



The Sailing Breeze June Newsletter

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Captain Dave's Tips

"Sailing is More than a Sport..."

The following is the first in a four part collection of "Things I've Learned About Life, Through Sailing". It is a realization of values and parallels between "Life" and opportunities for growth presented to me and my family during sailing. Hopefully you will look forward to and enjoy each brief article offered over the next several quarterly newsletters.

Things I've Learned About Life, Through Sailing:

Life Lesson #1-It's okay to dream big, but have a realistic plan for YOUR personal goal.

While sailing in the Caribbean with my kids, we often played songs from the "Littlest Mermaid" and other animated feature movie sound tracks. My wife and I enjoyed singing along with the kids many times over while sailing in the Caribbean, along the U.S. coasts or within the Inter-coastal Waterways (ICW). One of my favorite lines from one of those songs was "If you want it, you can have it. All you have to do is try, try, try".

That phrase found it's way onto the backside of a luggage tag on our oldest daughter's skating bag and helped support her dream to become a nationally ranked competitive dance and figure skater while still in her teens. We raised our kids to believe that all things are possible; if it's important, premeditated, carefully executed and done with passion and pride.

Sailing is a mental activity, but it can be physical at times. The same can be said for life. The important thing is to always think through your dreams. In your mind envision how achieving that dream would make you feel. If appropriate, imagine how it might smell, taste or sound. Imagine the sense of accomplishment and pride it might produce. Imagine how it might feel sharing that dream with others and finally envision what steps would lead toward that goal.

More important than the goal, are milestones against which progress can be compared. While sailing down the waterway, one needs to know how close or far away their objective is and if adequate progress is occurring to reach the goal in the

Student Testimonial

From: Liz Copeland

The itch for a boat of my own! I've been on sailboats my entire life, so why bother taking sailing lessons? I mean really, shouldn't it be like riding a bicycle? There are many people who prefer to take the trial and error approach, buying a sailboat then hitting the water, and teaching themselves how to sail. I don't have the patience for that, and I hope to eventually charter larger sailboats for family vacations in tropical destinations.

Fortunately, I was never under the illusion that I had the skills and training to skipper a sailboat myself. Having spent years

sailing with my father, and assisting him with various repairs to the sailboats that our family has owned over the years, I knew that I needed to find a sailing school. There lies the problem.

I live in Atlanta, a landlocked area, with the sole body of water to sail on Lake Lanier. With no access to coastal sailing schools, and the lack of freedom in our schedule to take a live aboard class to learn and practice sailing skills and maneuvers, my husband and I struck a deal. Before I was allowed to buy a boat, I would be able to pass the ASA Basic Keelboat exam, at a minimum. As we have three small children, we wanted to make sailing as safe an experience as possible, and I wanted to be able to pass on the one crucial skill that I never learned as a child: the judgment of a skipper.

A skipper is responsible for everything that happens on a boat. No matter what happens, the skipper bears the ultimate responsibility. Knowing this, I set about finding a sailing school and ended up at Windsong Sailing Academy. I spoke at the length with the owner, and I liked and appreciated his approach combining on the water lessons with thorough ground school classes.

People aren't replaceable and if you destroy your boat, a dock, or someone else's boat, well, be prepared to sob as you write those checks. So I set about taking on the water lessons as well as the ground school classes to build up my background knowledge.

It hasn't been all ducky with

allotted time. Major goals can be intimidating and should have intermediate milestones so that a large dream seems achievable; step at a time. If your dream is to sail around the world, you better break that up into daily milestones!

In the grand scheme of "Life", sailing is merely a vehicle to transport us from one place to another. As we engage in many activities, it's important that they support or lead to achievement of our grand life goal we seek to reach. Living to an grand old age requires healthy and responsible choice activities along the way. The activities we pursue along the way transport us from where we are to where we want to be, but without a definitive goal and plan, we might wind up somewhere we did not plan to be.

In my case, Sailing taught me that material pursuits or things that I could touch were never as satisfying as achievements that elicited positive feelings, emotions, pride, peace and joy. Everyone is different, but for me my goals were not material rewards. Sailing around in huge expensive yachts was never as rewarding as the knowledge that I could make similar dreams possible for OTHERS. I got far more satisfaction sharing my passions with others and then watching THEM enjoy the fruits of their labors; and knowing that it was my involvement that made that dream come true for THEM. Everyone is unique and my unique talent was coaching and inspiring others to be the very best that they could be. This also required that I strive to be the very best that I could be too; at helping others.

It may seem like hard work, but after all, life is really 80% mental preparation and discipline with 20% physical effort toward each goal. With less mental preparation, more physical effort will be required. It's true in business, parenting, marriage, coaching and sailing. The choice is YOURS.

Everything IS possible. All you have to do is try, try, try!

Upcoming Events...

SUNSET CRUISE



Independence Day Celebration!
Thursday, July 3
7:00 p.m. - 10:00 p.m.



Enjoy the companionship aboard this relaxing sunset sail while enjoying the fireworks show presented on Lake Lanier and the beautiful of reflections off the lake.

Light snacks and bottled waters are provided. No other beverages permitted.

A great way to introduce a non-sailor to the joys of sailing.

*Windsong Sailing Academy is **not** responsible for changes in fireworks show schedule or times.

*Sunset Cruise will sail, weather permitting our operational window for safety.

no bad days on the water. Sailing is both an art and a science. I've had some pretty rough lessons and have been ecstatic over the weekend when all my previous classes and sailing lessons worked together to create a really phenomenal experience

Now I've gone solo on my father's 38 foot sailboat, motored the sailboat at night and sailed the dinghy in San Diego Bay with kids in tow.

