



Dear sailor starting in L16 Green group,
Welcome to the Audi HSS Sailing Center!

In this letter we will tell you about our sailing club's policies and answer the most common questions about sailing in the Audi HSS Sailing Center. The letter includes the L16 Green season 2017 training program. Hopefully it will give you a good picture of what is about to happen during the season. In the end of this letter you find guidance for signing up for the weekly trainings and for paying the membership fee of the sailing center.

COMMON INFO

Getting on the island

The membership includes free use of the ferry. After paying the membership fee you will get a member card that works in the ferry too. Remember to show your card for the ticket reader on the ferry every time you travel. Without HSS membership the price for a two-way ticket on the island is 6€. During summertime the ferry operates every 20 minutes from Merisatamanranta to Liuskasaari. The official ferry timetable can be found on the HSS website <http://www.hss-segel.fi> under Harbour -> Tidtabell.

Gear

Recommended outfit for the training is water- and windproof clothing. You don't need to have real sailing pants and jacket, but of course right kind of clothing makes it more comfortable in the long run when you don't have to worry about getting wet and cold. But as mentioned before, any water- and windproof (or repellent) outdoor clothing that feels comfortable on is just fine in the beginning. For shoes any kind of sneakers with good grip in the bottom are recommended. For rainy days though, rubber boots might be the right choice. Depending on the weather take extra clothes/change with you.

The club provides some life jackets for the weekly trainings, but if you have your own, please take it with you so that everyone who yet doesn't have their own, gets one. Also if you are planning on sailing actively, it is highly recommended and a good investment to acquire a dinghy vest for a more comfortable feel while sailing.

We can talk more about the gear during the first trainings so don't stress too much about it beforehand :)



And as a reminder, it's always good to have some snack and water with you for practice!

Locker rooms

There are separate locker rooms and showers for both men and women. There's also small lockers where you can store your valuables during the practice. The lockers don't have locks on them so remember to bring your own lock.

Insurance

All Sailing Center members are insured by the governing body's group accident insurance during coached practices. Therefore HSS membership is mandatory for everyone joining the trainings and happens automatically when joining the Sailing Center.

Communication

Joining the Facebook group HSS SC member agora is highly recommended. It is the main communication channel for informing about future happenings of the center such as talkoos, races and other activities - and not to forget it's a good place for finding sailing company. Search the group on Facebook and ask permission to join!

SEASON 2017 PROGRAM

Weekly trainings

Weekly trainings for L16 group will be held on Mondays at 17:30-20:30 from May 8th until Midsummer and again from the second week of August until the end of September. After Midsummer and during July the training will be held together with the juniors and the time will be monday 14:00-17:00. July used to be a summer break for the coached practice before, but this year we'll keep the trainings running all summer long!

In the weekly trainings we will practice the basics of sailing on land, on a simulator and on water. The goal is, that during the season the sailor learns the basics of sailing so that he/she can and has the courage to sail the L16 boat safely and independently, and/or act as a proper crew member in the boat. The sailor will also learn about boat maintenance and how to do small fixes for the boat and sails assisted and independently. The level of the drills in trainings will move forward as the skill level of participants rises.

In the beginning of the season we will concentrate on mastering the basics. In the end of the season we will deepen and sharpen the skills already learned and probably learn some new things such as sailing with the spinnaker. Fleet racing basics will also be part of the program. We do have goals for the season, but over all the main thing is to have fun in the practice and enjoy learning to sail in good company!

During the season we will go through:



- basic sailing theory (how does a sailing boat work)
- rigging and sailing vocabulary
- most important knots
- boat maintenance and repairs
- safe docking
- sail trimming
- basic maneuvers: tack and jibe
- stopping and accelerating
- tiller extension (voluntary)
- spinnaker (if skill level allows)
- basics of fleet racing

Wednesday races

HSS organizes weekly wednesday races for keelboats and Laser 16 sailors are warmly welcome to attend the race. The wednesday race is a not-so-serious race and gives a good opportunity to learn the basics of fleet racing in a relaxed atmosphere.

