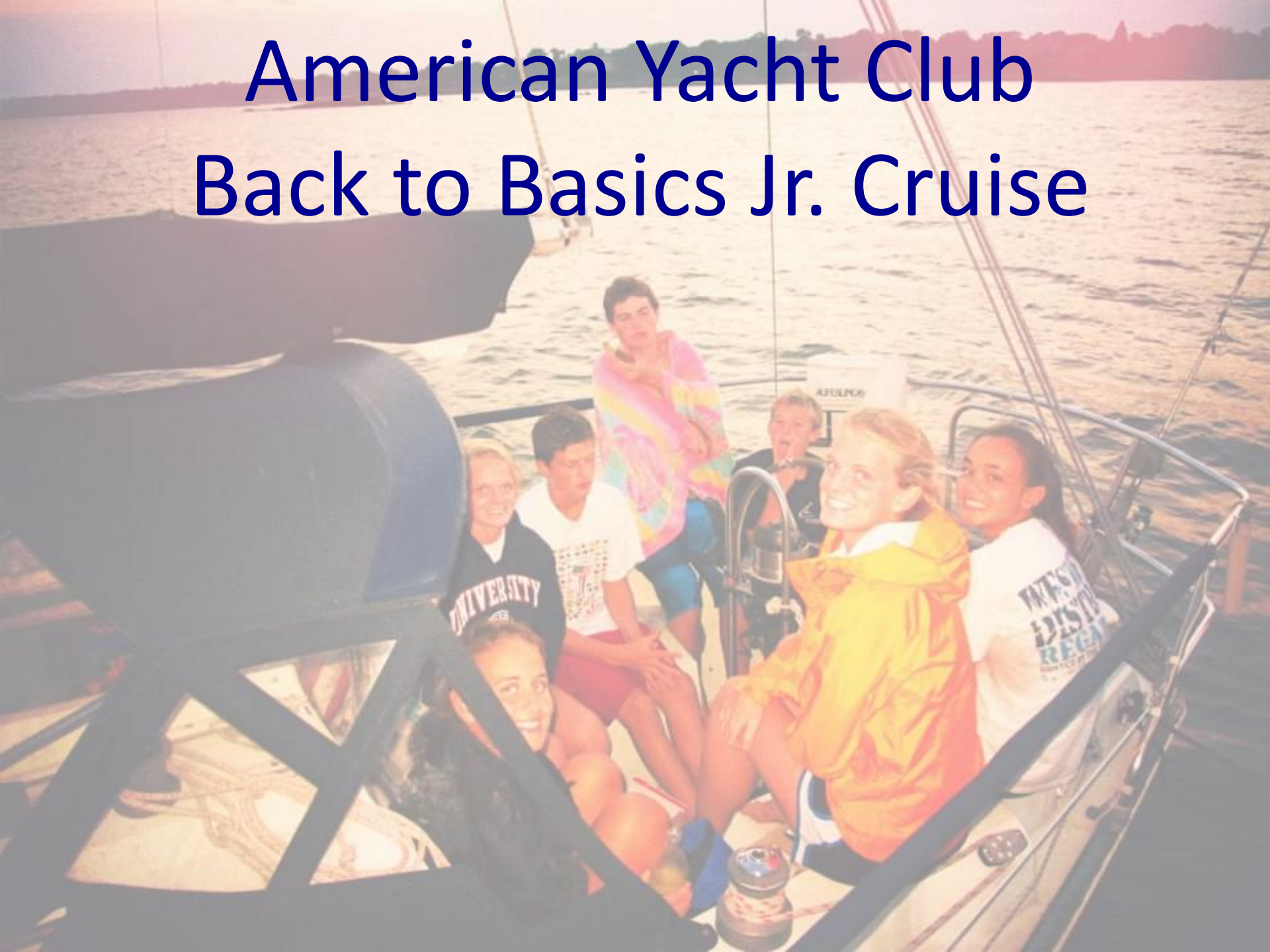


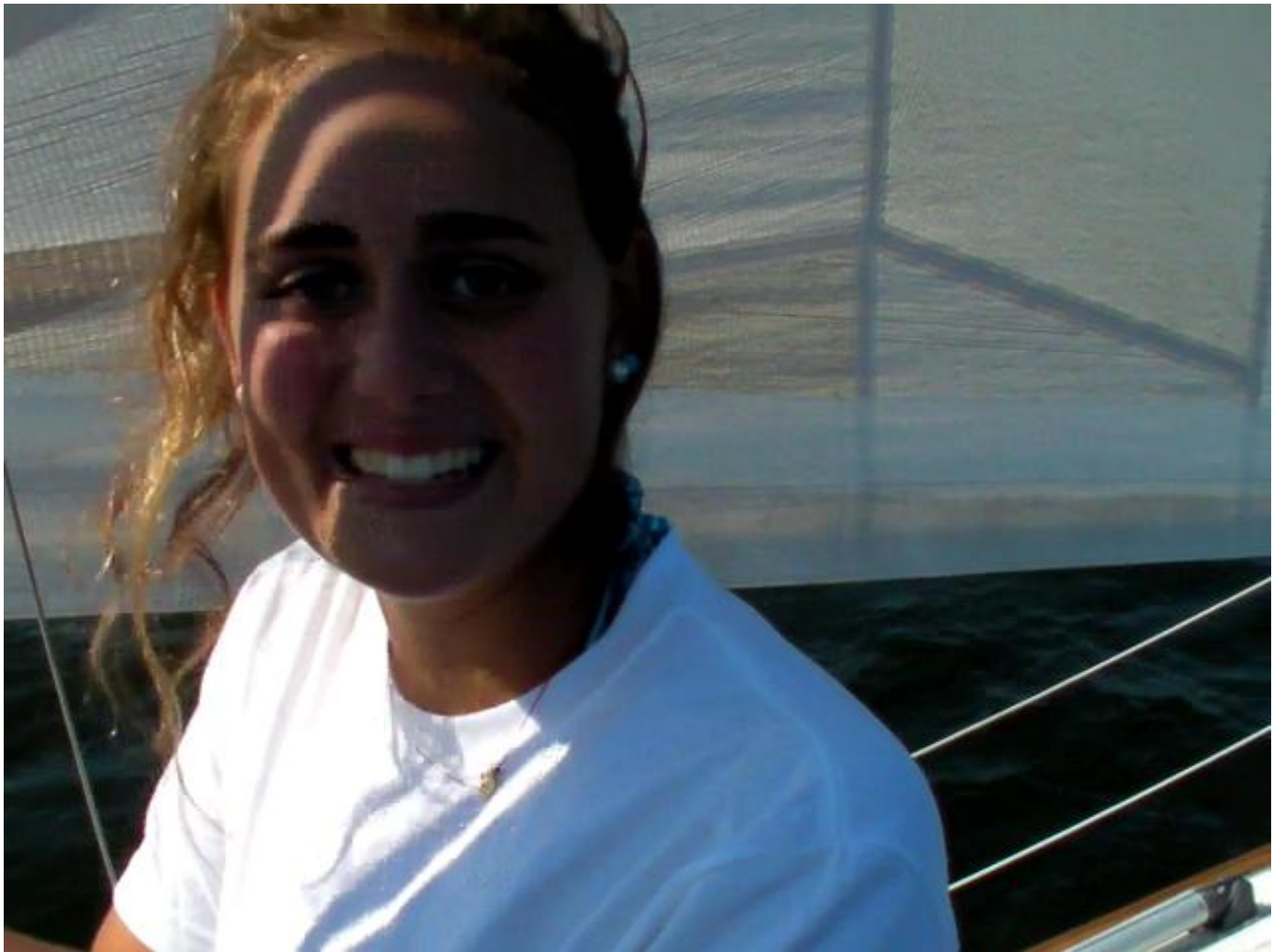
How To Integrate Seamanship Into Your Jr. Program

