



Success Sailing

A unified team approach teaching sailing to athletes with Intellectual Disabilities.

The goal is to introduce sailing as a recreational activity while instilling a passion for the sport whereby the participants grow to a point where they consider themselves “sailors.” We hope someday to align our program with Special Olympics. Until such time this program will lay the groundwork towards developing sailors.

Participant Prerequisites:

- *Ages 16+*
- *Capable of swimming with a lifejacket on*
- *Able to verbally communicate with teammates when mentor-coach are provided.*
- *Capable of emotionally handling a capsized recovery drill.*
- *Capable of climbing back into a boat with minimal assistance.*

Instructor led sessions with mentor-coaches sailing with students 1-on-1

Thursdays, 3:30 PM-5:30 PM
April 8,15,22, 29; May 6, 13

Fridays, 9:30 AM- 11:30 AM
April 9,16,23,30; May 7, 14

Saturdays, 4:30 PM-6:00 PM
April 10,17,24 May 1,8,15

Sundays, 3:00 PM-5:00 PM
April 11,18, 25; May 2,9,16

Coaches-mentors may be provided, or you can bring your own “sailing buddy.” Participants who bring their buddy to serve as a coach-mentor will pay a reduced fee and the “Buddy” will receive free sailing instruction along with the participant.

Coach-mentor Prerequisites (when bringing a buddy):

- *Capable of swimming with a lifejacket on while keeping the participant calm*
- *Able to effectively communicate with participant under stressful situations, if needed*
- *Capable of emotionally handling a capsized recovery drill*

- *Capable of physically climbing into the boat from the water after a capsize*
- *Capable of physically assisting the participant out of the water back into the boat*

The program fee includes 6-weeks of instruction. Sailing is weather permitting. The lesson is rain or shine with shore-based activities when the weather does not permit sailing. Decisions to sail or not to sail may vary with the student sailor and the mentor-coach.

PROGRAM FEES: (Scholarships are available on a needs basis)

- **\$300 / Mentor-Coach Provided**
- **\$225/ Bring Your Own Buddy (use coupon code “BYOB” for \$75 discount)**

Space is limited. Please select one “primary session” for each week. You will be encouraged to participate in one or more additional sessions each week. Space availability for additional session will be confirmed after registration.

TO REGISTER YOU MUST SELECT ONE PRIMARY DAY FOR YOUR REGULAR PARTICIPATION. AFTER REGISTRATION HAS BEEN COMPLETED. ADDITIONAL DAYS WILL BE MADE AVAILABLE TO PARTICIPANTS AS SPACE PERMITS. UNUSED SPACE WILL BE MADE AVAILABLE TO REGISTERED PARTICIPANTS TO GIVE THEM MORE TIME ON THE WATER.

Register Thursdays <https://usscmc.rechub.net/event/register/index?id=2179>

Register Fridays <https://usscmc.rechub.net/event/register/index?id=2180>

Register Saturdays <https://usscmc.rechub.net/event/register/index?id=2181>

Register Sundays <https://usscmc.rechub.net/event/register/index?id=2186>