

NORTH CAPE YACHT CLUB
SAILING SCHOOL

and

THE GREAT LAKES
SINGLHANDED SOCIETY

presents...

**“Applying Basic Seamanship Skills to
Singlehanded Sailing”**

Presenter: Wally McMinn, NCYC, GLSS
Wednesday April 4th, 2007 (7:00–9:00pm)

North Cape Yacht Club, Sailing School
11850 Toledo Beach Road, Lasalle, MI 48145 (734) 242-5081

This informal and interactive presentation will provide participants with an opportunity to apply a wide range of basic singlehanded sailing concepts and skills to their own boats and sailing plans. The rationale for the Great Lakes Singlehanded Society (GLSS) gear and safety requirements will be covered as they apply to the GLSS Challenges.

Topics to be covered are:

Why singlehanded sailing?	Gear selection and boat preparation
Navigation	Crew mental/physical conditioning
Food and nutrition	Energy and rest management
Staying warm and cool	Passage planning and tactics
Communication	Leaving and reentering the dock
Sail handling	Problem solving
Staying aboard	Preparing for a GLSS “Challenge”

Much more!