



# Sailing: A Parent's Guide to Junior Sailing

*Susan D. Artof*

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## **Sailing: A Parent's Guide to Junior Sailing** Susan D. Artof

SAILING: A Parents GUIDE to Junior Sailing is lively and topical with special sections written by experts focusing on program safety, sportsmanship, physical fitness and sports psychology. Chapters explain the special vocabulary of sailing, equipment needs and the national sailing organizations. Parents will learn about the world of both the recreational and the racing sailor. No other book has attempted to collect so much information which parents should know and understand in order to help their children achieve their best in the intricate world of sailing.

In addition, the often complex world of sailing organization such as local, regional associations and US SAILING as a governing agency is discussed. In other words, besides the on the water fundamentals, a parent needs to understand and interpret the often confusing world of sailing in order to encourage a safer and more rewarding experience for their child. This book accomplishes just that.

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