

# Ladies Who Launch An Introduction and Invite



Ladies who Launch aims to encourage more women into sailing and provide a fun and supportive “ladies only” learning environment.

Many sailing clubs are male dominated environments and typically, where women already sail as dinghy crew, many do not choose to helm, or perhaps have limited opportunity to helm. As a result many women are missing an opportunity to build sailing confidence which may be adding to their reluctance to helm - reducing their sailing confidence even further.

Ladies who Launch aims to break this cycle to generate as many confidence-building opportunities as possible for women to sail and to helm.

To provide these opportunities, following the inaugural meeting which took place at the East Lancashire Sailing Club on 19<sup>th</sup> June 2015, we have created a calendar of fortnightly events for ‘Ladies Who Launch’ which provides the opportunity to sail, learn, have fun and socialise with other like-minded women.

With thanks to Lottery Funding in 2016, Ladies who Launch became proud owners of two Hartley 12.2 dinghies with main sail, jib and asymmetric spinnaker giving us light and fast dinghies with enough sail configurations to provide good quality sail training opportunities. As an added benefit our new dinghies are light and easy to handle on land, too. We also have the use of existing Club boats, allowing for solo sailing for ladies up for the challenge.

During 2018 the group membership grew week on week. While skills were improved and new members became good friends we didn’t want to stop there. With the Hartley boats now in full use Ladies who Launch would like to extend membership, free of charge for the first three visits, to women who are not members of ELSC but still have an interest in starting sailing or would like to try sailing in a women only group. At present, although a ladies-only sailing group, we do still need to have some men around to help with Safety Boat cover, and provide extra muscle when we really do need it.

Due to the high level of interest in Ladies Who Launch to date, we want to continue to build on the success of this group by developing the confidence, skills and experience of all existing lady members. In 2019 we aim to do this by offering a fortnightly morning “introductory session” for beginners and less experienced sailors. This will be from 10-12 noon, where we will be providing support and encouragement to develop their confidence and skills. All ladies are then invited to stay for lunch from 12.15. At 1-3 pm we then propose to offer an “Improvers Group” for ladies who can already sail confidently, have achieved RYA level 1/2 or equivalent, and who wish to develop their expertise further.

We will remain informal, friendly and keen. All ages are welcome and no one has to attend every event, and we do understand that people may need to leave early due to other commitments.

## **Your Next Step?**

Email us at [info@sail-elsc.org.uk](mailto:info@sail-elsc.org.uk) with the subject ‘Ladies Who Launch’ and one of our ladies will get back to you.