



Agamenticus Yacht Club Junior Racing Teams Handbook

Agamenticus Yacht Club, York Harbor, ME



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Agamenticus Yacht Club

York Harbor, ME

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1.1 Summer Schedule - 2025

Between 3 and 10 days of the season are spent away at various regattas and the summer regatta schedule is shown below. Each race team will attend 2 regattas. The rest of the time, the Race Team is at 'home' in York Harbor practicing.

Most Wednesdays 2+ Laser/420 Racers and 2+ Opti Racers will attend a MIRC race.

Battle of the Bay.....	Boothbay, ME.....	July 7th–9th.....	Opti/420/Laser
Harraseeket Junior Regatta.....	South Freeport, ME.....	July 15th–17th.....	Opti/420
C420 Maine State Championship...	Falmouth, ME.....	July 29th–30th.....	420
Opti Maine State Championship.....	Southport, ME.....	August 5th–6th.....	Opti

1.2 Structure and Staffing

The Race Team activities fall under the coaches supervision, additionally we identify a club member or AYC Officer to advise the program. There are (2) race teams – Optimist Race Team and Laser/420 Race Team. Racing requires membership and a full summer (8 Week) commitment. The two teams have one full time coach to coordinate practices and travel to regattas. Each team will have one assistant coach to help the head coach carry out practices and coach. The coaches report to the AYC Officers.

1.3 Key Responsibilities of the Race Coach

Curriculum & Practice Planning:

The race coaches annually review and revise the team curriculum to meet the mission of the program. Based on the desired outcomes outlined in the curriculum along with the experience of the sailors, the coach must write daily practice plans. The practice plans should be specific, but flexible, and are intended to guide racers towards complete understanding of the curriculum. Much of this work is completed during staff training.

Fleet Maintenance:

Race coaches are responsible for understanding their fleet and keeping track of boat maintenance. Maintenance means repairing damage the coach is capable of repairing and alerting the Club Manager of repairs that need professional assistance. Maintenance also includes replacing parts that are worn, missing, or broken.

Weekly Instruction:

The race coaches must attend all practices, arriving 30 minutes early and staying 30 minutes after practice. They will arrive with a practice plan prepared. The practice plan must fill the full practice time. In the event of bad weather coaches may abbreviate practice, but should still spend some time on constructive lessons.

Regattas:

The race coaches are responsible for overseeing all packing for regattas, all rigging at regattas, all sailors *on* the water, all de-rigging, and all packing for return. The coaches will also work closely with the parents who are responsible to fill the roles of; chaperones for sailors on land, towing coach boats & sailboats to and from regattas, and drivers for sailors to and from all regattas.

Weekly Meeting:

Race coaches meet with a designated AYC Officer weekly to review racer progress, upcoming races, organization, etc.

1.4 Parent Participation

The racing program requires a significant amount of participation by the parents. Parents need to be actively engaged in the regatta planning process.

All parents should expect to attend one large regatta or several MIRC's. If parents cannot attend regattas they should seek advice from the coach or AYC Officer for alternative ways to contribute.

Parents that are attending events will typically support the Race Team in the following ways:

- Tow whalers or dinghies (all AYC trailers use a 2" ball hitch)
- Transport racers to & from regatta
- Drive Optimists or Lasers on a roof-rack
- Bring their personal boat for spectators, extra chase boat, please communicate with the coach if you are planning to be on the water so that the coach can reach out if the need arises
- Stay in hotels locally and provide a place for their sailor to sleep at away events
- Supervise any sailors left on land due to weather, postponement, health, etc.
- Provide snacks for sailors and coaches
- Run errands for Race Coach (ex. drive to trailers, pick up forgotten tiller)

Parents are encouraged to attend regattas and support their children and other AYC sailors. While sailors are on the water, parents may spectate from their own boats or from a designated spectator boat. Spectators and spectator boats are asked to stay out of the race area and to refrain from coaching sailors.

