



Safety, Fun And Learning

SEA MASTERS OPTI SAILING CAMP

**What: Weekly Sailing & Science
Camps**

**When: June to Augusts / Jan - Feb
Monday to Friday , 9:00am-3pm**

Dear Sailing Camp Parents:

Dear Sailing Camp Parents,

We are pleased to introduce you to the 2022 Sea Masters Academy Panama (SMAP) Sailing Camp! As you read this, we are busy preparing for the few weeks of fun and learning that lie ahead. SMAP prides itself on providing the safest, most-enjoyable, and most exciting experience for sailing campers.

The following pages provide detailed information on the Camp's schedule, what personal gear campers should bring, and important policies relating to safety both on and off the water. Please take a minute to review this important information and share it with your son or daughter. This preparation enables the best possible experience for your camper. After reviewing this comprehensive outline of the Sailing Camp's activities and requirements, we understand that you still might have other important issues to discuss with us. Please do not hesitate to contact us at any time with any questions or comments.

We look forward to meeting you and your sailor in person.



Sailing & Science Day Camps

General Information

- ❖ 1-Week session or 2-week session
- ❖ Monday to Friday, 9:00am to 4:00pm
- ❖ Boys & Girls ages 08 to 18
- ❖ 1 meals, 1 snacks / day
- ❖ US Sailing teaching standard
- ❖ Highly trained staff
- ❖ Medical staff on-duty
- ❖ Secured perimeter
- ❖ Water activities and land activities
- ❖ Kids Environmental Lessons



About Our Program

Sea Masters Academy Panama (SMAP) strives to make our camps THE most fun way to experience sailing for the first time. Student age Recommendation: ages 8-18 years old.

Every SMAP Instructor is US Sailing Level 1 certified at minimum, CPR/First Aid certified, has passed the Boater Safety Exam, and has passed a background check. Many instructors have years of personal sailing and teaching experience, as well as an intimate knowledge of SMAP's programs and teaching philosophy; "Safety, Fun, and Learning."

On the first day of all youth camps, instructors will conduct swim checks for all participants. The swim check consists of swimming a minimum of 20 feet without a life jacket, briefly treading water, and then putting on a lifejacket in the water. Lifejackets are worn throughout the duration of camp while participants are on the water.



About Our Program

The goal of this program for beginners is for each child to have positive early experiences on the water and while sailing. Building confidence, ensuring safety, demonstrating respect, courtesy to others, and good teamwork are primary goals. Novice sailors learn basic nomenclature, seamanship, and sailing skills. Optimist Prams are used for instruction. Fun sailing games and other skill-related activities are incorporated into the course. Upon completion students should feel comfortable sailing alone in an Optimist dinghy. **Focus:**

- Parts of the Boat
- Steering
- Points of Sail
- Upwind/Downwind Sailing
- Rigging/De-rigging
- Capsize/Recovery
- Knots/Lines
- Safety
- Departure/Landing from beach or dock
- Having Fun



What's Included?

- ❖ Transportation back and forth from Panama City to Shelter Bay Marina
- ❖ Equipment (Optimist sailboat and PFD-*personal floatation device*)
- ❖ Sailing diploma
- ❖ Lunch & beverages
- ❖ Photos and video
- ❖ Sailing Lessons
- ❖ Kids Environmental Lessons & Science
- ❖ Sailing Camp official T-shirt
- ❖ Rooster sailing neck gaiter (buff)



Activities

- ❖ Water Activities:
 - ❖ Sailing
- ❖ Land Activities:
 - ❖ Kids Environmental Lessons
 - ❖ Land Games
 - ❖ Team-building games
 - ❖ Swimming pool games



Camp Policies



- ❖ Camper Drop-off and Pick-Up: an instructor and/or chaperon will be on the established location to receive campers at 7:30 to 8:00 am. The bus will leave at 8:05 am sharp. The bus will arrive at the established location around 4:15 pm. At this time, campers are ready and waiting for pick-up.
 - ❖ To release campers, SMAP requires the signature of an authorized adult, specifically identified and listed on the Pick-up Form (*provided in this guide for you to complete*). SMAP may require a valid form of government-issued photo identification to verify the identity of any adult picking-up a camper. Under no circumstances will SMAP release a camper to any individual not previously identified in the camper's Pick-up Form. Should your camper ever require pick-up by an adult not on the list, be sure to amend the pick-up form on file for your camper in advance of the unlisted adult showing up. Instructors will provide late pick-up supervision no later than 5:00 p.m. If, under extenuating circumstances, you cannot arrange pickup prior to 5:00 p.m., SMAP will provide continuing supervision of your camper. SMAP reserves the right to charge fees for late supervision of up to \$25/hour, including a full \$25 for the first hour.



Camp Policies



- ❖ Late Arrival: Should you anticipate camper arrival later than 8:00 a.m. the parent/guardian will have to take the camper to Shelter Bay. The bus leaves at 8:05 am sharp. If the camper need to depart earlier, the parent/guardian will have to pick him/her up.
- ❖ Safety and other protocols : Please review the important camp protocols to ensure camper safety during all camp activities:
 - ❖ Campers will not be permitted to participate if they are sick or running a temperature.
 - ❖ Proper footwear must always be worn.
 - ❖ Lifejackets must be worn by campers anytime they are on the water or around the docks.
 - ❖ Campers must be closely accompanied by instructors whenever they are on the docks, around the pool, or otherwise near the water.
 - ❖ NO HEAD-FIRST DIVING! is always prohibited, both in the bay and in the pool.



