

## **Sailing: Learning with On-Water Practice**

**CAU Summer 2024**

**Week One:** July 7 – 13, 2024

**Faculty:** Ivan Sagel, Director and Senior Instructor of the Merrill Family Sailing Center

**Location:** Merrill Family Sailing Center, 1000 E Shore Dr, Ithaca, NY 14850

Please plan your route to class each day. (Transportation to class is not provided.)

**Parking** is available at the Sailing Center for course participants.

**Coffee breaks** and snacks will be provided.

**Lunch** is on your own—there are several great places to eat nearby including Greenstar Food co-op which has ready-to-eat organic options.

**Cayuga Lake:** The middle of Cayuga Lake reaches depths over 500ft, but off the sailing center, the water is roughly 15 ft. deep.

On the water, we are provided with various sailing conditions, and the balance of conditions provides a tremendous natural arena for us.

Northerly winds are typically steady, bringing 2-3 ft. waves rolling down the lake. It's a great condition for straight-line speed and tuning. Southerly winds generate flat water & shifty conditions, something we see at many other college venues. Easterly winds are rare because of the general weather patterns. Westerly winds create dynamic sailing conditions due to the local topography featuring high hills.