



Junior Sailing Association
of Long Island Sound

2016 All-Instructor Symposium

Wednesday, June 22
Larchmont Yacht Club

JSA Mission Statement

The Junior Sailing Association of Long Island Sound supports junior sailors at member programs by fostering and coordinating programs and activities that encourage them to experience the joy of sailing and instill a life-long love of this great sport.

The JSA promotes ethical behavior among its sailors and encourages the teaching of life-long lessons which build character, foster teamwork and strengthen respect for self and others.

The JSA encourages an appreciation and respect for the marine environment that is so important to sailing.

Through its programs and policies, the JSA seeks to support both serious competitors and recreational sailors at all levels of skill and to encourage their sailing in local waters and beyond.

Symposium Goal: To provide all JSA instructors with tools, tips, training and techniques to help them become better teachers, coaches and mentors to the junior sailors in our member programs.

Symposium Chairpersons: Tricia Leicht; Kevin Broome

General Schedule:

Registration & Continental Breakfast	8:30 - 9:15
Welcome & Introductions & Raffle #1	9:15 - 9:30
Morning Keynote	9:30 - 10:15
Raffle #2	10:15 - 10:20
Session 2	10:25 - 10:55
Session 3:	11:00 - 11:25
Session 4:	11:30 - 11:55
Lunch & Raffle #3	12:00 - 12:25
Lunch Keynote	12:25 - 1:20
Afternoon Intro	1:20 - 1:30
Session 5:	1:35 - 1:55
Session 6:	2:00 - 2:25
Session 7:	2:30 - 2:50
Closing Remarks & Raffle #4	2:55 - 3:05
After Session Activities	3:15 - 5:00

Featured Speakers & Presenters:

Kevin Broome

- Sailing Director at American Yacht Club
- Small Boat National Faculty
- US Sailing Instructor Trainer for Power boat and Small Boat

Brian Clancy

- Head Sailing Coach at Cornell University
- All-American from Hobart and William Smith Colleges

Rob Crafa

- Waterfront Director - SUNY Maritime College
- US Sailing/US Powerboating Sport Powerboat Instructor Trainer, National Faculty member and Northeast Regional Powerboat Training Coordinator
- US Sailing *Marty Luray Award 2015*, for outstanding contributions to further public access sailing

Charlie Enright

- Volvo Ocean Race Skipper
- Brown University Alumnus
- Four time All-American Sailor
- Worked for North Sails

Alicia Martorella

- JSA Sailing Alumna
- Sailing Director - WaterFront Center, www.waterfrontcenter.org
- US Sailing Instructor Trainer
- US Sailing *Outstanding Community Sailing Director 2015*

Mary Laurence McMillan

- UNC Chapel Hill graduate
- Program Director YMCA Camp Seafarer
- US Powerboating Instructor trainer

Blair Overman

- University of Sydney, Australia Masters Degree
- Youth and Adult Program/Executive Director DC Sail in Washington, DC
- Currently Senior Program Director YMCA Camp Seagull
- US Sailing Instructor trainer

Patrick Alyward

- Big Boat Racer
- Safety and Rigging Specialist at Landfall, Stamford CT

Jack Fullerton

- Head Sailing Instructor at Riverside Yacht Club
- Current Bowdoin College Sailor

Walter Florio

- Head Coach Larchmont Yacht Club
- Current Connecticut College Sailor

Heather Grosso

- Lead Instructor at the WaterFront Center
- Co-Recipient of the *Susie Trotman Award 2015*
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Scott Hardy

- Owner of The Boat Locker, Bridgeport CT
- Outdoor recreationalist

Ty Ingram

- Windsurfing and Dinghy Coach
- Co-Recipient of the *Susie Trotman Award 2015*

Jim Koehler

- Owner of The Dinghy Shop, Amityville NY
- Sunfish All-Star

Tricia Leicht

- JSA of LIS alumna and Parent of Junior Sailors
- Former Chair of the JSA of LIS and of the Larchmont YC Junior Program

Brendan O'Leary

- Hobart and William Smith College Graduate
- LISOT 420 and Optimist Coach
- Head 420 Coach at American YC

Todd Ricardi

- Owner of Rec Marine Sales, Quincy MA
- Catamaran sailor and dinghy coach

Bob Whittredge

- Executive Director of JSA of LIS

Session Schedule:

<i>Time</i>	<i>Track</i>	<i>Module</i>	<i>Speaker</i>	<i>Location</i>
8:45-9:15	<i>Registration & Coffee</i>			Pando
9:15-9:30	<i>General / Raffle # 1</i>	Welcome/ Opening Remarks	Tricia Leicht	Pando
9:30-10:15	Morning Keynote			
	All	Halyards, Horsepower and Hormones	Mary Lawrence McMillan and Blair Overman	Pando
10:15-10:20	<i>Raffle #2</i>		Tricia Leicht	Pando
10:20 -10:25	<i>Break and move to session</i>			
10:25 -10:55	Session II			
	New Instructors	Getting ready for summer success	Alicia Martorella	Pando
	Returning Instructors	Stepping up your game!	Brian Clancy	Lawn
	Head Instructors	Sharing resources & challenges	Bob Whittredge	Jr. Club House
10:55 - 11:00	<i>Break and move to session</i>			
11:00 - 11:25	Session III			
	Jr. Big Boat	Moving from small boat to big boat	Charlie Enright and Alicia Martorella	Pando
	Dinghy	Team racing	Brian Clancy	Jr Club House
	Teaching Fundamentals	Be a winner with beginners	Heather Grosso	Jr Club House
11:25-11:30	<i>Break and move to session</i>			

11:30-11:55	Session IV			
	Big Boat/Dinghy	Kinesthetic learning - Marlinspike	Patrick Alyward	Jr Club Porch
	Intermediate/Learn to Race	Getting your sailors to the windward mark	Ty Ingram and Heather Grosso	Pando
	Beginner to Advanced	Team building is fun/Tips and tricks	ML McMillan and Blair Overman	Lawn
11:55-12:00	<i>Break and move to Pando</i>			
12:00-12:25	LUNCH & Raffle #3			Pando
12:25-1:20	Lunch Keynote			
	All	Lessons Learned from the Volvo	Charlie Enright	Pando
1:20-1:30	Afternoon Intro		Tricia Leicht	Pando
1:30-1:35	<i>Break and move to session</i>			
1:35-1:55	Session V			
	Opti	Rigging and Tuning	Ty Ingram	Lawn
	Pixel	Rigging and Tuning	Walter Florio	Lawn
	Powerboating	Set up Coach Boat/Engine tricks	Rob Crafa	Main Docks
	Feva/O'pen Bic	Rigging and Tuning	Scott Hardy and Todd Ricardi	Jr Club House
	All	Connecting w/ sailors	Jack Fullerton	Pando
	420	Rigging and Tuning	Breandan O'Leary	Lawn
2:00-2:25	Session VI			
	Opti	Tuning and drills	Ty Ingram	Lawn
	Pixel	Tuning and drills	Walter Florio	Lawn
	Hobie Wave/Nacra 15	Tuning and drills	Scott Hardy and Todd Ricardi	Main dock
	Slow Boat Race	Powerboat finesse	Rob Crafa	Jr Dock
	Laser	Tuning and drills	Jack Fullerton	Lawn
	420	Tuning and drills	Brendan O'Leary	Lawn

2:25-2:30	<i>Break and move to session</i>			
2:30- 2:50	Session VII			
	Dinghy	Drills with out winners	Kevin Broome	Lawn
	Adventure/Paddleboarding	Productive Paddleboarding	Jim Koehler	Main Docks
	Powerboating	Slow boat race	Rob Crafa	Jr Docks
	Big Boat	Big Boat Program Tips	Patrick Alyward	Pando
2:50 – 2:55	<i>Break and move to Pando</i>			
2:55 - 3:05	Closing remarks & raffle #4		Tricia Leicht	Pando
3:15 to 5:00	After Session			
		Nacra 15 Sailing	Todd Ricardi	Jr Dock
		Paddleboard demos	Jim Koehler	
3:30		Safe Powerboat POI	Rob Crafa	
		Level 1 & 2 POIs	Kevin Broome	Jr Dock
		Classroom POIs	Alicia Martorella	Jr Club House

Activities throughout the day:

- 1.) Splicing and rigging with Patrick Alyward on the Jr. Club Porch
- 2.) Lesson plan competition 8:45 to 2:25 - Pando table
 - a. Best lesson plan template
 - b. Best lesson plan for intermediate sailors
 - c. Best lesson plan for no wind activities including drills and games
- 3.) Paddle demos - 1:30 to 3:30 with Jim Koehler

All Instructors Workshop