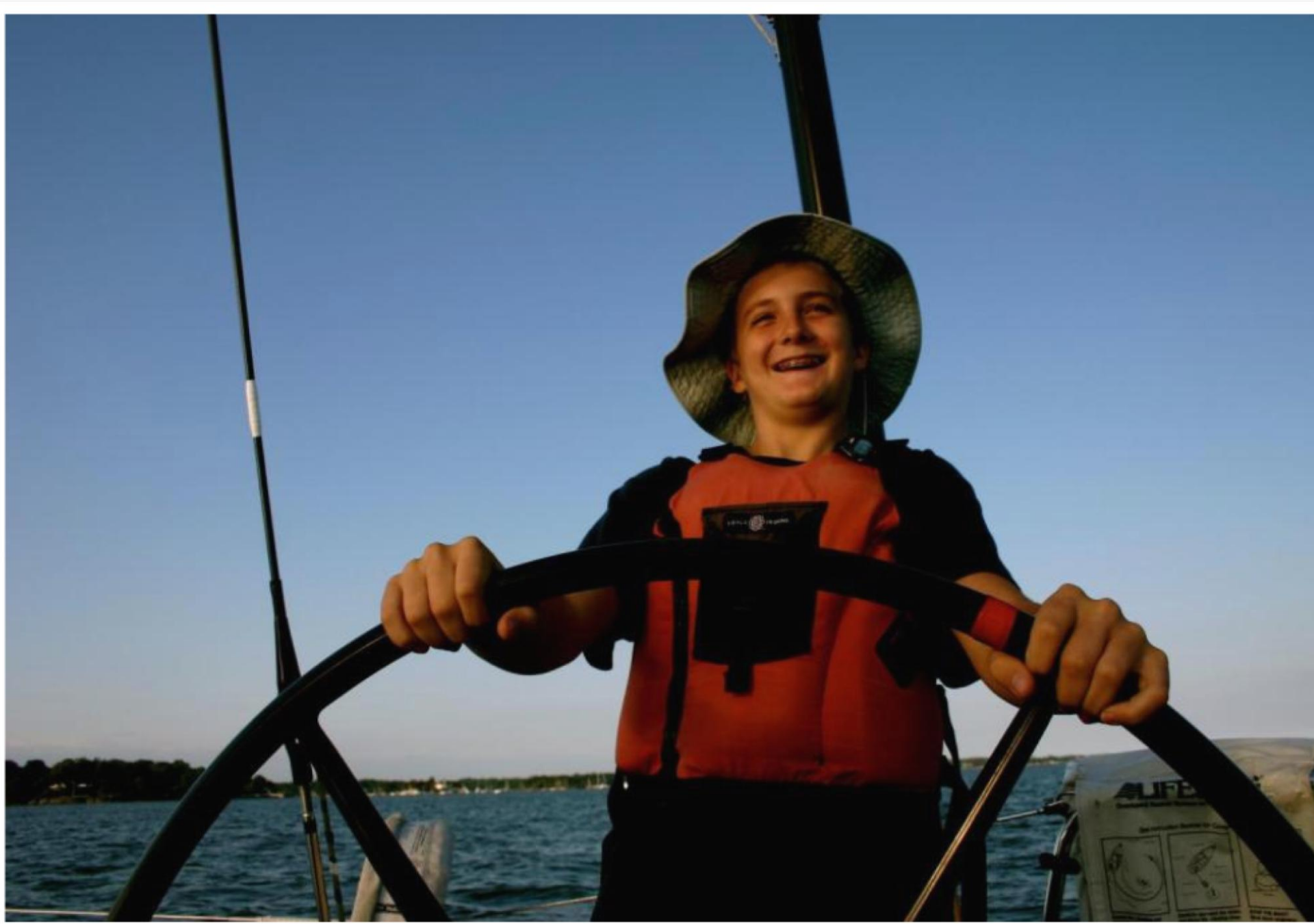
Objective

- To Constantly find ways of integrating Seamanship into the curriculum for the juniors.
- Expand the Knowledge Base and Experience Level of the Juniors.
- Create “Happy”, “Skilled” and “Confident” sailors
- “Seamen-Like” in their thoughts and actions
- “Sailor’s for Life”

American Yacht Club Back to Basics Jr. Cruise















































American Yacht Club Back to Basics Jr. Cruise

- Happy, Skilled and **Confident** Sailors



Marlinespike Seamanship Competition

History

- Jacob Isbrandtsen gave the trophy in 1963.
- Jacob's son Hans was a dominant winner in the 1970's.

