

MYC JUNIOR SAILING

PROGRAM



SUMMER 2010

MYC Junior Sailing Handbook 2010

Introduction

This handbook has been designed to serve as a reference for parents and children involved in our Junior Sailing Program. We hope that it will answer any questions you may have. If you have any suggestions regarding material that would be helpful in subsequent handbooks, please let us know. We hope that the Mantoloking Yacht Club's Junior Sailing program will continue to benefit from the tireless efforts of the many volunteers who have invested much time and energy into helping younger generations learn to sail.

The Mantoloking Yacht Club Junior Sailing Program consists of eight consecutive weeks of training in sailboat handling and racing for children 7 years of age and older. Your child will spend their summer outdoors in a supervised environment with other children their own ages. They will acquire a basic understanding of sailing and boating, improve their swimming skills, become "water safe" and compete in local racing events. Hopefully, they will develop a love for sailing that will last a lifetime. The friendships, camaraderie, travel and FUN that are the core of the junior sailing experience will mean more than any trophy that might be won along the way.

The Goals of the Mantoloking Yacht Club Sailing Program

Adopted by the Sailing Committee

The overriding goal of the sailing program is to teach the participants to sail and then to race.

Goals for all levels of the sailing program include:

- * To teach self confidence and not be afraid of failure
- * To teach responsibility for both people and equipment
- * To teach teamwork
- * To teach pride in the Mantoloking Yacht Club
- * To teach physical fitness and care for oneself
- * To teach respect for the environment

The goal of the program for beginners:

- * To teach children the basics of sailing in an enjoyable environment

The goals of the program for intermediate and advanced sailors:

- * To challenge and keep their interest in sailing
- * To teach racing
- * To instill enthusiasm for the sport and a commitment to it
- * To teach the rules of competitive sailing and sportsmanship
- * To help attain a level of achievement as close as possible to their best ability
- * To develop a healthy competitive spirit

GENERAL PROGRAM INFORMATION

Connie Kapp is the Chairperson of the Sailing Committee, which is comprised of volunteers from the general membership. They oversee the instructors & coaches hired by the Sailing Committee. There are many opportunities for parents to become involved with the junior sailing program. All parents are expected to help out with the daily launching and retrieval of boats, drive kids to various activities, or trailer boats to regattas!

INSTRUCTORS

The head instructor this year is Mike Spark. He will be responsible for the overall running of the program. The instructors will each generally work with an assigned group of sailors in the morning and/or afternoon programs throughout the summer under Mike's supervision. If you have general questions or comments regarding the program, talk to Mike. If you have a specific question about your child's progress, please speak with his or her instructor. Please remember that the instructors are responsible for all of the junior sailors between the hours of 8:30 AM and 12:00 and from 1 to 4:30 PM. Please consult with them only before or after regular program hours. **E-mail is a great source of communication!**

Head Instructor/Greenie Opti Instructor – Mike Spark

Last	First	Position 10	Email
Wright	Brad	420	itsbradford@gmail.com
Layton	Scott	420 July	slayton@students.colgate.edu
Vannostrand	Kaitlyn	420 Aug.	kaitlyn.vannostrand@gmail.com
Baroody	Sam	A Opti	sbaroody@gmail.com]
Vreeland	Luke	A Opti	lvreelan@pingry.org
Bailey	Casey	B Opti	bailey@hartford.edu
Horter	Griffin	B Opti	ghorter@chestnuthillacademy.org
Newall	Grace	C Opti	g-baby-93@hotmail.com
Boyle	Joan	C Opti	joanboyle2009@gmail.com
Spark	Mike	Greenies	LBIsark@aol.com
King	Jen	Greenies	king.jen@comcast.net

PROGRAM SCHEDULE

The program begins Monday, June 28 and ends Friday, August 20

8:30 AM - 12 NOON & 1:00 – 4:30 Monday through Friday.

Opti Green, C, B - 8:30 to Noon

Opti A, all 420 sailors – 8:30 to 4:30 with lunch break

All sailors are encouraged and welcome to sail any afternoon regardless of which fleet they are in. We always have instructors available in the afternoon to work with the Green, C, and B Fleet kids.

Participants are expected to arrive in time to rig their boats and be ready for the day's lesson to begin promptly at 8:30. Please pick up your child promptly at the end of the program if s/he is not able to get home by him/herself.

A busy and wide-ranging schedule of activities has been planned for all classes. Accordingly, check your MYC Activities calendar for events here at Mantoloking as well as at other Barnegat Bay clubs. The calendar lists major regattas (not sponsored by our program) that our junior sailors may wish to attend.

RAINY DAYS

Inclement weather doesn't put a damper on the Junior Sailing Program. Sometimes the instructors will take the kids out in a light rain. Other rainy days, the instructors will give "chalkboard talks" where your child will learn to tie knots, recognize code flags, and understand fundamental sailing rules, boat maintenance, etc.

ELIGIBILITY

Children of all Mantoloking Yacht Club members aged 8 – 17 are eligible to participate in the sailing program. Children who are seven years old, or entering 2nd grade are eligible for our pre-sailing Minnow program.