I continue classes, and have prepared copious notes in order to achieve my best when I challenge the ASA Basic Keelboat exam. Until then... no sailboat for me yet! It is sure worth the journey though.

JULY

Ground Classes

(See Class Links Below)

Basic Sailing Theory
8/10

Basic Coastal Cruising
7/8 & 7/10

Bareboat Chartering
7/15 & 7/17

Coastal Navigation a
7/20

Coastal Navigation b
7/27

(Prerequisite Coastal Nav_ a)

Coastal Navigation c
(On-the-Water)
8/2

Engine Maintenance
7/13



FUN Sail! Friday, July 25th **7:00 p.m. - 9:00 p.m.**

You can book a seat or two or the entire boat! Sail where ever your heart desires and do whatever pleases you. The boat can accommodate up to 6 participants per trip, so you all better take a vote. There will be no instruction; unless you specifically request assistance. These trips are about fun, relaxation and experimenting with what you've learned or to experience sailing for the first time.

You'll be running the boat, just as if you had Bareboat Chartered the boat. We put a Captain on-board to ensure your comfort and safety as well as for insurance purposes, but you can sail the boat anywhere you desire for 2 hours! Advance reservations are required.

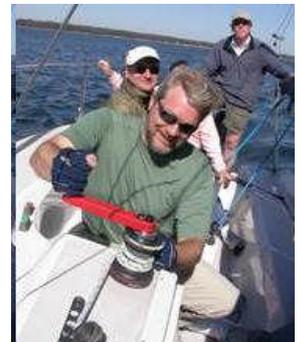
CALLING ALL SENIOR LEVEL STUDENTS!

CHALLENGE OUTING!!!

SUNDAY, JULY 13
2:00 p.m. - 4:00 p.m.

So you know how to sail.

**Looking for some challenges
in which to test your skills?**



This outing will challenge different skills each time you participate varying from Navigation to Operations.

WHAT'S NEW?

THIS SUMMER! We are offering 10:00 a.m. on the water outings for those who wish to avoid the summer heat.

ALSO we have added far more Friday outings than we've ever offered before for those who can get away who may wish to avoid summer power boat traffic.

See our "Calendar" for upcoming opportunities.

DID YOU KNOW?



Marine Meteorology

7/22 & 7/24

ON-THE-WATER CLINICS

Anchoring II

7/26

Docking II

7/19

Maneuvering I

7/12

Mooring

7/12

On-the-Water Training
Every Weekend!

YEAR ROUND!!!



Even on cloudy days, the sun's rays can damage your skin. Wear sunscreen with an SPF of 15 or higher. Apply 15 minutes before going outside and reapply every 2 1/2 hours or sooner if perspiring or engaging in water activities. Wearing sunscreen every day is as important as brushing your teeth!

- **Wear a Hat and Lip Balm!**

A hat with a wide brim offers good protection for your scalp, ears, face and the back of your neck. The bigger the brim, the better the protection. Protect lips with SPF 15+ balm.

- **Wear Sunglasses!** Sunglasses reduce sun exposure that can damage your eyes and lead to cataracts. Check the label and choose sunglasses that block at least 90% of UVA and UVB rays.

- **Cover Up!**

Wear long sleeves and pants if possible to protect your skin when playing or working outdoors. Darker colors and fabric with a tight weave provide the most protection.

- **Limit Time in the Midday Sun!** Limit your outdoor activities when the UV rays are the strongest and most damaging (10 a.m. to 4 p.m.). Remember: Watch Your Shadow--No Shadow, Seek Shade!

- **Seek Shade!**

Find something fun that doesn't involve the direct sun. Look for shade under a tree, or go indoors during peak UV.

- **Check the daily UV Index!**

Did you know you can check the intensity of the sun's rays every day? The ultraviolet or UV index is a way of measuring the sun's radiation level. The scale is from 1 to 10. The higher the UV, the more careful you should be. A day with a UV rating of 10 requires more protection than a day with a rating of 1.

- **Avoid Sun Lamps and Tanning Booths!**

These artificial sources of UV light can cause as much damage as the sun's UV rays. Remember, there is no such thing as a safe tan. To get a tan, skin damage has to occur!

" Resource: Arizona Department of Health Services"

Be safety conscious and aware of others aboard and you'll have a great time!

Tips and Reminders!

Since summer is here, it may get hard to find seats. Our seasoned students plan ahead to avoid disruption in their training due to unavailability of seats at the last minute. At a minimum always have several weeks worth of reservations in advance, but our annual sailors often book through November or December for the best selections in dates and times. Remember, you can always cancel or reschedule reservations up till 4 days prior to the class date. Avoid the delay, book today!



Instructional outings are conducted in warm, cool, rain or shine conditions. Students must bring proper attire for the forecasted weather temperatures and conditions. Each student is responsible for checking local weather conditions and dressing appropriately. Students unable to participate in their outing due to inappropriate attire will still be responsible for the cost of their reservation.

Students must bring/wear attire appropriate for the season and conditions and bring warmer/cooler options. Although the boats are basically dry, the potential for

Quick Links

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[Calendar](#)

[Class Information](#)

[Directions](#)

[Guidelines for Participation](#)

[Frequently Asked Questions](#)

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Our Mission:

To provide a variety of sailing opportunities to those pursuing education, recreation or corporate adventures while sailing on Lake Lanier.

getting wet from splashing waves or occasional rain showers is a possibility.

Students should always bring proper rain gear.
A spare change of clothes might also be prudent, just in case.



We value your loyal patronage and strive every day in every way to continue to earn the opportunity to serve you. You deserve the best that we can offer and are the reason we come to work each day.

See you on the water....

Sincerely,

Dave Crumbley
President, CEO
Windsong Sailing Academy

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