Camp Policies



- ❖ On the water, we teach under US SAILING standard, based on the concept that safety skills are among the first that should be taught. **PFD (personal floatation device) will be used at all time while on the water**
- ❖ Adult supervision will be provided at all times
- ❖ Medical staff will be on-duty at the facilities all week
- ❖ **Bullying will not be tolerated.** Our staff is trained to make sure all kids interact in camaraderie manner at all times. Cooperation and team-work will be appraised.
- ❖ Running and horseplay is prohibited on and around the docks and pool.
- ❖ Campers must report any equipment breakdowns to their instructor.
- ❖ Campers must report all injuries or illnesses that may arise over the course of the session.



Camp Policies



- ❖ Campers must pass swim and capsizing tests during the first day of camp. Campers will be expected to swim 50 yards, tread water for 1 minute, and then put on their lifejacket while in the water. Campers will first be taught, but then must demonstrate the ability to right a capsized boat. Campers will not be permitted to sail their own boats until they pass this test.
- ❖ While operating their own sailboats, campers must stay near instructor and other boats in their group.
- ❖ Campers shall treat fellow campers, parents, instructors, and all SMAP staff and with respect, courtesy, care and consideration.
- ❖ Campers shall treat the facilities and premises of SMAP with respect and care.
- ❖ SMAP strongly discourages campers bringing any type of valuables, SMAP will not be responsible for the loss or destruction of such items.



Camp Policies



- ❖ For the safety of all campers, and to avoid all types of unnecessary difficulties, it is very important that campers understand and continue to respect the above CRYC Summer Sailing Camp policies. Please discuss them with your camper.
- ❖ Fee Policy: To secure a camper's participation payment in full for the corresponding session (s) is required. Sailing Camp REGISTRATION IS ONLINE ONLY. For registration to be finalized, be sure to complete and provide: 1) Online waiver 2) Pick-up authorization form Both forms must be received prior to the camper's first day in attendance



Sailing Camp Pick-Up / Drop-Off Form



Sailor(s) Name: _____ **Session #** _____

Name: _____

Relationship: _____

Phone #: _____

Name: _____

Relationship: _____

Phone #: _____



What To Bring

- ❖ Sunblock
- ❖ Hat
- ❖ Sunglasses if available
- ❖ Swimwear
- ❖ Towel
- ❖ Change of clothes
- ❖ Shoes for land, and shoes for water



A typical day at camp looks like...

- ❖ **7:30am** drop-off at established location
- ❖ **9:00am** Arrival, and Morning activities / exploration
- ❖ **10:00am - 1:00pm** Sailing activities with snack in between
- ❖ **1:00pm - 1:30pm** Lunch & Concept activities
- ❖ **1:30pm - 2:30pm** Swimming pool games
- ❖ **2:30pm - 3:00pm** Wrapping up the day
- ❖ **4:15pm** Back to Panama City / campers get pick-up at established location



Two-Weeks-Camp Sailing Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Perform swim and capsize tests. Learn how to rig, launch, dock, and de-rig. Go on first sail.	Learn points of sail, wind direction, and basic sail trim. Sail figure-8 and W/L courses.	Focus on handwork and footwork for tacks and jibes. Tack and jibe on the whistle.	Incorporate all skills to sail to and from SMAP floating base	Play “follow-the-leader” and “chase the coach” with proper technique.
WEEK 2	Learn right-of-way rules among racing sailboats, learn to start races.	Play aquatic capture-the-flag within racing rules.	Perform practice races on triangle and w/l courses.	Incorporate all skills to sail to and from Playita Aeronaval San Cristobal - Ft. Sherman	Compete in races using all skills learned during camp.

Sailing is a weather-sensitive sport, plans must frequently be modified to accommodate the often-changing conditions. Should inclement weather preclude activities afloat, campers will participate in a range of onshore exercises, including land-based boat-handling drills, chalk-talks, sailing videos, and games on the SMAP lawn and in neighboring areas inside the marina.



Advice for parents

- ❖ Make sure your child arrives on time at the pick-up location!
- ❖ Disconnect from the virtual world (no electronic device will be allowed). Cellphones will be taken away the first day of camp and returned the last day
- ❖ No toys allowed
- ❖ Fun is paramount!



Requirements, Cost, Payment, and Registration

❖ **Requirements:**

- ❖ Boys & Girls ages 8 to 18
- ❖ Must be able to swim
- ❖ Willing to have plenty of fun!

❖ **Camp Cost:** \$699 /week or \$1,118 / two weeks

❖ **Payment:** 100% 1 week before the camp starts

❖ **Registration:** enroll now, limited availability. You can register online: <https://www.seamasterspty.com/camp-registration> or Email info@seamasterspty.com us to enroll your son. Last day of registration: ***check the website!***



Camp Director & Coach

Guillermo Gasperi – Founder & Director S.M.A.P.

US SAILING Certified Sailor & Coach — A.S.A. Certified Yachtsman



- Passion – to develop excellence in Panama’s future sailors
- Dedication - to teach high-level sailing and racing skills
- Expertise – to create a world-class sail racing culture through the programs offered

Instagram & Twitter: @gasperisailracing

Facebook: <https://www.facebook.com/GasperisailRacing/>



For registration or questions ?

Register at: <https://www.seamasterspty.com/camp-registration>

or send us your questions to: info@seamasterspty.com

Tel: (507).6676.7334

Web: www.seamasterspty.com

Youtube: <https://goo.gl/HZW91m>

Facebook: <https://www.facebook.com/seamasterspty/>

Instagram & Twitter: @seamasterspty

