



# Junior Sailing Handbook

*Agamenticus Yacht Club, York Harbor, ME*



*Summer 2015*

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# AYC Junior Sailing Handbook

## 1.1 Introduction

This handbook is intended as a Junior Sailing Program reference guide for both parents and students. It contains a review of program policies and helpful information. We hope this book answers most questions you may have about the Program, and also that you will tell us if there is additional information you would like to see included in future handbooks.

## 1.2 Purpose

The Junior Sailing Program is intended to provide our students with a broad exposure to the sport of sailing. Our primary goal is to develop safe, independent sailors. Our secondary purpose is to offer children of the York community a new way of connecting to their landscape. We take pride in guiding local youth towards becoming lifelong stewards and explorers of the coast.

## 1.3 Class Placement

Students are grouped by ability, age and size, and Instructor recommendation. Placement decisions are guided by safety considerations and the skills demonstrated by the student. As a result, we will be unable to honor requests for "friends" to be placed together. We recognize that students mature and progress at different rates, and some movement from class to class may occur during a session.

## 1.4 Swim Test and Medical Forms

Before any student is allowed to sail, they must pass a 50 yard swim test. This test is given during the first week of each session, so students should bring bathing suits, towels, lifejacket, and appropriate clothing starting the first day of all classes. The water may be cold - however it is a safety requirement, so please come prepared. Sailors will not be allowed to sail until they complete the swim test.

A completed medical and liability form (provided via email) is also required before a student is allowed to sail. Information provided should be based on a physical done within the past 12 months. Of particular importance are the date of the last tetanus shot and emergency contacts. **All information must be provided**, because these forms are the only record we have of the medical attention your child should receive if treatment becomes necessary and you are not available. These forms will be filed in the Club and will accompany students to all "away" events. Please fill out the medical forms with great care and include as many contact numbers as possible. All files are kept confidential within the program staff. Any information relating to your child's health is greatly welcomed - after all, you know your child best.

## 1.5 Parent Guidelines

Parents / guardians are an important part of a successful summer. Parents should be involved and supportive of their children as they pursue the sport of sailing. In addition to signing your child up for lessons we ask you to also:

- Encourage your child to play by the rules. Remember, children learn best by example.
- Make their participation fun. Support their desire to sail or play the sport of their choosing.
- Show a positive attitude toward the AYC program and all of its participants.
- Emphasize personal skill development and how they benefit your youngster.
- Express interest in what they have learned and achievements they have made.
- Applaud a good effort in victory and in defeat and enforce the positive points of the sport.
- Familiarize yourself with the materials required for your child's participation in the AYC program. (Course Description, Parent Handbook, Calendars, Schedules, Rules & Policies, etc)
- Sailors should arrive no earlier than 10 minutes before their scheduled class and depart promptly afterwards.

## 1.6 What do I need for sailing lessons?

Temperatures on the water tend to be more extreme and more changeable than ashore, so the right gear and clothing are an important part of enjoying your time at camp. Each sailor should bring a small duffel with the following items.

- Make sure your sailor has eaten Breakfast/Lunch before coming to class
- Coast Guard approved life jacket or PFD - type III (personal flotation device)
  - This must fit properly and be in good condition.
  - PFD must be worn at all times on the water.
- A whistle attached to the PFD
- Sailing gloves (optional)
- Write your name on ALL clothing with permanent marker.
- Water bottle
- Sunscreen
- Sunglasses with 100% UVA & UVB protection.
- A hat with a clip or twine so you can tie it to your PFD.
- Fast drying, soft light soled water shoes, or sandals (not flip-flops) MUST be close-toed, cros are NOT allowed, Keens are a good brand.
- Extra Dry Clothes
- Snack
- Foul Weather Gear
- Sweater or Jacket (NON COTTON)

## **1.7 Overview of Junior Sailing Classes & Racing Team Program**

### **CLIPPERS (AGES 8 to 10)**

The Clippers class focuses on teaching basic sailing, kayaking, and rowing skills. The curriculum includes learning basic nautical terms like port and starboard, as well as names for many parts of the boat. Clippers learn how to determine where the wind is coming and what the tide is doing. They become familiar with rigging and derigging Optimist dinghies safely and learn to tie three important knots. Once sailors get out on the water they practice paddling and steering with a tiller, focusing on traveling in straight lines and avoiding obstacles. They begin to practice controlling the mainsail with a partner. Clippers focus most of all on developing comfort in boats and love of the water. They achieve this through exposure to a wide range of ocean activities.

### **SCHOONERS: (AGES 9 to 11)**

The Schooners class allows sailors to build their comfort in boats into a basic understanding of sailing. Schooners practice rigging, landing and departure of the dock, knot tying, and boat handling, but also learn about points of sail, reading the weather, seamanship, and the basics of racing and sportsmanship. Schooners continue to sail Optimists, with more opportunities to practice solo sailing. The Schooners have the opportunity to learn about and practice racing. They learn different types of race courses, starting sequences, basic rules of sailing, and it is a great way to practice their upwind, and downwind sailing.

