



Success Sailing

A Unified Team Approach Teaching Sailing to athletes with Intellectual Disabilities

AGES: 16 to Adults

Participant Prerequisites:

- Capable of swimming with a lifejacket on
- Able to verbally communicate with teammate when mentor-coach is 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
January 28; Feb 4, 11, 18, 25; March 11
(Off day March 4)**

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 your own buddy):

- Capable of swimming with a lifejacket on while keeping the participant calm
- Able to effectively communicate with participant under stressful situations
- Capable of emotionally handling a capsized recovery drill
- Capable of physically climbing into the boat from the water after a capsized
- 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.

\$300 / Mentor-Coach Provided

\$225/ Bring Your Own Buddy

20% discount for USSCMC Family Members

Private 2-hour sessions are available throughout the week by appointment.

Cost is \$120 per session for non-members and \$90 per session for those with a USSCMC Family Membership.

Space is limited to 8 participants. Requires preregistration with signed on-line waiver

[Register Online HERE](#)

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 some day to align our program with Special Olympics. Until such time this program will lay the groundwork towards developing sailors.