Marlinespike Seamanship

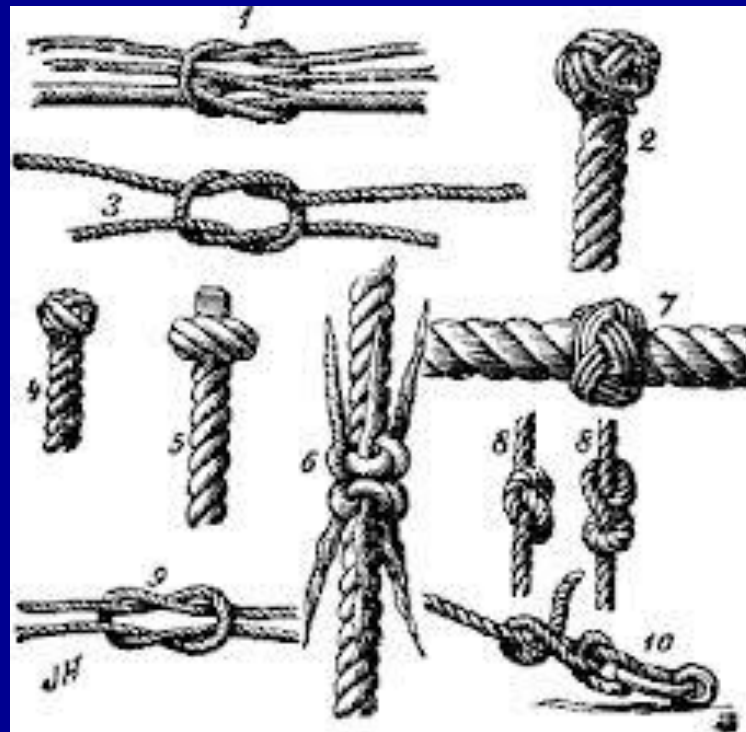
- Marlinespike Seamanship is the art of handling and working all kinds of fiber and wire rope. It includes every variety of Knotting, Splicing, Serving and Fancywork.

Objective

- Generate interest in the art of Marlinspike seamanship through the competition.
- Competition for the trophy to to be held during the 420/laser Championships in August.



The Test



Rolling Hitch



Bowline

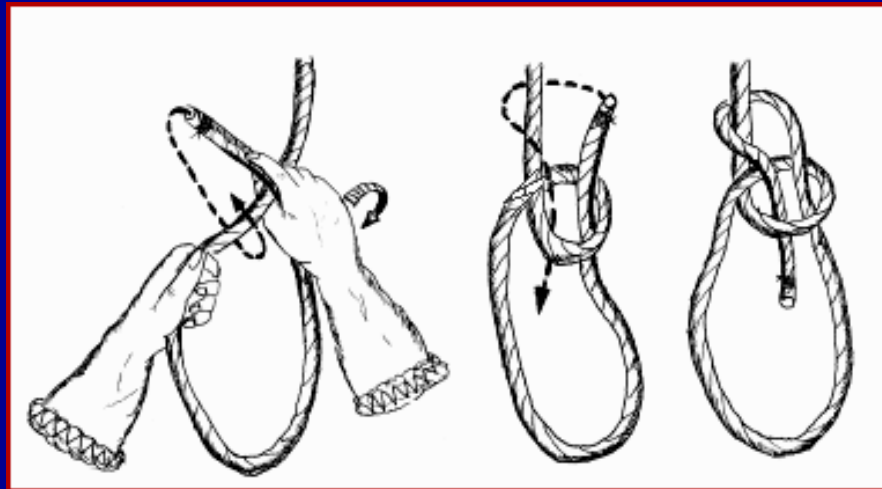
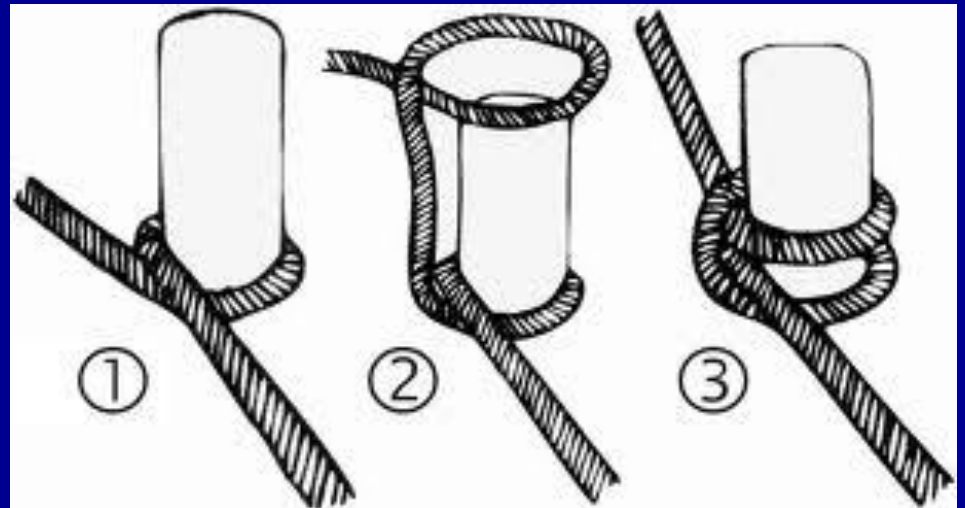


