

Riverport Women's Sailing Conference, March 23, 2024

Course Descriptions - 80 Minute Presentations

Coastal and Offshore Passage Planning with Stefany Coulter

Don't let a lack of experience or fears stop you from expanding your sailing horizons. Stefany will explain the necessary planning steps and resource management, so you can begin to push your boundaries safely. We will discuss charting and plotting, researching ports and harbors, weather, sail trim, engine use, sailing at night, and safety measures while off shore.

Diesel Engine Maintenance with Stefany Coulter

Keeping a diesel engine in working condition requires knowledge, maintenance, and the ability to troubleshoot common failures. Stefany will cover changing out filters, changing impellers, keeping fuel lines open, the stuffing box, exhaust system, glow plugs, bleeding injectors, changing oil, and winterizing, with opportunities for hands-on practice.

Introduction to Terrestrial Navigation with Elizabeth McCarthy, assisted by Eileen Mehrkens, Rebecca Runyan, and Mia Brandenstein

In this hands-on workshop, we cover basic terrestrial navigation (navigation using land as a reference). We will discuss chart usage and apply basic knowledge to plot a course on a chart. We will also discuss navigational hazards and include a brief explanation of tides and currents in relation to navigation.

Outboard Engine Troubleshooting with Sarah Olivieri

Conquer your fear of that outboard motor! The class will introduce you to the parts of outboard engines and starting procedures. Sarah will show you trouble-shooting protocols for when the outboard won't start, and you will get hands-on practice with several different outboards.

Sail Care & Repair with MJ Reiss

This hands-on workshop will cover different types of sails; different ways of folding and storing sails so they last; inspecting, maintaining and repairing sails; preventing damage to sails; and reefing sails. Students are welcome to bring their own sails to the class.

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Course Descriptions - 35 Minute Presentations

Becoming A Boat Owner with Jody Sterling

Have you recently bought a sailboat? Are you considering buying one? This workshop will cover the mindset needed; types of sailboats; choosing a boat that is right for you; costs of ownership; and the skills, equipment, and basic maintenance needed for safe sailboat ownership.

Blue Water Crew Opportunities/Building Your Sailing CV with Barbara "Basia" Karpinska

We will learn how to compile a sailing CV as a necessary step for safe blue water crewing (please review the template, which will be emailed to registrants before the conference, and start filling in the blanks). We will also review available resources and tactics to identify offshore and ocean crew opportunities.

Double Handed Offshore Racing and Sailing with Barbara "Basia" Karpinska

We will discuss the format, challenges and opportunities, lessons learned, and what it takes to be successful. Please read these free online Windcheck articles in advance of the workshop:
<https://www.windcheckmagazine.com/article/double-trouble-returns/>
<https://www.windcheckmagazine.com/article/double-trouble-continues/>
<https://www.windcheckmagazine.com/article/double-trouble/>

Essential Knots with Shiri Dembovich and Isabel Czech

In this hands-on workshop, you will learn and practice a number of basic knots useful for crewing and day sailing.

Knot Variations with Shiri Dembovich and Isabel Czech

In this hands-on workshop, you will expand your knot-typing repertoire in this exploration of intermediate knots for day sailing and racing

Introduction to Racing with MJ Reiss

Topics will include the anatomy of a sailboat race (starting sequence and process, mark roundings and finish); an introduction to The Racing Rules of Sailing with a focus on the most essential rules; and an introduction to racing tactics and strategy.

Planning a Longer Passage with Captain Nitzan Levy

A long passage (over 40 NM and over 24 hours) requires different planning considerations than a short day sail. The workshop will cover finding the right crew, fitting and equipping your boat to accommodate safety and comfort, provisioning, and pre-plotting your route taking into account weather and current conditions.

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Planning a Sailing Vacation with Captain Nitzan Levy

Where should I go? Should I charter a monohull or a catamaran? How should I plan the itinerary and what resources are available? What about provisioning? Get basic tips and recommendations on how to make your next sailing vacation a success!

Racing & Sailing with Spinnakers - with Barbara "Basia" Karpinska

We will discuss the use of symmetrical and asymmetrical spinnakers on fully crewed and shorthanded boats, shifting focus depending on the interest of attendees.

Safe Navigation Around Large Vessels with Ann Loeding

Sailors will learn how to safely share the Hudson River with large vessels such as tugs and barges, ferries and ships. The instructor will review rules of the road, share insights about the view of things from the wheelhouse, and provide tips for making prudent decisions - and share some stories about boaters who didn't.

You are strong enough! With Sarah Olivieri

In this interactive and movement-filled class, you will learn how to unlock the hidden strength already in your body; how to improve your strength, speed, and balance on the water; and how to make everything on the boat easier, so that you are always strong enough! We'll study:

- Body position secrets... once you know these you'll unlock hidden strength already in your body, no matter what shape you are in
- Sarah's on-shore moves for improving strength and agility on the water
- Secrets to making everything on the boat easier so you are always strong enough