

## Welcome!

February 9, 2009

Dear Sailing Student,

May I be the first to welcome you to the world of sailing. By committing to this course you are embarking on a journey that will hopefully open up a life-long involvement in the sport.

Our mission at the UCLA Marina Aquatic Center (MAC) is to provide a safe and fun environment for UCLA students, staff, and community affiliates to learn the fundamentals of sailing. It is our desire, that you be able to take the skills you learn at the UCLA MAC to any part of the world and enjoy the water and winds.

I recommended that you read pages 1-28 of our beginning sailing manual before coming to the class. This will help you build a foundation in nautical terminology, and thus make the class far more enjoyable. You can download a copy of the manual here: <http://www.macsailing.org/SailingClasses/manual.htm>. Don't be concerned with memorizing every detail in the manual, as your US Sailing Certified Instructor will prepare you to sail on your own through both lectures and on-the-water drills.

Sailing is a water sport, so be prepared to get wet, especially in small boats! The wind and the Pacific Ocean are moderating coastal influences, and as such the weather conditions range from very warm to quite cool throughout the year. Check your local weather forecast for the coast, and dress appropriately for the conditions you will encounter. The UCLA Marina Aquatic Center provides live "Weather Updates" and a Webcam at <http://www.marinaaquaticcenter.org>.



Small boat sailing is a physical activity. Students from 18 to 95 have completed and enjoyed UCLA's Sailing I course. You will be required to exert yourself during the class on several occasions (i.e. every student will undergo a capsize drill as depicted in the first picture above.)

**What to Bring**

1. Close toed-shoes with non-marking and non-slip soles
2. Sunscreen
3. Sunglasses (with Croakies® or a cord to retain them)
4. Clothing appropriate for water activity: dress in layers!
5. Change of clothes and shoes
6. Towel and bathing supplies
7. A lock for our day-use lockers

**What Not to Bring**

1. Valuables (flotation is inversely proportional to value)
2. Cell phones, pagers, cameras, or anything that might be subject to water damage
3. Car keys
4. Wallets
5. Anything that sinks, but you would like to keep!

Directions to the UCLA MAC can be found here:

[http://www.macsailing.org/MAC\\_location.htm](http://www.macsailing.org/MAC_location.htm)

The UCLA Sailing Staff look forward to seeing you on your first day of class. If you have any questions please do not hesitate to call us at (310) 823-0048. You can also reach us via e-mail at [mac@recreation.ucla.edu](mailto:mac@recreation.ucla.edu).

Fair winds and following seas,

A handwritten signature in blue ink that reads "Vlad Mikulich".

Vlad Mikulich, Head Sailing Instructor and the UCLA Sailing Staff