

COMMUNITY LEARN TO SAIL

Southern Idaho Sailing Outreach Newsletter | Spring 2025



Time to Set Sail

Winter in the Treasure Valley is winding down and Lucky Peak Reservoir is on the rise. The snowpack in the high country looks promising for a full reservoir this summer.

The changing seasons remind us that we will soon welcome beginner, intermediate, and advanced sailors eager to learn and enjoy small boat sailing.

SISO, Boise Parks and Recreation, and Idaho State Parks and Recreation are preparing for 80 young sailors to set sail, learn, explore, challenge themselves, connect with nature, and have fun with their peers.

We are excited to announce the schedule, which includes three basic sailing camps, an all-girls basic sailing camp, two intermediate sailing camps, and two racing camps.

Youth Sailing Classes begin June 2, 2025. All classes will take place at our Sailing Center, Spring Shores Marina, Lucky Peak State Park. Registration through Boise City Parks and Recreation opened the week of March 31, 2025. Classes are available on a first-come, first-served basis and fill up quickly. **Help us get the word out to anyone you know that would like to give their kid(s) an opportunity of a lifetime. Visit sailingoutreach.org/learn-to-sail for details on youth sailing camps and registration.**

Come Volunteer with Us

Have fun, learn something new, enjoy the great outdoors, be amazed beyond your wildest dreams and witness the magic of youth sailing. **No sailing experience required.**

Our volunteers gain new skills, form friendships, and enjoy the satisfaction of helping kids learn in a fun and safe environment. **Providing education under sail provides experiences that will positively influence the well-being of kids for years to come.**

The only requirement is for you to complete the NASBLA course (safe boating course). An online course is available at: boatus.org/idaho/. As a volunteer, you will participate in various activities at a youth sailing camp, including assisting on the safety/chase boats. Therefore, it is important to have a basic knowledge of operating a powerboat safely. This online course contains a wealth of valuable information.

For information on becoming a volunteer, email us at: info@sailingoutreach.org.

2025 Camp Schedule

June 2-6: Racing Sailing Camp

June 9-13: Basic Girls Sailing Camp

June 16-20: Intermediate Sailing Camp

June 23-27: Basic Sailing Camp

July 7-11: Basic Sailing Camp

July 14-18: Intermediate Sailing Camp

July 21-25: Basic Sailing Camp

July 28-Aug 1: Racing Sailing Camp



Learning the cleat hitch



Race Committee



Rigging completed



Preparing for the day



Boats rigged and sailors ready to launch

Welcome Aboard 2025 Sailing Instructor Assistants

SISO is pleased to announce that Oliver Smith and Rylee Saba will be joining the City of Boise Sailing Camp Team this summer as Sailing Instructor Assistants. Both Oliver and Rylee have participated in all the sailing camps as youth sailors and some of the camps more than once. Their role includes assisting instructors and volunteers in ensuring safety, helping youth sailors rig boats, monitoring participants' wellbeing, sharing sailing knowledge with peers, and aiding in the daily setup, teardown, and equipment maintenance.

The position of Sailing Instructor Assistant provides great opportunities for youth sailing graduates to work on leadership skills, boating skills, communication skills and provides a summer of employment in the great outdoors. **This position also provides excellent experience and knowledge for these young sailors to become US Sailing Small Boat Certified Instructors.**



Oliver Smith



Rylee Saba

Southern Idaho Sailing Association (SISA) Plans for Two Regattas for Youth Sailors

Based upon the overwhelming success of the first ever Dinghy Thingy Regatta held last year at Luck Peak Reservoir, SISA has scheduled two Dinghy Thingy Regattas this year. Graduates of Boise Parks and Recreation Intermediate or Racing Sailing Camps can compete in a regatta at Lucky Peak Reservoir. Southern Idaho Sailing Association (SISA) will run the regatta. SISO will provide the race committee boat and the fleet of RS Zests and Lasers for youth sailors to participate.

Providing additional sailing opportunities for children beyond summer camps can benefit young sailors. This regatta aims to offer continued learning, increased time on the water, the chance to meet other sailors, interact with experienced lifelong sailors, and enjoy a meal after the final race. Mark your calendar for July 19th and August 2nd, 2025, at Spring Shores Marina for a morning event. Stay tuned for more details coming soon.



DINGHY THINGY REGATTA

July 19th and August 2nd 2025

Sailboats: 15' and Under | Spring Shores Marina, Lucky Peak ID



Become Part of the Team



Now is the time to join the Southern Idaho Sailing Outreach (SISO) team consisting of eleven US Sailing Certified Instructors and our partner, City of Boise Parks and Recreation to teach kids the fun and rewarding experience of sailing.

Teaching the skills of sailing to Treasure Valley Youth is an opportunity for you to share your passion of sailing with kids. **Teaching kids how to sail a small boat provides a lifetime of skills and adventure that you as a sailor have come to cherish.**

What is required from you?

Check out the US Sailing Level 1 course at: [Level 1 Instructor - US Sailing - Education](#) for specifics, including prerequisites and fee information. You will notice the Level 1 course is divided into two sections. The first is an online section and the second is the in-person evaluation.

Meeting the minimum age

All candidates must have reached their 16th birthday within the calendar year that the course is being held in. Candidates under 18 years of age who complete the course will be designated as a Sailing "Assistant" until their 18th birthday.

