

North U.

Cruising & Seamanship Seminar

Hosting a North U Seminar at Your Club

You can host a Cruising & Seamanship Seminar at your club. The course is a full day program. The complete course description is below.

You pay a flat fee for us to provide the seminar leader and course. In addition, you are responsible for instructor travel expenses, meals and lodging. There is an additional charge for course books and CDs plus shipping fees. You pay only for the materials you use and can return any unused materials.

Marketing

You are responsible for marketing and promoting your event in addition to handling registrations. We will provide course descriptions and outlines that you can use in your publicity. We will also provide posters and E-vites. You can charge whatever tuition you like.

Site Requirements

We'll need the following at the seminar location:

- € Classroom style set up, with tables and chairs (participants like to take notes).
- € LARGE screen, preferably 8x8 or as close to these dimensions as possible
- € Control over lighting (too many windows and no window coverings will present a problem).
The room needs to be dark enough to see our presentation. Don't forget, the sun is out during the day.
- € Projection table with power. (We bring our own projector and computer. Backups are welcome.)
- € White board or black board.
- € Registration table.
- € Catering for breaks and lunch.
- € Detailed directions, ample parking.
- € Housing and Local Transportation for the Instructor is always welcome.

Cost

Instructor and Course Fees for Cruising: \$1800
Plus Instructor travel, meals, and accommodations.

In addition, there is a cost per student for course materials:
Seminar Books: \$18 per student (regular retail price is \$25).
Seminar CDs: \$25 (regular retail price is \$40).
Unused books and CDs can be returned.

These fees are in addition to your local expenses - for marketing/ mailing, catering, room set up and equipment, if any.

**You can spend a lifetime learning to be a better sailor.
We are here to accelerate the process.**

29 High Field Lane • P. O. Box 1296 • Madison CT 06443-2516
203 245-0727 • Fax: 203 245-0472 • WWW.NORTHU.COM

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Pick Your Course and Dates

Please let us know as soon as possible the course and date(s) you prefer. If possible, provide us with alternate date(s) as well.

Tuition

You can charge whatever fee you choose for students. We can provide some guidance if you like.

Deposit

A \$500 deposit is required to hold dates.

Where do we go from here?

Questions? Contact Fran Wainer or Bill Gladstone at North U.

203 245 0727
800 347 2457

Francine Wainer
Fran@northu.northsails.com

Bill Gladstone
bill@northu.northsails.com

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Course Information and Outlines

North U Cruising & Seamanship

The revised North U Cruising Course teaches sailing, cruising and seamanship skills. Prepared in conjunction with the John Rousmaniere, author of the Annapolis Book of Seamanship, the course focuses on techniques for improved performance, safety, and enjoyment.

Special emphasis is placed on heavy weather sailing and seamanship, safety, and emergency techniques. We look at the equipment, preparation, and techniques needed to prevent and handle a variety of challenges. A segment on the wonder and challenges of night sailing is sure to open you eyes and expand your cruising horizons.

Our unique approach to techniques for upwind trim and balance will translate into faster, more comfortable sailing (and less motoring) in the coming season. Whether you sail under jib and main, Gennaker, or spinnaker, our coverage of downwind sail trim will improve your reaching and running performance in all conditions.

As described by North U Director Bill Gladstone, "About half the day will focus on safety, heavy air, and emergency techniques you should know, but hopefully never need; while the other half will cover sailing and seamanship skills which you can use every day."

Included with the course is the 3rd edition North U Cruising Workbook, which is filled with practical hands on techniques, challenging problems and real world solutions. In addition, the course uses the revised North U Cruising CD-ROM to present cruising technique in full motion multi-media. The course CD is available for purchase and can be used to review the course material (plus additional material not covered in the seminars) on your home PC or Mac.

The instructors for the North U Cruising seminars are seasoned sailors, whose combined sailing skills and teaching experience mean the course emphasizes your sailing, not their sea stories. Bring your questions. Leave with answers.

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Course Information and Outlines Outline

Upwind Sail Trim and Performance

- Wind, sails, and the wonder of upwind sailing
- Trim fundamentals and sail controls
- Angle of attack, depth, and twist
- Helm balance, speed, and pointing
- Powering and depowering
- Sail selection
- Trimming to wind and sea
- Trimming for an autopilot
- Tacking

Downwind Sailing

- Under mainsail and jib
- The boom vang and preventer
- Powering and depowering
- Wing-and-wing
- Spinnakers and Gennaker
- Snuffer
- Set, Jibe, Douse

Heavy Weather Sailing

- Shortening sail
- Sailing in waves
- Slowing down and heaving-to
- Heavy weather boat handling
- Safety harnesses and jacklines
- Squall!
- Storm sailing
- Misery and danger

Anchoring

- Principles
- Types of anchors
- Anchoring in current, shoals, and storms
- When and how to use multiple anchors

Safety

- Risk and prevention
- Formula for disaster
- Preparing the boat and crew
- Eternal vigilance
- Emergencies!

Emergencies

- Crew Overboard Rescue
- Fire
- Grounding
- Injury and seasickness
- Dismasting
- Sinking
- Calling for help

Sailing Toward a Destination

- Predicting wind and weather
- Using wind shifts to advantage
- Tides and current
- Basic coastal piloting and dead reckoning
- Navigation aids and rules of the road
- Night sailing: pleasures and cautions

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