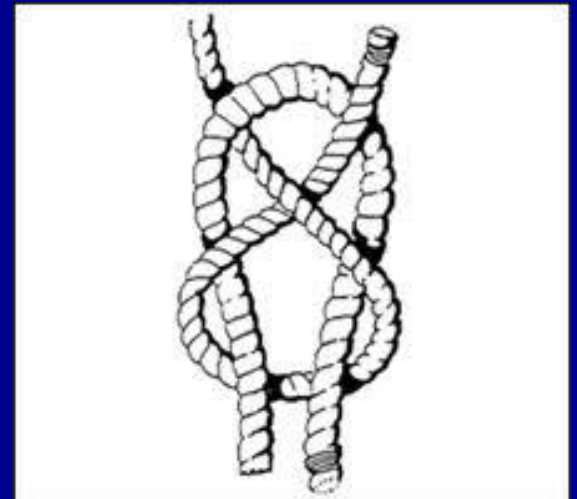
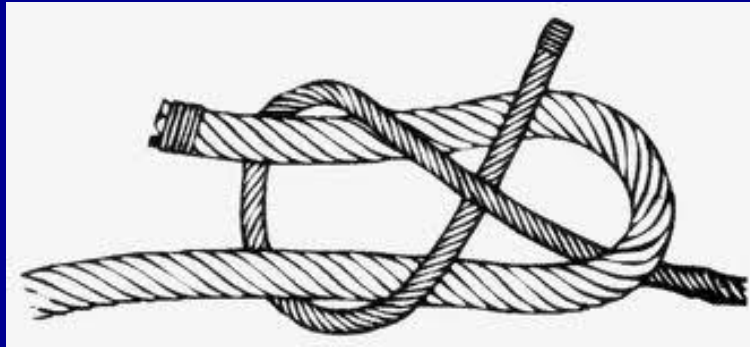
Figure Eight Knot



Clove Hitch



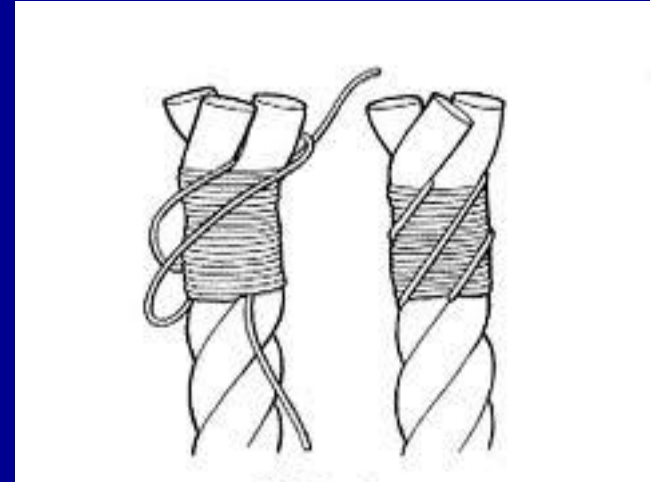
Sheet Bend



Eye Splice



Whipping



Whipping



Brummel Splice



Seamanship

The art of sailing, maneuvering, and preserving a ship or boat in all positions and under all reasonable circumstances.