



Surf City Yacht Club
Junior Guide to Weekend Racing,
Interclubs, and Regattas



re·gat·ta *n.* A boat race or a series of boat races.

Italian dialectal, *a contention, regatta*, from *regattare, to contend*, perhaps from *recatare, to sell again, compete*, from Vulgar Latin **recaptre, to contend* : Latin *re-*, *re-* + Latin *captre, to seek to catch*, frequentative of *capere, to seize*

Nothing can compare to the experience of attending a sailboat regatta. The spirit of competition and sportsmanship nurture a sailor's body, mind and soul. Sailing in a regatta not only allows one to engage in a fun filled day of friendships but also challenges one to sharpen the mind, the hand, and the eye. Sailboat racing is much like a game of chess involving strategy, satisfaction, and self-determination.

Racing Prerequisites

- ❑ Be comfortable handling the boat
- ❑ Know the basic right of way rules – do you have a rule book?
- ❑ Have sail numbers on your sail
- ❑ Know the starting sequences
- ❑ Be familiar with the code flags and their meanings
(you can get a decal from many marine shops to put inside your hull)
- ❑ Have a watch with a countdown timer
- ❑ Have the proper safety equipment (PFD, bailer, paddle, whistle, etc.)
- ❑ Understand the meaning of good sportsmanship

Junior Fleets

We currently sail in Optimists dinghies, Laser 4.7, Laser Radial, Sunfish, and Club 420's. Optimists are separated into 3 categories by age: white fleet – 10 and under, Blue fleet – 11-12 years old, and Red Fleet – 13-15 years old. Laser, Sunfish, and Club 420 sailors may sail up to 18 years old. To sail a Laser 4.7 one should weigh approximately 80-120 pounds. To sail a Laser Radial one should be approximately 120 to 150 pounds. The ideal combined weight in a 420 is about 230 pounds.

Commodore & Championship Series

The club racing is held directly in front of the clubhouse. The weekend series is a great opportunity for participants to gain their first experience in racing and to continually practice their skills. Races are held on Saturday and Sunday mornings. Beginning on the Fourth of July weekend and ending on Labor Day weekend, this club series is sailed throughout the summer in a variety of boat classes. Optimists, Laser Radial, Sunfish, and 420's can sail in the series. Trophies are awarded for the whole series, the Fourth of July weekend, and the Labor Day weekend racing. The July 4th and Labor day series are separate from the summer series. At least three boats must be registered with the junior race committee chairman in order to count as a series race. It is most advantageous to register before the July Fourth weekend. This is because competitors can have the opportunity to participate in all series races. Less than 3 boats can sail, however this will not count as a race toward the series.

Participants should arrive early enough to have their boats rigged and ready to sail by 9:30AM. It's better to be early to the starting line than it is to miss the start of the race! It is a good idea for sailors to get out on the water with enough time to test the wind conditions and get comfortable with their boat. The race committee will start the races promptly at 10am on the water and usually finish just in time for lunch served in the clubhouse. Two races will be sailed each day. There will be a skippers meeting early in the season to discuss the race procedures, however after a few weekends the race committee will meet the sailors on the water. Junior sailors who wish to improve through experience should get involved with the senior racing Saturday afternoons in Lightnings and Mariners. Crews are always in demand.

LBIYRA Interclubs – (<http://lbiyra.org>)

Hosted by the Long Beach Island Yacht Racing Association, interclub racing provides the opportunity for competition with young sailors from other local clubs on the island. The fleets tend to be larger and this racing provides a broader experience compared to home club racing. Sailors who have gained experience racing on the weekends and are comfortable with the racecourse are eligible to participate. Participants must be registered with the waterfront program. Held every Wednesday, interclub racing is a full day of competition sailed at a different yacht club each week.

Okay, I'm ready to Race!

Before you go:

1. Understand that attending a regatta is a rewarding commitment.
2. Check with the head instructor for participation approval.
3. On Monday sign up to participate in the Interclub/ regatta on the form/sheet located on the waterfront notice board. (Also see SCYC racing Schedule)
4. You can transport your own boat to the interclub/regatta if you wish. It's a good idea to load your hull and gear the day before. Optimists can often fit into the back of an SUV or on the roof rack. It's a good idea to bring a dolly for your boat so you can move it around on land and launch your vessel easily.
5. SCYC has a trailer for Optimists and a trailer for sunfish/lasers. Parents of sailors going to regattas MUST sign up to pull a trailer to and from a regatta AT LEAST once prior to the start of the program. A fee will be imposed if no one is available to pull a trailer. See the trailer sign up sheet in waterfront office.
6. Trailer space is offered on a first come first served basis. Sailors must sure to sign up to get on a trailer on Monday. After lessons on Tuesday, load your boats onto the SCYC trailer with your class members. The instructor is present to assist you but not to do the work for you. Many hands make light work, so help others out so they help you. Be sure to secure your boats onto the trailer properly and double check that your boat will not move around. The club provides straps that work well. Secure all lines and bailers etc. so that they do not drag on the street. You are responsible to make sure your boat is properly placed on the trailer. 420 sailors must make arrangement to get their boat to the regatta venue. As a policy, SCYC does not tow by water to interclubs.