Children who are living in the household of a member for the summer are eligible after the member has applied for Household Membership through Dan Hurley at hurley@comcast.net Other children may be invited to participate as an Invitational Jr. Sailing member by application to the Sailing Committee.

The Mantoloking Yacht Club Sailing Committee, in concurrence with the recommendations of US Sailing, has established a minimum age for participation in the sailing program. ***To be eligible for participation, your child must be eight years old before the start date of the program, or entering the 3rd grade the following fall.***

BOATS SAILED

Optimist (Single-handed)

420 (Double-handed)

All sailors under the age of 12 must have access to their own boats. An option to buying a new boat is to look for a used boat. Used boats are almost always available. Also, some members may have boats available to borrow or lease. Ask around and check with other clubs.

For introductory training in double-handed sailing (with a crew) and the use of a jib and spinnaker, the club has 420s available to all program participants 12 and older. These club boats can be used for the child's first year. Of course, if you would like to purchase a 420, that is also an option.

SWIM TEST

During the first week of the program, all children will be given a swimming test that they must pass in order to participate further in the program. They must be able to tread water and swim for a specified distance—Any stroke is OK.

Regardless of how proficient a swimmer they are, it is a requirement that **ALL CHILDREN MUST WEAR LIFE JACKETS ZIPPED UP AT ALL TIMES WHEN IN THEIR BOATS OUT ON THE WATER**. Each life jacket is to have a whistle permanently attached. This rule will be strictly enforced with no exceptions.

EQUIPMENT AND SUPPLIES

In addition to their boat and its equipment, your children will need a U.S.C.G. approved life jacket, **water shoes -- not flip-flops; shoes must have back strap -- to be worn at all times**, dry clothes, a towel, a hat, sunscreen, and a water bottle. These things should be kept in a backpack or tote bag with your child's name on it. There are cubbies for sailors to store their bags.

PARENT RESPONSIBILITIES

Parents must make sure their child arrives every day on time and with the required equipment. Because the instructional day is physically and mentally challenging, it is important that children get proper sleep and nourishment during the summer. Parents are expected to volunteer their time

as “Parent of the Day” for a few sessions during the summer. This requires you to be on the club premises from 8:30am to 12:00pm to help with the program. Being a “Parent of the Day” will give you an opportunity to see the sailing program in action, talk to the instructors and otherwise have a wonderful day with your child.

REGATTAS

A regatta is a series of sailing races that are usually held in the same type of boat for a large group of participants. For example an Optimist sailor might compete against six boats in a club point race, sixty boats in an interclub, and many more in a regional regatta! Most regattas are scheduled on the junior sailing calendar; you will learn about others from your children’s instructors. Your children should demonstrate some racing proficiency before participating in a regatta.

Children are invited to participate in program-sponsored regattas appropriate to their age/skill level. Applications and permission slips are available on line at

<http://www.bbyra.org/juniors.shtml>

Click on the calendar and then the event and for the registration forms.

We will help transport boats to these events but we expect that the parents will help load and trail boats to the event as well.

We encourage all children to participate in the regattas that fit with their ability. You don’t have to win a regatta to benefit from the camaraderie, sportsmanship and experience of competition.

It’s a great learning experience just to participate as part of your club’s sailing team, do your best and hopefully learn something. **Parental support is essential.**

REGATTAS OUTSIDE OF NEW JERSEY

There are regattas that some of the more advanced children attend that are outside of New Jersey and may be several days in length. Generally, one of the MYC instructors travels with our children to these events. Families will share in the overtime costs related to the instructor traveling with the team. Please see Connie Kapp or Mike Spark for more specific details regarding this matter.

INTERCLUBS

This is a regatta that includes sailors from the other yacht clubs in our area of Barnegat Bay.

Sailors travel to Interclubs either by MYC towboats, or by trailer. Parents may be asked to assist in some of the transportation.

Interclubs are a good introduction to racing for your children. They provide a chance to improve sailing skills while enabling your children to meet and make new friends from other yacht clubs. They also introduce the children (and their parents) to the concept of traveling to another location to sail.

It is possible that your children will not return to the club until after 4 PM, even if they are usually part of the morning program. Unfortunately, this is something we will all have to “play by ear” as the weather again forces us to be flexible. Please be sure your children are adequately prepared for a day away from the club. They should bring their own lunches. ***In addition, make sure the instructors have a parent cell phone number to contact during the day in case of an emergency or change of plans.***

The sailing calendar lists all of this year’s Interclub regattas. As with the regular program, it is imperative that parents ensure that their children are at the yacht club well ahead of the planned departure time to prepare their boats for towing or trailing.

POINT RACES

These are races with modified courses designed so sailors learn the basics of racing such as how to sail to a specific place and how to follow a race course. Point races are sailed within the program as part of the Beginner and Intermediate race training. Usually, point races are held once a week with the actual number of races dependent upon the weather. Informal awards will be given at the end of each session that point races are held.

