

FROGGY SAILING SKILLS

Everybody starts off as a ...

POLIWOG



Froglet



After learning SAFETY procedures and basic controls at LYC, Poliwoogs progress to a Froglet and start learning to be a Leopard Frog!

Leopard Frog



Module 1

- Wind Sense
- Launching /Landing

Module 2

- Steering
- Safety Position
- Nav Rules
- Tacking

Module 3

- Backrange
- Safety Jibe
- Slam Stop
- Sail Trim

Module 4

- Points of Sail
- Boat Balance
- Understanding Current

Module 5

- Upwind Sailing
- Footing for Power
- Laylines

Module 6

- Leaving/Landing Docks & Moorings
- Sailing Backwards
- Dime Tacking

Module 7

- Finer Points of Pointing
- The Groove
- Sail Controls

Tiger Frog

Module 8

- Consolidating Points of Sail
- Trim Smart
- Tiller Control

Module 9

- Man Overboard Recovery
- Propulsion

Module 10

- Knots
- Understand Apparent Wind
- Reading the Water
- Able to Rig 1 Boat



Bull Frog

Module 11

- Rig the Fleet
- Docking

Module 12

- Solo & Catamaran Capsize Recovery
- All Modules in All Conditions

