

Callala Junior Sailing School (CJSS)

Why Choose Sailing?

Whether you sail to relax, have fun or race against other boats, sailing is a unique sport and activity for improving health, fitness, development and well being. Sailing requires a combination of technique, skills, strategy, technology, teamwork, agility, strength, problem solving and resourcefulness - making it one of the most challenging fun sports to learn and master. Sailing is an Olympic sport. You can sail all your life from 5 to 95 years old. The entire family can sail together. Also, a father, mother, son or daughter, can sail together with another family member or friend. Males and females of all ages, can sail for fun and compete together.

The benefits of sailing include:

Builds muscle strength, fitness and endurance: Pulling and hoisting of sails to manoeuvre a yacht, steering, hiking to make the boat go fast and stay upright - builds muscle strength in your arms, shoulders and back. Sailing a yacht in a race requires stamina, resilience, mental toughness. Its mind over matter!

Improves concentration, focus and application: Sailing needs a good, consistent, constant focus; it demands your attention. The wind and waves are dynamic. Understanding what changes you need to make - where, how and when, is vital to sailing well. You are out there alone, or with your crew, and you need to concentrate!

Improves communication skills and teamwork: To effectively control a boat, the skipper and crew must work together as a team and learn how to work together and communicate effectively.

Builds self-confidence and resilience: There is simply no greater achievement than being able to steer and manage your own sail boat skilfully round the bay, and beat other competitors in a race. As you learn and adapt your skills you build self-confidence.

Teaches spatial awareness, coordination, how to read the elements: Children who learn to navigate a boat through narrow spaces and tight turns, squeeze into a packed starting line at a race or simply manoeuvre around other boats, develop great spatial awareness and coordination.

Offers adventure in the great outdoors: Sailing is a very pure form of being with nature. Whether that's capturing the wind in the sails to propel you along, feeling the waves and currents, or understanding how the weather is going to affect the boat, you learn heaps about the wind and the wonders of the Wet Wet World.

Teaches shipshape habits, tidiness and organisation: Sailing students learn how to properly rig and unrig a boat, learn to put things away in the right place, and keep things tidy while on the water.

Develops problem-solving skills, self-reliance and resourcefulness: Sailing is all about solving puzzles such as "The wind has changed, so now I need to adjust my sails". "How can I make the boat go faster or stop it capsizing"? You must solve these issues yourself.

It is quite inexpensive to get started at CJSS - all the boats and equipment such as life jackets are provided. The cost for 18 weeks, throughout the whole year, is about \$140 per family! See <http://www.callalajuniorsailingschool.org/> for more details.