ADDITIONAL ACTIVITIES

There are parent-child races each month, with all sailing program participants encouraged to participate. On days of regattas and Interclubs held at MYC, even if your child is not racing, s/he should be part of the activity, helping either on the water with race course management, or on land with hospitality.

TROPHIES AND AWARDS

- July and August Championships: trophies for First, Second and Third place in:
Beginner Optimists, Intermediate Optimists, Advanced Optimists, 420s
- Most Improved Award in each group
- Captain Downer Memorial Award: awarded in July and August to skippers under 16 who have maintained their boats in the best condition at all times.
- The Governor's Trophy: It is given to the sailor with the lowest combined score for July and August of the most advanced class of the MYC
- Powell Bowdoin Award: awarded annually to a teenage member by the sailing instructors for enthusiasm, good character, responsibility toward property and courteous consideration of members and staff.
- The Sailor's Award: given to the sailor in the junior program who shows the most improvement in seamanship, sailing, boat handling and safety.
- Ugly Duck Award: mystery race award!
- Parent/Child Races: July and August
- Fun Awards, and T-Shirts to all participants

PARENT PARTICIPATION

The Sailing Committee welcomes your participation. Don't worry; there are lots of jobs for non-sailing parents! Drivers and chaperones are often needed. Also, please make an effort to watch your children sail at the club races or in Interclubs and regattas; attend the trophy presentation and offer your encouragement. Sailing has a vernacular all of its own, ask your young sailors to explain what they have learned each day. You may learn something too!

JUNIOR SAILING RULES AND REGULATIONS - Please respect *YOUR* club!

The Sailing Committee has unanimously adopted policies that will apply to all participants in the Junior Sailing Program. Junior Sailing participants are encouraged to abide by these rules at all times, however during the program times these rules must be followed:

1. Each sailor and instructor **MUST** wear a Coast Guard approved life jacket that fits properly and is zipped, or fastened as designed with a whistle permanently attached while on the water. **NO EXCEPTIONS!**
2. Participants must wear sneakers, or other appropriate footwear and are encouraged to wear hats and sun block when engaged in “on the water” activities.
3. Any “horseplay” including throwing of participants, or instructors off of docks and bulkheads is prohibited. Hoists are not playground equipment — they are for boat launching **ONLY!**
4. No bikes, roller-blades, or skateboards on the dock, or on the decks.
5. Bikes must be parked in the designated area.
6. The swim test must be passed.
7. Junior Sailors must never leave the MYC premises while the program is in session unless arrangements have been made with their Instructor.
8. All Junior Sailors have the right to enjoy the program. Verbal or physical abuse will not be tolerated. Swearing is not permitted.
9. Students who are unwilling to sail, or participate in the program will be sent home and their parents will be contacted.
10. Respect the property of others.
11. No littering. Clubhouse and bathrooms should be kept clean and orderly. Sailors are responsible for disposing their lunch and other trash in garbage cans provided.
12. All boats are to be rigged by the scheduled start time for sailing instruction.
13. All sailors are responsible for maintaining their equipment. Clearly label all loose parts with permanent marker, including dollies. MYC is not responsible for articles that may be lost or stolen.
14. Boats must be returned to appropriate spots and tied properly at the end of the day to avoid damage.
15. All sailing equipment must be put away before leaving at the end of the day.
16. Junior Sailors are not allowed in the sailing center office unless specifically invited by their sailing instructor.

DISCIPLINE

As long as all program participants observe the rules, we should have a good summer without discipline issues. Whether we are at MYC, or anywhere else we may go as part of the program, all sailors are expected to conduct themselves in a sportsmanlike manner.

Serious discipline problems will be reported to the Sailing Committee and parents will be notified.

Coaches will keep a notebook for disciplinary incidents. If a child has been involved in unacceptable behavior it will be noted in this notebook.

Discipline will be administered according to a “3 strikes and you’re out” format:

- **First incident – child will have a meeting with Mr. Spark**
- **Second incident – Child and parent will have a meeting with Mr. Spark**
- **Third incident – Child will be suspended from the sailing program for a specified amount of time as determined by Mr. Spark.**

We hope you and your children have a good summer sailing on Barnegat Bay. This is a wonderful experience for your child. We hope it is one he/she will fondly remember always. If there is anything we can do to help make this a successful program for you and your child, please contact us.

IMPORTANT PHONE NUMBERS

Mantoloking Yacht Club Sailing Center	732-892-9251
Mike Spark	609-709-9793 cell
Connie Kapp	973-713-0233 cell

The 2010 Mantoloking Yacht Club Sailing Committee:

Chair: Connie Kapp

Suzanne Beaton	Bob Hartmann
Tom Beaton	Helen Lucciola
Carl Beck	Jennifer McKenzie
Tammy Curcio	Susanne McMinn
Doug D’Alessandro	Carolyn Miller
Nancy Elia	Ed O’Malley
Lauren Fasolo	Connie Pilling
Deanie Fischer	Bob Post
Michelle Gerli	Virginia Sigety
John Gerli	Rose Wagner