



# SAILING CENTRE

## SSCBC SAILING CENTRE

CARA NA MARA

STRIPY SQUAD

OUTTHERE SAILING

TEAM SORRENTO

SHE SAILS

COUAT COACHING



## SAILING CENTRE



- › Level 1
- › Level 2
- › Level 3

- › 12-14
- › 14-17
- › Squad

### JUNIOR

- › Green Fleet
- › Intermediate Fleet
- › Open Fleet

- › Powerboat Course
- › Learn To Sail
- › Coaching

- › Couta Cruising
- › Couta Crew
- › Couta Coaching

### NEXT GEN

- › Youth Sailing
- › Team / Match Racing
- › Foiling
- › High Performance
- › Powerboat Course
- › Instructor / Coaching

### ADULT

- › Learn To Sail
- › Coaching



Hi, I'm David White, the Training Manager at SSCBC. I look forward to introducing you to sailing at SSCBC, or if you're already an experienced sailor, taking you to the next level. We will challenge you, but most of all, we will have a lot of fun. Please contact me with any questions you may have [training@sscbc.com.au](mailto:training@sscbc.com.au)



### >>> CARA NA MARA 5-7 years of age

*Cara na Mara*, meaning “Friends of The Sea”, is a fun filled sailing course for 5-7 year olds. The primary aim is to introduce young sailors to the water and boating in

general in a fun, controlled and safe environment. This course is four days long and each session is two hours. Our little sailors will be with our instructors the entire time where they will have fun whilst learning new skills.

The sailors will learn where they should put their body weight, what the mainsheet does and how the tiller works. Sessions commence with ice breaker games, followed by on water activities. If weather permits, the kids do a boat trip to the seal hut.





## >>> STRIPY SQUAD 7-11 years

*Stripy Squad* is where it all begins for our 7-11 year old sailors. This is by far our most popular course. Stripy Squad uses plastic Ozi Optis with rainbow striped sails which are provided by SSCBC for the duration of the course.

There are three levels to complete before stepping up to Team Sorrento. Each course runs for four days, 2.5 hours per day (10 hours per course).

### >>> STRIPY SQUAD LEVEL 1

Level 1 is just the beginning of your child's love of being on the water and is for children aged 7 years and above who have never sailed before or would like to refresh their sailing skills before moving onto the next level. The course focuses on learning the basics of wind, safety and the parts of a boat while finding the balance of fun. Stripy Squad 1 usually takes one course to complete although we have many little sailors who do this course again to iron out their nerves and to ensure they feel comfortable on the water before moving into level 2.

### >>> STRIPY SQUAD LEVEL 2

Once level 1 has been mastered it is time to step into level 2. Following a refresher of the core skills learnt in level 1, the focus is on gripping the tiller, body position and the mainsheet. Sailors usually undertake level 2, two or more times before progressing to level 3.



### >>> STRIPY SQUAD LEVEL 3

This is the final frontier before joining Team Sorrento. Building further on the core skills learnt in levels 1 and 2, having fun is still a big priority. Stripy Squad level 3 requires sailors to demonstrate core sailing skills in an intermediate breeze. Level 3 requires at least 20 hours of instruction yet like all of our courses, we welcome the kids to continue with additional courses at this level to ensure their boat handling skills and confidence is on the right pathway.

SSCBC focuses on each child which ensures we find the right balance with keeping friends together and progressing with the skills needed for each level. Further to our Stripy Squad we also provide the opportunity to run private lessons to bring kids up to the required standard to enter Team Sorrento.



# OUTTHERE SAILING

## YOUTH PROGRAM

>>> OUTTHERE SAILING  
12-17 years

OutThere Sailing is a course aimed to engage 12-17 year olds. OutThere Sailing provides teenagers with the opportunity to experience Club life at SSCBC (learning to sail, paddle boarding and a power boat experience). The course is tailored to ability and is suitable for teenagers with little or no sailing experience, as well as those ready to step it up a notch and refine their sailing skills. We break the courses into 12-14 year olds and 14-17 year olds.



