

COMMUNITY LEARN TO SAIL

Southern Idaho Sailing Outreach Newsletter | Spring 2021



Raise the Sails! Youth Sailing is Back

Southern Idaho Sailing Outreach (SISO) is excited to announce youth sailing camps are scheduled for summer 2021. We are thrilled to once again provide an opportunity for kids to learn how to sail.

As many as 70 kids will have the opportunity to learn how to sail this summer. 2021 sailing camps will consist of five basic learn to sail camps, one all girls camp and one intermediate sailing camp. Each camp is capped at 10 students, ages 12-17. Summer registration for Boise City residents opens April 19th. The sailing camps will be listed in the Boise Parks and Rec Activity Guide.

Steve Christiansen, lead sailing instructor reports "We are ready and can't wait to get kids back on the water. **It's extremely rewarding for all of us to see the progression of kids from never being on a sailboat to take the helm and sail a small boat with confidence all by themselves.** Sailing is that life-long sport that is full of adventure, imagination and everyday skills."

Just like many activities that were put on hold during the pandemic, sailing camps were dry docked. Peter Palmer, SISO Co-Chairman, shares "Even though COVID-19 shut down our youth sailing classes during the summer of 2020, this did not stop SISO from moving forward with fundraising efforts and infrastructure improvement. We are extremely pleased to move forward with our sailing classes this summer, in cooperation with Boise City, Idaho Departments of Parks and Recreation and Ada County Waterways. **We are now in an even better position to offer a world-class youth sailing education program in the Treasure Valley.**"

Sailing camps are all about kids having fun, learning about water safety, sailing, the environment, physics, teamwork and much more. After a week of camp, kids will have learned basic sailing knowledge. From there, students can continue building their sailing skills by participating in an intermediate sailing camp or participate in Southern Idaho Sailing Association (SISA) events. SISO is planning an advanced sailing camp in 2022 for kids to further develop sailing skills through racing and sailing on higher performance boats.



Challenged Athletes Foundation to Partner with SISO

Physically challenged athletes in Idaho will get an opportunity to add a new sport to their repertoire - sailing - thanks to a recent partnership between the Challenged Athletes Foundation (CAF) and SISO.

With the support of CAF, SISO sailing instructors will be trained by US Sailing adaptive sailing professionals. Instructors will learn about the use of specialized equipment and techniques for teaching adaptive sailing to physically challenged athletes. Following this training, SISO will offer two Adaptive Sailing Clinics to challenged athletes this summer: at Lucky Peak Reservoir in Boise (August 4-5) and at Payette Lake in McCall (mid September). SISO is profoundly grateful to be serving the CAF community.

Idaho CAF Regional Director Jennifer Skeesick, says, "CAF-Idaho is excited to partner with SISO to establish a premier adaptive sailing experience for athletes across the state. When people think of Idaho, our beautiful lakes are often the first thing that come to mind, and now, more than ever, they can be enjoyed by all Idahoans. **This partnership not only embodies our value of community, but creates a platform for our athletes to try new, challenging things as they explore what brings them healing and pride.**"

The mission and vision of SISO and CAF overlap in wanting to enhance quality of life through sports, as it increases self-esteem and encourages independence. SISO believes everyone should have the opportunity to sail, as it fosters self-reliance and promotes brain development. For the CAF, it offers these athletes another way to challenge themselves.

SISO Co-Chair Peter Palmer, says, "SISO is honored to partner with the Challenged Athletes Foundation to offer a world class instructional sailing program for challenged athletes here in Idaho. While adaptive sailing has been on our future planning list for some time, CAF provided the impetus and support needed to get the program off the ground and on the water. We look forward to this partnership and to the benefits it will bring to our community."

To learn more about CAF visit: challengedathletes.org/caf-idaho

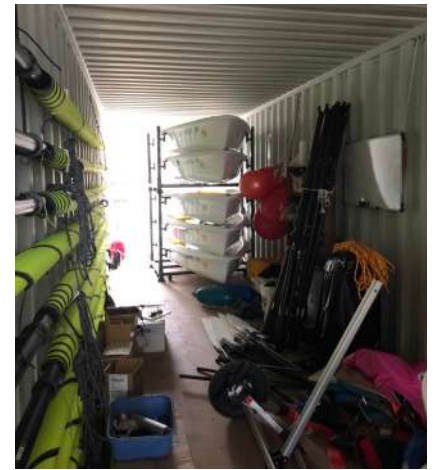


Willie Stewart - Empowering Athletes in Idaho



In partnership with U.S. Paralympics Nordic Skiing, CAF-Idaho is equipped to develop athletes from their first time on skis to their Paralympic debut.





