters to the Chesapeake Bay. Did you know that our favorite destination, Harris Creek, is the largest oyster sanctuary project in the world?	C – 3 Levels: 2, 3 See Below LET'S ANCHOR! SOS Skipper, Coco Lanquetuit, explains the types of anchors, best anchors for various conditions, selecting an anchorage, anchoring procedures / protocol, and more	C – 4 Levels: 2, 3 See Below CATS ARE DIFFERENT SOS Skipper Sandy Daugherty has captained multihull and monohull sailboats. He gives pointers on differences, plus hands-on experience about how to work with these differences and use them to your advantage.	C – 5 Levels: 1, 2, 3 See Below CREW DYNAMICS Sailing is a team effort! SOS First Mate & experienced sailor, Kathy Higdon, talks about the social aspects of being part of a boat crew and how to be an active contributor to the team when you're aboard.	C – 6 Levels: 2, 3 See Below CRUISING AFTER DARK Night is a special time on the water, where everything appears different. Robin Meigel, SOS Skipper, discusses extra precautions to take, tips on navigating, extra equipment that can reduce the risk, how to read charts after dark and more.
2:20-3:20	D – 1 Level 1 See Below INTRODUCTION TO SOS Former Commodore Debra Roane & Skipper Jon Bernheimer team up to introduce the roles of Skippers, 1st Mates & crew, SOS Social calendar, registering for SOS events, volunteer opportunities in SOS & more!	D – 2 Levels: 1, 2, 3 See Below WHAT YOU DON'T KNOW CAN HURT YOU John Ihnat, SOS Skipper with many years of experience working on the Bay, discusses local Bay weather patterns, effects of warm/cold fronts, what clouds can show you, plus secrets that watermen know about Bay weather.	D – 3 Levels: 2, 3 See Below SOLAR POWER Rick Bailey, ABYC-certified Marine Electrician & SOS Captain, recently added solar to his vessel. He discusses the advantages, types of marine solar systems, installation, and operation of solar power for boats.	D – 4 Levels: 1, 2, 3 See Below BAREBOAT CRUISING Offshore bareboat cruising – what fun! SOS Skipper & experienced cruiser Sandy Rosswork gives pointers on surprises encountered when sailing in foreign countries. Med moors, laid lines and gang planks are examples from recent cruises.	D – 5 Level 1, 2, 3 See Below SUDDENLY IN CHARGE Margaret Butler & Steve Gershman of the U.S. Coast Guard Auxiliary discuss a crew member's worst nightmare: The Skipper becomes incapacitated. What must you do, & how can you be prepared for bringing the situation under control?	D – 6 Levels: 1, 2, 3 See Below ALL ABOUT SAILS Local sailmaker, Chuck O'Malley of Chesapeake Sailmakers in Eastport, talks about the sail-making process, what you can do to keep your sails in good shape, and some recent trends in design and materials.
3:30-4:30	E – 1 Level 1 See Below PREP FOR A WEEKEND CRUISE Sailing for a weekend involves PLANNING: proper gear (what to bring?), clothing, food (what to prepare). Skipper Shirley Brooks-Hollendursky & experienced crew, Lora Donia explain how it all works, including how to enjoy a "sleepover" and great ideas for packing clothes & packing / storage of food.	E – 2 Levels: 1, 2, 3 See Below ANATOMY OF WINCHES SOS Skipper, George Hollendursky, explains various winch designs, the parts that make a winch work, & demonstrates how to maintain your winches – large and small.	E – 3 Levels: 1, 2, 3 See Below MAPS, CHARTS & CRUISING GUIDES: WHERE DO THEY COME FROM? Robin Heintz Luxenburg, of Williams & Heintz Map Corp (publisher of MD&VA cruising guides, new Chesapeake Bay Wall Chart, and authorized printer of NOAA POD Charts) tells history of W&H, challenges of keeping up with latest changes in the Bay, and how the process of producing customized maps and charts has changed over the company's 100 years.	E – 4 Levels: 1, 2, 3 See Below BY THE RHODE RIVER.... Beneath the Rhode River, at the Smithsonian Environmental Research Center, lay archaeological remains of 1600's Colonial plantations. Archaeologist Jim Gibb explores this past, with images of excavations & extraordinary finds from 2 Quaker homes.	E – 5 Levels: 2, 3 See Below LATEST TECHNOLOGY / NAV TOOLS Margaret Butler & Steve Gershman of the U.S. Coast Guard Auxiliary explore the latest technology & marine safety apps for survival in case of an emergency. Plus using the VHF for emergency communications & latest updates on marine safety equipment.	E – 6 Levels: 2, 3 See Below MARINE ELECTRIC PROPULSION Recent technology improvements make it feasible to power boats electrically just like large ocean-going vessels. David DiQuinzio, Chief Engineer for Annapolis Hybrid Marine discusses the pros/cons of converting sailboats to electric propulsion.

4:30 PM WRAP UP IN THE CAFETERIA Skill Levels of Classes: 1 = NOVICE, new to sailing 2 = INTERMEDIATE, inshore sailor to aspiring 1st Mate 3 = ADVANCED, Skipper, 1st Mate, Offshore sailor