1.5 Additional Costs

The Club will provide the following for the Race Team Sailors:

- Racing Boats, Chase Boat and Trailers
- Sailing Equipment – Sails, dollies, harnesses
- Qualified and Experienced Coaches to coordinate and oversee events

Beyond the fees of the Race Team program that are paid to AYC for a sailor to participate, parents should anticipate additional costs and expenses to support their son or daughter:

- US Sailing Membership
- Regatta Registration Fees

- Hotel and Food at away events (if not provided by local housing coordinator)
- Transportation Costs – gas and tolls for your car
- Specialized Equipment for your sailor - clothing

If there are any questions about recommended or required gear, please check with your team's coach.

1.6 Expectations of Racers

Race team members are experienced and committed sailors. Away at regattas they are 'ambassadors and representatives' of AYC and their behavior and good sportsmanship reflects on AYC. Regattas inherently *require* a high level of discipline and maturity of the racers. Regattas often involve extended time (on and off the water) without immediate coach feedback, assistance, or supervision. With independence comes responsibility, racers must be capable, physically and mentally, of handling themselves *alone* in emergency situations. Sailors will never be left in danger, but they might be left in uncomfortable situations in which they *must* be able to self-regulate. The high expectations extend to the care of their boats and equipment. Racers should take the initiative to identify and to make simple repairs, load and unload their boats, and keep them clean and in good shape.

1.7 Wisdom from a Race Team Parent:

A typical schedule for regattas:

The day before, the kids go to AYC to pack boats onto the trailers. Not everyone can make it, but many hands make light work. The team usually leaves the evening before a regatta. If a sailor is not staying in housing, they can always make it down in the morning...early, early.

The first morning of the regatta, the kids report to their "section". Each yacht club is given a small area to rig boats. There is usually a skipper's meeting where the organizers go over the rules, give out t-shirts, explain race courses, announce last race time, etc. Coaches use any extra time to prep the team. Kids have to rig boats, get sails & spinnakers ready so they are usually there early.

After the announcements, sailors begin putting boats in the water and head to their course. They sail all day, eating lunch out there. The AYC has a boat with a flag that indicates they are a coach's boat. Sailors can go to any boat for help, but the AYC is there too. When we are on the water with our boat, we offer a place for the kids to come to also, but we are not a coach's boat. After the last race, the sailors head back to the harbor, take boats out of the water, de-rig, and talk to coaches about meeting times for the next day.

Last day of racing is a "hurry up and wait" day. The kids need to de-rig and load the boats back up. Considering these kids are teenagers, it can be a slow process! Then everyone heads home (some go to the AYC to help unload boats, 420 sailors are usually there).

Housing information - At some regattas generous sailing families open up their home to visiting sailors. It is possible to request groups of sailors housed together- but not always honored. Sometimes the hosts provide food (breakfast & some dinner) but the team might meet for dinner.

Another housing situation-the whole team stayed together in a big house (Bucksport). The coach was in charge, and again, it worked out great. The older kids looked out for the younger kids and it turned into quite a team bonding experience.

Each racer should be registered with US Sailing. US Sailing membership numbers are often necessary to register for regattas.

The stuff you'll need: Dry bag, lifejacket with whistle (required to race), gloves (optional), sunglasses, spray coat, zinc oxide/sunscreen, spray top & spray pants (weather dependent), sailing booties (optional), padded shorts aka hiking shorts (optional).

1.8 Absence and Timeliness

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 their coach know as soon as possible. It is important to understand that the Program 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. Everyone should be on time everyday. This is extremely important, as other sailors and coaches depend on this!

1.9 Communications

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 their coach.

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. Crocs are not an appropriate form of footwear for sailing. This is important and running around barefoot will absolutely not be tolerated.
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 dockmaster, the race coach or the Club Manager 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:

- Sailor does not pass the swim test
- Sailor/Parent changes their mind prior to the start of the first class
- Instructors/Staff feel a sailor is not placed on the correct team/class

Class fees cannot be returned if:

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