Existing Storage Container

Thank you, Idaho! The generosity and support of our community has helped bring sailing to our youth. We still need your help to achieve the next phase of our sailing center by participating in Idaho Gives. **Our goal for this event is to raise \$5,000 for a second storage container, which will create a fixed base of operation.**

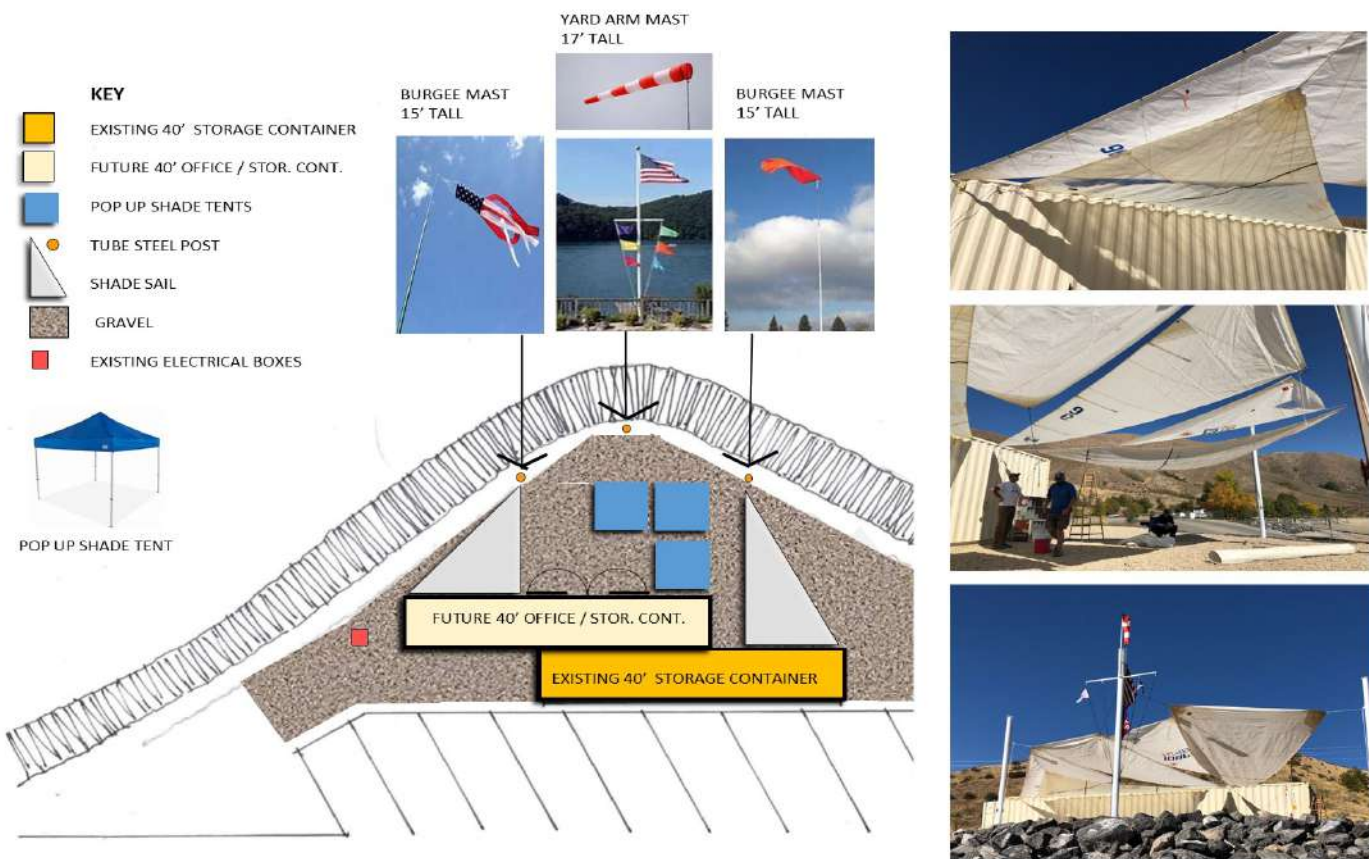
Our existing container holds the training sailboats on racks, masts, rudders, lifejackets, and other equipment. It has reached capacity and will not accommodate growth of the youth sailing program.