### **CUTTERS (AGES 10 to 13)**

The Cutters class is designed for intermediate sailors who want to refine their sailing skills. The curriculum for this class builds on the sailing fundamentals learned in the Clipper and Schooner classes, but focuses on sailing in more varied sailing conditions and points of sail. This class is taught using a variety of boats allowing students to gain single handed and double-handed boat experience. Learning rules of the road, and who has the right of way becomes even more important for the Cutters as boats become larger and move more quickly. The Cutters also race with the Galleons and get a better understanding of the racing side of sailing.

### **GALLEONS (AGES 12 to 16)**

The Galleons class is for sailors who are interested in learning a range of sailing skills including: introduction to navigation, rules of the road, anchoring, mooring and docking techniques, knot tying and splicing and team racing. The Galleons class sail many boats at the yacht club, including J22, JY15, Laser, and 420's. The Galleons class is for those sailors that want to learn an array of new skills, or are looking to join the 420/Laser Race Team. The Galleons also race with the Cutters and get a better understanding of the racing side of sailing.

### **Opti Race Team (Ages 10 to 14) – Optimist Dinghies**

The Opti Race Team is for competent sailors looking to join the excitement of the largest sailboat class in the world. As members of the team, racers will learn racing strategy and tactics, advanced Optimist boat handling techniques, and will develop team camaraderie and greater confidence on the water. Racing opportunities for the Opti Race Team range from informal to highly competitive, and are covered in the Racing Team Handbook. Permission of the Program Director is required.

## **420/Laser Race Team (Ages 13 to 18) – 420's & Lasers**

The 420 Race Team is for strong sailors looking for the challenge of competition in one of the world's most widely raced boats. Racers will learn racing strategies, tactics and boat handling skills, while building close relationships with their teammates and increasing their confidence on the water. Racing opportunities for the 420 Race Team range from informal to highly competitive, and are covered in the Racing Team Handbook. Permission of the Program Director is required.

### **1.8 Absences**

Regular attendance is extremely important to your child's progress. If you know ahead of time that your child will be absent from a class, please let the Program Director (Morgan LaPointe) know as soon as possible. It is important to understand that the AYC takes no responsibility for your children if they do not come to class. If your children develop a problem requiring them to leave class, the staff will attempt to notify you or the emergency contact you have listed and will stay with the child until you or your emergency contact arrive.

### **1.9 Communication**

During the program, there may be a need to communicate with parents about schedule changes and/or special events. These notices will be e-mailed so please be sure we have an accurate address. Throughout the summer please direct any questions or concerns to the Program Director (Morgan LaPointe).

### **1.10 AYC Rules and Policies**

1. Everyone must show RESPECT for their fellow sailors (this includes all staff and the instructors), RESPECT for the boats, and RESPECT for our clubhouse and docks.
2. It is every sailor's RESPONSIBILITY to stow away all gear after each use. Please notify the staff of any problems immediately. You are expected to keep the clubhouse, docks and boats SHIP SHAPE! We want AYC to be clean, safe and organized.
3. A Personal Floatation Device (PDF) must be worn, properly fit and fastened, while on the docks and in any boat. You must HAVE YOUR OWN. All AYC boats must contain at least one PFD per occupant.
4. Running, rough play or rowdy behavior will NOT be tolerated. Remember voices carry far on the water and in the harbor. Please listen to the advice and directions of our experienced and well-trained staff.
5. There will be NO SWIMMING from the docks. This is a BUSY boating facility. SWIMMING IS ALLOWED with the direct supervision of and permission from the AYC staff on boats, floats and moorings.
6. Shoes or other appropriate FOOTWEAR must be worn at all times.
7. CLUB HOURS are from 9am – 6pm. Please show consideration for our neighbors. We welcome members to use the boats during open hours however children must be accompanied by an adult when not in class.
8. There is no smoking, fires or alcoholic beverages allowed on the AYC docks, boats, or in the clubhouse. Additionally, the AYC facility and docks are closed for use after 6:00PM.
9. Only Members and Staff can park at AYC. You are welcome to unload or pick up at any time. Please note that Simpson Lane is a No Parking zone.
10. Please see the daily dock master, the race coach or the program director if you have any questions, comments or concerns. Let's all have FUN on the water and BE SAFE!

## **1.11 Class Fee Refunds:**

*Class fees refunds can be made under the following conditions:*

- Student does not pass the swim test
- Student/Parent changes their mind prior to the start of the first class

*Class fees cannot be returned if:*

- Student has already started the class and changes their mind
- Student signs up for full summer, but decides, after the first session, not to attend the second session