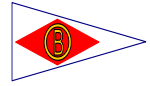




AFSS WEEKLY NEWSLETTER

WEEK #3 – 7/13/26-7/17/26

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



During our third week at Abbot Fletcher Sailing School, it was quite windy week with a stiff breeze coming out of the Northwest directly into the dock. We had one day with all land-based activities. On this day we worked on extensive knot-tying covering the square, figure eight, bowline and sheep's bend. We also worked on compass theory and practice on the lawn laying out courses and following a four-legged course. We used charts on the back porch of the yacht club and set compasses on the compass rose for chart orientation. We familiarized the students with most aspects of nautical charts. This experience directly relates to GPS usage but offers a practical view and a time-honored approach towards seamanship. It's also good to have a backup if all other technology fails.



The Beginners section in the morning had a great start with sailing the OPTI 8-foot dinghies and getting opportunities on the Rhodes 19 keel boat. They handled the tiller as captain and as crew, controlling both the main sheet and jib sheets. Sheets are lines that are used to control the sails' trim. The word "sheet" derives from a similar old Norse word that describes the lower part of a sail. The winds kept students and instructors on their toes. We only had two OPTIS capsize on one of the windier days while rounding the green can off Stover's Point. Many students impressed the instructors with their stronger wind sailing.



Our Intermediates sailed on the 420's which are two-person boats designed for speed. They also had a trip out in the Rhodes 19. Our focus with this group was making our turns, tacking (into wind) and jibing (away from wind) more efficiently and under control. We also focused on our points-of-sail and practiced trimming the main and jib to each point of sail. We had one extremely windy day where intense Northwest winds came over our stern on the way back from Stover's. Boats planed on the waves as we passed the red nun in front of the club. One boat successfully came into the dock while the other capsized and created quite a rescue with the two coach boats.



Our racer worked with a volunteer instructor practicing dozens of tacks and jibes and practicing starting line tactics. One day we mixed in an Intermediate boat, and on Wednesday the racer represented AFSS at a race in Kennebunk (see photo to left). They had a great time and did fine. The racer also progressed well with “roll tacks”. They are tacks, or turning that rolls the boat sideways in an aggressive fashion that gives the boat more forward momentum. This tactic can especially help in lighter air. During our down day the racer mixed in well with the Intermediates doing land- based activities.