Self-training

Self-training is possible for sailors with skipper's rights. You can of course go sailing as a crew member without the rights, but to book a boat you need to have the adequate skill level and proof of your skills. More information on the skipper's rights will be shared in the weekly trainings.

Other important dates

- 22.4 flea market for sailing gear @ Liuskasaari
 - 2.5 Club's education for organizing weekly races , for members interested in participating in race organizing
 - 5.-7.5 Ohjaajan peruskurssi (Instructor level 1)
 - 19.-20.5 High Performance 1 -race, volunteers needed for organizing
 - 3.-4.6 Match Race G4/5 -race, volunteers needed for organizing
 - 9.-11.6 DownTown Sailing Week -race, volunteers needed for organizing
 - 16.-17.6 High Performance 2 -race, volunteers needed for organizing
 - 1.-2.7 Helsinki Regatta
 - 4.-6.8 Sampanja Regatta, volunteers needed for organizing
 - 11.-12.8 High Performance 3 -race, volunteers needed for organizing
 - 26.8 Hans Groop Race
 - 8.-9.9 High Performance 4 -race, volunteers needed for organizing
 - 23.-24.9 Women's Match Race Finnish Championships, volunteers needed for organizing
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MEMBER RESPONSIBILITIES

Uphold of HSS Sailing Center's operations require a huge amount of work in different committees and workgroups. All this work is based on voluntary commitment of members. Voluntary work enables the moderate membership prices and at the same time strengthens the good team spirit among the sailing center community. Everyone's voluntary effort is extremely valuable and the variety of tasks is colorful so without doubt everyone finds something they can and want to help with. The minimum amount of voluntary work for everyone is 2 "talkoo points". This means for example attending two boat maintenance talkoos during one season.

Keeping the boats and equipment in good shape is extremely important. Boat maintenance is a part of sailing and participating in maintenance is expected from every member. The ground rule is that the boats are left in same or better shape than they were before use. When everyone carries out their part, things will run smoothly and we will save time from extra problems during the trainings.

SAILING CENTER MEMBERSHIP FEE

Members continuing from season 2016: Season 2017 membership fee is 660€. An invoice for 2016 members will be sent automatically during March via e-mail or normal post. Please pay your membership fee by invoice due date. If you wish not to continue your membership for season 2017, please contact Kristina at the office hss@hss-segel.fi | Phone 09-633 637.

New members starting season 2017: you will get new member information as well as the season invoice once you have completed the membership request form on the Sailing Center website at www.sailingcenter.fi

SIGNING UP FOR THE TRAINING GROUP

1. Attention! Remember to registratate for coached L16 training group! If you wish to participate in the weekly trainings, remember to enroll to the Monday's L16 training group by sending an e-mail with headline "REGISTRATION L16" to address: mail.hannele@gmail.com. Write your name, phone number and e-mail address in the message. The information will be used only for possible communication between the coach and the sailor. Sign up for the training group soon, as there are limited spots available. This registration is a one-time registration.
 2. Your coach will then sign you up for Nimenhuuto, which is the main communication channel for your training group. There you will be informed about upcoming events and other important things.
 3. In addition to the registration above, you must book a spot for each training separately. This happens by booking a spot in the boat booking system on sailingcenter.fi. -> boat booking -> L16 -> TRA (add your name on one of the free training boats). New members will get your user login and password for boat booking by email. Old members having forgotten their username or password, please contact hssmrc@gmail.com.
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ACQUIRING SAILING GEAR

Best value sailing gear can be found on the internet. Note that delivery times may be several weeks. Following online stores offer a wide range of different sailing gear:

- Trident www.tridentuk.com
- WetsuitOutlet www.wetsuitoutlet.co.uk

Normal stores operating in Lauttasaari, Helsinki:

- Captain's Shop www.captainsshop.fi
- Pro Sailor www.prosailor.fi

CONTACT INFORMATION

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