



# Rush Creek Yacht Club 2012 Fall Adult Sailing Education

**IC Boathandling** provides instruction and practice with launching, docking and sailing the RCYC-owned IC-24. Whether you have come from a beginning sailing program or need to just feel more comfortable handling the boats, this is a great opportunity to learn from and practice with an instructor.

The area of instruction includes:

- Using the Hydrohoists
- Rigging the Main, Jib and Spinnaker
- Leaving the dock under sail
- Sail trim Upwind
- Sail Trim downwind
- Spinnaker Launching, Flying, and Retrieval
- Returning to the Dock under sail

The **Introduction to Racing** provides the basics to start sailboat racing. The class will cover both the physical and the mental aspects of sailboat racing. If you are new to racing or would like a refresher, this classroom and on-the-water course will improve your sailboat racing.

Specifically, this class will focus on:

- Boat Preparation
- Boat Handling and Crew Work (steering and sail control)
- Wind shifts and weather
- Tactics
- Basic Racing Rules
- Conducting a Race

November 3<sup>rd</sup> – December 8<sup>th</sup>

Class	Day	Dates	Time	Ages	Cost
IC Boat Handling	Sunday	Nov. 4 Dec. 2	1:00 pm – 4:00 pm	18 & Up	\$30 per session
Introduction to Racing	Monday	Nov. 5 Dec. 3	6:00 pm – 9:30 pm	18 & Up	Member: \$40 per class Non-Member: \$55 per class

What to bring: Life jacket, appropriate spray gear, closed toe sandals or shoes, change of clothes, towel, sunscreen, and water bottle.

**ONLINE REGISTRATION AT [WWW.RCYC.ORG](http://WWW.RCYC.ORG)**

Contacts:

Virginia Hannan (Vice Commodore – Education)  
Gavin Rudolph (Junior Program Manager)

214-364-5856

[ljanine@hotmail.com](mailto:ljanine@hotmail.com)  
[coach@rcyc.org](mailto:coach@rcyc.org)



# Rush Creek Yacht Club 2012 Fall Adult Sailing Education

Rush Creek Yacht Club would like to welcome our new Junior Program Manager and Coach, Gavin Rudolph. Gavin has just spent the last four years working on his degree at Old Dominion University. He finished off his college sailing career sailing at the Collegiate National Championship held in June at Austin Yacht Club.

Gavin grew up in Allen, TX sailing at Corinthian Sailing Club on White Rock and has sailed nationally, including placing 15th at the 2008 US Sailing Youth Champs in Lasers.

He has a US Sailing Level 2 Coaching Certification and has spent the past seven summers teaching sailing. He just served as the Sailing Program Director for Barrington Yacht Club, in Rhode Island where he managed over sixty kids per week with thirteen instructors.

Gavin will be a great asset to Rush Creek Yacht Club to foster our youngest sailors while also able to coach and teach our most experienced junior and adult racers.