The new container would accommodate equipment storage for the 2021 season of 70 students and beyond as we strive toward our goal of 400 students.

A second 8' x 40' cargo container would provide needed office space and accommodate our outdoor classroom storage needs. The two containers would be connected with a large opening between the two sides, and have side doors facing the waterfront and docks. See drawing below.

Visit Idaho Gives at: idahogives.org/organizations/southern-idaho-sailing-outreach

SISO SAILING CENTER SITE IMPROVEMENTS



Nautical Knowledge

A Sailors Delight-When One Wind Becomes Two

True wind is a sailor's friend, but apparent wind becomes the sailor's delight. So what's the difference between true wind and apparent wind?

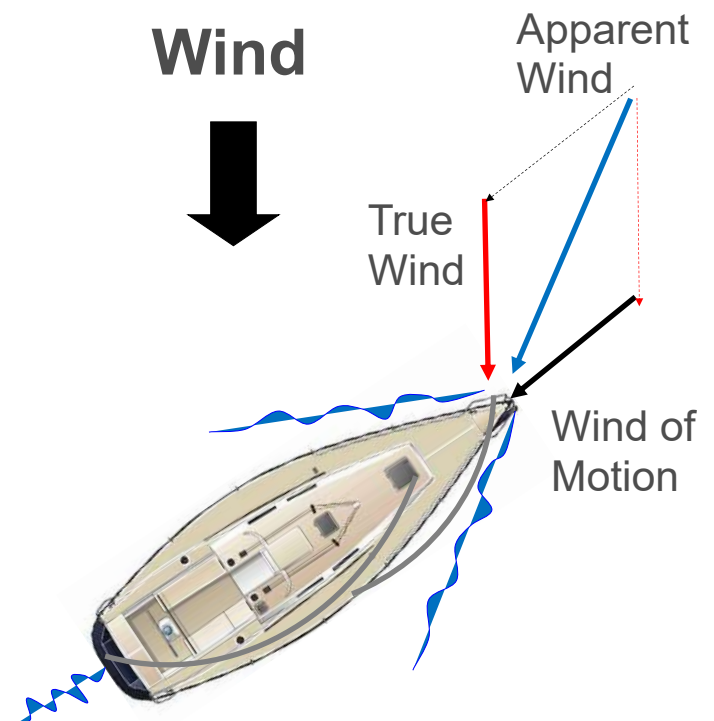
True wind is the wind recorded by stationary weather stations and what the local weather professionals report on the news. The true wind's velocity and direction creates one of many forces that allows a sailboat to move forward.

Apparent wind is the wind we feel when we are in motion. When you ride your bike, the wind you feel on your face is the apparent wind, even if the true wind is coming from behind you. Apparent wind is a combination of true wind and the wind created by moving forward, (wind of motion). The faster you go the stronger the apparent wind. The angle of the apparent wind also changes as the apparent wind increases.

The wind you feel on your face when sailing is the apparent wind. The apparent wind is the same wind that flows across the sails. Sails are adjusted (trimmed) to apparent wind, not the true wind.

Sailors use the apparent wind to sail faster. The stronger the apparent wind, the faster a boat sails. The angle of the wind also moves forward as the apparent wind increases, allowing boats to sail faster. Sailboats that are light and fast can sail faster than the velocity of true wind due to the apparent wind being generated.

There is something satisfying and delightful to say "I sailed faster than the wind today."





Taking advantage of the light morning breeze



“We Cannot change the direction of the wind...But remember that we can always adjust our sails”
Rishka Jain's Inspirations

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!

Help Make Youth Sailing Possible

Youth sailing education in Southern Idaho is in great demand. Help make sailing accessible to all Treasure Valley Youth.

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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THANK YOU!!

Your generous financial support gives Idaho's youth the opportunity to learn and grow through sailing.

Youth sailing camps provide lessons in sailing and safety including: discovering how systems like sails and lines work together and how to manage those systems to power a boat; building self-confidence when mastering new skills; and experiencing the adventure of exploring new places and outdoor activities.

We hope that a SISO youth sailor from landlocked Treasure Valley will one day go on to pursue the dream of sailing in the Olympics.

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