7. Get a good night's sleep so you are well rested for the big day ahead. Eat a good breakfast in the morning; you'll need the energy throughout the day. Usually the host club provides bagels and juice in the morning for sailors as well.
8. Pack an energy bar or snack in a zip-lock bag and bring a bottle of water.
9. Bring sailing gloves, sun block, a windbreaker, sunglasses, PFD, and shoes. It is a good idea to bring a bag with a towel and a change of clothes.

Getting There

10. Parents are responsible to get their sailors and rigging to and from the event. (See *the attached map of LBI for directions*) Often parents organize a carpool and take turns transporting sailors to interclubs. Sailors should arrive at the club hosting the event by 8:30 AM. This will allow for time to unload the boats and rig them for the day. An instructor will be available to assist with rigging questions. It is your responsibility to rig your own boat.
11. Sailors must register for the interclub/regatta upon arrival. This is usually somewhere in the host clubhouse. Registration requires completion of a parental consent form with an adult signature. You will also need to give your name, DOB, sail number, and yacht club you are sailing for. The fee is \$5, which covers the cost of the lunch that is provided. The fee for other regattas can vary. Be sure to pick up a copy of the sailing instructions and **read them** if provided.

Ready to go sailing!

12. A skippers meeting will generally be held at 9:30 AM. During this meeting the racecourse and sailing instructions will be reviewed. All sailors must attend this important meeting. All competitors should be sure to gather with other sailors from SCYC. Their coach will surely review the race instructions and give advice on many aspects of the day. Sailors should check in with their coach before launching.
13. Sailors will usually launch after this meeting to begin their day of sailing. Sailors should listen for the harbor signal that indicates the launch. This is when the race committee leaves the dock to go out to the racecourse. Sometimes they postpone departure due to wind / weather conditions. Sailors should ask around to get an idea of the types of currents, water depths, and prevailing wind conditions on the racecourse. Know how long it will take to get to the starting line. Be aware of your surroundings when on the water. Know where the club is and which direction to go to get home. Know where the channel is and be cautious. Identify the course marks and the location of coach boats and the race committee. If time allows sail upwind on the racecourse to get a feel for the wind and the favored side. Be ready to start the race at any time. Stay close to the starting line.
14. Parents may stay at the club while children are sailing but are not required to do so. Some clubs have a good view of the races while others do not. Some parents have a powerboat to observe the racing. If you are an operator of a powerboat, be

sure NOT to interfere with the racing. Watch your wake and give plenty of room to boats on the racecourse. Parents will NOT be permitted to ride in a coach boat to watch the sailors.

15. Sailors should approach the coach boat after each race to get feedback on their race. Be ready to sail back to the starting line. Sailors should never go too far away from the starting line and should be ready to start the next race immediately.
16. Lunch may be provided on the water or on land depending on a variety of situations. Often lunches are given to the instructor who then gives them out to the competitors.

The day is done, or is it?

17. After racing, sailors will head back to the host club to de-rig and load their boats onto the SCYC trailer or onto your own transport. Sailors are responsible for the care and loading of their own boats and rigging. Be sure to properly secure your hull! Make sure all lines are coiled and secured. Be sure your bailers are secure also. Nothing should be allowed to fall out onto the road! Ask your coach if you have questions or concerns.
18. An awards ceremony follows the racing and there are usually snacks and refreshments available. If you are the winner or not it is expected that good sportsmanship is demonstrated. Be sure to talk to fellow competitors about the day, make friends! Interclubs can end anytime between 2pm and 4pm. The sailing instructions will indicate the time limit of a race and the latest that a race can be started. This is usually about 3pm.
19. Parents are responsible for picking up their children and transporting them and their gear back to SCYC. If you are not transporting your own boat then SCYC will transport the hull back to home base.
20. Make arrangements to store your equipment in its proper place when you get back to SCYC.
21. Congratulate your sailor for a job well done!

Going to Regattas

Anyone who is involved with racing is encouraged to attend as many regattas as possible. Attendance at regattas truly expands a sailor's experience and thus improves those sailors' skills. Don't forget: going to a regatta is a FUN TIME! The procedure for going to regattas is similar to our interclubs with a few travel allowances.

Parents are Important!

You can help emphasize what really matters in a regatta: have fun sailing! It is important for you to speak positively of sailing and racing. It is important that your sailor want to be a part of racing and not be over encouraged to do it. Sometimes this can cause regatta

burnout. Stress that winning is not everything but learning something new each race is important. Sometimes when parents are helping to get ready in the morning they get nervous or anxious and sailors can pick up on that. Try to be calm, relaxed and optimistic. Help to keep your sailors at ease as they prepare for the day. Deemphasize over exultation when they do win. The way that pro football players spike the football in the end zone is a common example. Such display is not proper etiquette. Instead sailors should have open dialogue and friendships with their competitors. Knowing what their competitors know can help them to improve. Sailors can get frustrated when they have a bad day but always remind them that you can't win a race you're not in. There's always another regatta to sail. Stay with it and you'll succeed.

Schedule: See attached schedule page!