Everbody starts off as a
POLIWOG

after learning SAFETY Procedres
and basic protocols at LYC
they progress to a froglet
and start learning to be a Leopard Frog

Safety Position
Slam Stop
Gulls Kiss the Buoys ( Glide Zone Landing)
Back up From Dock 5 Boat lengths
Safety Jibe  Boom across Before the wind
Rig
DeRig

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Lesson #1  the Finger !
Knots
SCCCoops
WW sailing
POS 4
Yankee Docking and Jib in
Parellel Parking

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Rules of the Road  SLOB Green Red White
Departure strategy
Groove Thing
BOB
Range
Bowline
allof the above in 15-20 Knots

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