## >>> ADULT LESSONS

Adult Coaching is the ideal course for those aged 18+ to get out on dinghies and learn the basics. The lessons are adapted to ability, so whether you have some previous experience or are a complete beginner, we will challenge you.





### >>> TEAM SORRENTO

Once sailors graduate from the Stripy Squad Level 3 or OutThere Sailing and have their own boat, we encourage them to join Team Sorrento.

There are 3 levels of Junior Sailing within Team Sorrento:



1. **Green:** For sailors who have graduated from the Stripy Squad levels. We have lower coach ratios and would be conscious of ensuring they are comfortable on the water.
2. **Intermediate:** Sailors are more independent on and off the water. Sailors are encouraged to take part in regattas around Port Phillip Bay.
3. **Open:** Sailors are confident in all conditions and travel to events around Port Phillip Bay and beyond, such as State and National titles.



### >>> YOUTH SAILING (14-18 YEARS)

Youth Sailing within Team Sorrento is mainly broken into two areas; single handed dinghies (one person) and double handed dinghies (two people). For children who would like to make a decision on which pathway to choose, SSCBC allows Members to use the Club's Quest dinghies (for a transition period), which are ideal boats for teaching trapezing and flying spinnakers. We are also adapting to a changing sailing environment with foiling becoming more popular. With this base, hopefully sailors can make an informed decision on the pathway of choice.



### >>> TEAM/MATCH RACING

This is one of our more active programs within Team Sorrento and is often used in conjunction with school sport or for sailors who have progressed through the program and no longer have their own boats. This style of racing is very tactical and allows for more of a team culture. SSCBC supports sailors who travel and represent the Club at State level, National and International level.



## >>> SHE SAILS

This is a female only course, designed by women, for women.

This course is mainly taught in our Club dinghies, tailored to the participants' ability and their aim for the course. Extra to this, the Sailing Centre also runs

Powerboat courses in an all-female environment.





## >>> COUTA COACHING

The Couta Coaching program will be led by our newly appointed Couta Coach. There are 3 different ways to get involved with Couta Coaching:

1. Club Racing: Ripple will participate in all Club races and will have spots available to take guests/ trainees. Each race will be customised to our guests' needs, so if you would like to experience your first Couta Boat race or learn more advanced Couta Boat Racing, this is the pathway for you.
2. Couta Boat Sail Training Course: This is the more formal pathway which will teach beginners / novices and even more experienced sailors to have enough skills and confidence to sail Couta Boats. The course will go through the basic fundamentals and expose Members to different positions around the boat.
3. Other customised programs will be considered, please just ask the office. This could be a corporate day or a cruise with your family.

For more information email [coutacoach@sscbbc.com.au](mailto:coutacoach@sscbbc.com.au)



## OTHER COURSES



### >>> POWER BOAT COURSE

SSCBC runs accredited Australian Sailing powerboat courses which are needed in order to become an Instructor or Coach. We also encourage all SSCBC boat owners to have a powerboat qualification and have safe/good habits with participants from the age of 12. Powerboat courses start off in Club tenders and from there work up towards larger boats. SSCBC also provides a female only course as part of our She Sails initiative.

### >>> INSTRUCTOR/COACHING QUALIFICATIONS

At SSCBC we try our best to employ home grown Instructors and Coaches. We support their development pathway by assisting with accreditation such as powerboat qualifications or hosting instructor courses. This is often a great goal for kids going through the program.



### >>> PRIVATE LESSONS

Private lessons with our fully qualified coaches are tailored to meet specific needs. They are a great way for children who start sailing a little later to catch up with children of a similar age group or perhaps give children or teens who lack confidence on the water that extra boost before commencing one of our Stripy Squad courses.

Private lessons can also be very beneficial for those sailors who may have progressed from Stripy Squad courses into SSCBC's Team Sorrento and need to brush up on their skills before commencing in Green Fleet. Private lessons can also be tailored for sailors to fine tune their skills in preparation for squad selection or a specific event or regatta.



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