



Junior Instructor Program

Overview:

The Junior Instructors Program is designed for experienced sailors ages 14 and up who are interested in becoming paid instructors at the Minneapolis Sailing Center (MSC). The program is structured to teach participants the importance of clear and effective communication while working as a team in a sailing environment. Junior Instructors (JIs) will develop their leadership potential through problem-solving, lesson planning, and hands-on teaching experiences. By focusing on how to act professionally, being a role model to students, and the importance of sailor safety, JIs gain skills that will translate to any future job or position.

The JI program is designed to run for 3 weeks and may be repeated throughout the summer. Participants will spend the mornings volunteering and working alongside our instructors and directors. JIs will have short daily or weekly development sessions where they learn the core skills listed below. In the afternoons, JIs grow their sailing skills in the 420 Race Team. During the last week of the session, JIs will put all this new knowledge together and lead a morning teaching session for one of the Youth Optimist sailing classes.

Core Skills:

Leadership Development	Instructing at MSC	Applied Learning
<ul style="list-style-type: none"> ● Goal setting and personal reflection ● Coming prepared and acting professionally each day ● Responsibilities of an instructor 	<ul style="list-style-type: none"> ● Learn MSC Safety Plan ● Assisting on-the-water lessons in a powerboat ● Sailing instructor toolbox ● Lesson planning and teaching styles 	<ul style="list-style-type: none"> ● Lead a lesson with the Youth Optimist Explorers ● Shadow MSC instructors and staff ● Motorboat Practice

Schedule: Monday-Thursday (or Friday depending on the week) 8:00 am - 4:00 pm

Week 1 - What is Leadership?

- Group Discussion & Goal Setting
- Self-reflection and discussion
- Learn the ins & outs of how MSC operates on a day-to-day basis.

Week 2 - Who is a Sailing Instructor?

- Safety at all times
- Learn how sailing instructors deal with change and make productive decisions.
- Working with different learning styles
- Putting together a lesson plan and executing that plan.

Week 3 - Leadership in Action

- Assist an MSC instructor in a real class environment.
- Give a chalk talk for an Opti Explorer class
- Reflect and discuss the JI experience.