Expectations

Never taught before? No worries. As long as you have some basic sailing skills under your belt, US Sailing will provide you a basic understanding and methodology on how to teach the sport of sailing. Once you have completed the course and received your US Sailing Level 1 Certification you will be eligible to be hired as a Boise Parks and Recreation Sailing Instructor. This is a paid position.

We typically have eight weeks of sailing camps. Each camp is one week long and consists of 10 kids with an appetite to learn how to sail. Kids start out in the basic learn to sail camp and then progress into the intermediate and racing camps. Each camp is Monday through Friday, 8:30 am to 3:30 pm. Camps are held at the SISO Sailing Center at Spring Shores Marina.

Once hired by the City, you will be given your choice of camp(s) that you would like to participate in. Each camp typically has two instructors. **You will be paired up with a well seasoned instructor to teach ten eager kids the sport of sailing.** We ask that you sign up for a minimum of one camp. Once you teach one you will be hooked and will be requesting to teach more.

Time Frame

You have the rest of this year to get your US Sailing Level 1 Certification. But don't procrastinate. Time flies and before you know it another year has passed. You will need to have your certification by February 2026 to be eligible to be hired by the City to teach the next summer. In the meantime, feel free to volunteer this year. If you haven't seen youth sailing in action, volunteering provides a great opportunity to get hands on experience of what its like seeing kids learning something new, out from under their devices, and having blast on sailboats in a beautiful setting.

For information on becoming an instructor email us at: info@sailingoutreach.org.



Learning parts on a boat



Identifying wind direction



Knot relay race in action



Learning how to hike out before the afternoon wind fills in





Together we continue to provide kids an opportunity to excel in life by learning through sailing

April 28 - May 1, 2025

Idaho Gives helps SISO raise awareness of our youth sailing program and boost fundraising efforts each year. Over the past 7 years, SISO has participated in this amazing event and has once again signed up for the Idaho Gives campaign. We appreciate your ongoing support.

Southern Idaho Sailing Outreach (SISO), in partnership with the City of Boise and Idaho Department of Parks and Recreation launched a new Learn to Sail program in 2019 to introduce kids to the sport of sailing. This program has been wildly successful! We graduate an average of 80 kids each summer from our sailing classes. The program provides Idaho families with an easy and affordable way to learn to sail in their own community.

We have come a long way in a short time. Working with Ada County Parks and Waterways in 2018, we helped prepare the infrastructure at Lucky Peak State Park. Through successful grant applications, more than 50 low profile docks were put in place at Spring Shores Marina for use by small non-motorized watercraft.

With this infrastructure in place, the next focus was on recruitment and training of certified sailing instructors, fundraising, and the purchase of a fleet of sailboats and safety boats for use in the sailing classes. Because of the outstanding support from our community, we now have a cadre of 10 certified sailing instructors, a fleet of 12 state-of-the-art instructional sailboats, and two reliable coach/safety power boats. **Maintaining this infrastructure - with its associated costs of insurance, fuel, moorage fees, etc. - requires continuing support.**

Our local Learn to Sail program will open up a lifetime sport for youth to the world of sailing in Idaho and beyond. Boise Parks and Recreation will offer scholarships for underserved youth, making the sport of sailing truly available to everyone. Our dream is to send a young sailor from Idaho to the Olympics someday!

Please consider a tax-deductible donation, and help us reach our goal of providing Idaho youth with a healthy, active lifestyle through sailing education. Donations can be made at: idahogives.org/organizations/southern-idaho-sailing-outreach

For more information, or to sign up for our newsletter, please visit our website at: sailingoutreach.org or email us at info@sailingoutreach.org

Thank you for your support!

The SISO Board of Directors

Nautical Knowledge

When sailing downwind, the mainsail will be outboard and block the jib, reducing its power. To avoid this situation and keep the sails full, sailors will use a sailing technique called wing-on-wing. This technique positions the mainsail and the jib on opposite sides of the boat. This technique is employed to optimize the sail area exposed to the wind, thereby enhancing speed.

When sailing wing-on-wing, sailors attach a whisker pole to the mast to support the jib. The whisker pole stabilizes the jib, especially in light wind.



Sailing Opportunities for All Kids



Everyone should have a chance to learn to sail. The City of Boise offers scholarship programs to support this goal. For more information about scholarship opportunities, call City of Boise Parks and Recreation at (208) 608-7680, or visit their scholarship page at: cityofboise.org/departments/parks-and-recreation/scholarships



Help Make Youth Sailing Possible

Through your generous donations, SISO is growing one step at a time. Our future is bright and youth sailing in the Treasure Valley is ALIVE!

Be part of our success!

SISO is a nonprofit organization that promotes a healthy, active lifestyle through youth sailing education.

Thank you for considering becoming a program advocate today by making a tax-deductible donation.

❑ **Online:** sailingoutreach.org

by credit card or PayPal

❑ **By check:** Payable to:

Southern Idaho Sailing Outreach Corporation

2117 N 14th Street Boise, Idaho 83702



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Problem-Solving

Meaning: The process or act of finding a solution to a problem.

Example: Determine how to right a capsized boat without getting wet shifts your mind into problem-solving mode.

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