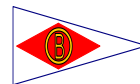




AFSS WEEKLY NEWSLETTER

WEEK #4 – 7/21/25-7/25/25

AFSS is a program of the Orr's-Bailey Yacht Club



A great week at Abbot Fletcher Sailing School. Mostly sunshine and dry weather every day. There was a day with too much wind for Beginners and the Racers, but the Intermediates were out every day using the Rhodes 19 on that windy day. The weather is unpredictable, but typically the wind builds during the day when it comes out of the South, making the afternoons better for our more experienced sailors.

The Beginners started the week with the swim test, then learning how to rig boats on land. We have a great field to use for land drills and outdoor games. On Tuesday we got on the water for our steering drills and rotated students on

the Rhodes 19 which is a full keel boat that can hold six students and an instructor. All students get the opportunity to be at the helm (steering with the tiller) and operating the main and jib sheets, the lines that control the two sails. We then had three great days of students sailing individually, and occasionally paired, in the OPTI's. Practicing tacks (turning into the wind) and jibes (turning away from the wind). The Beginner class improved throughout the week and really bonded as a group.

We had a small Intermediate group so they got a lot of attention. The sailors worked a lot on upwind sailing and sail trim and being efficient tackers and jibers. Handling the main sheet and the tiller during a turn is both a science and an art. On the blustery day the Intermediates were out in the Rhodes tacking up channel to Mackerel Cove. We reefed the main sail while underway. Reefing requires pulling the main sail down a few feet and re-positioning the tack and clew of the main sail (more sailing terminology), making the sail smaller, tight and manageable.



The Racing crew spent its first two days prepping for the MIRC sail race on Wednesday. One boat was working on their roll tacks, a more advanced technique for tacking the 420 that helps maintain speed. The



four students in the racing program had a lot of fun while practicing short courses and starting lines. The race was held at Prout's Neck Yacht Club. There were eight 420's and fifteen or more OPTI's. Our racers were very competitive. The results had us tied for third out of four clubs. We rotated boats but were able to have each one of our racing teams sail four or five races. The experience was awesome for our sailors and their families who support the AFSS program. What a wonderful day!

AFSS team was busy this week planning a MIRC race that OBYC will be hosting next Wednesday. These races are typically small and low-key, but they bring various clubs together from the southern Maine Coast and even a club in New Hampshire. We are really looking forward to this. The OBYC and AFSS community are making this happen!

