



# 2006 Junior Sailing Program Parent Handbook

## Program Objectives

*The SCYC Sailing program will strive to:*

1. Give students an appreciation of the pleasures and enjoyment of sailing as both a competitive and recreational activity.
2. Instill competence in the handling and maintenance of large and small boats with an understanding of the basic elements of seamanship and safety.
3. Develop skills as competitive racing skippers and crews with a thorough knowledge of racing rules, tactics, and techniques.
4. Develop an appreciation of and philosophy for self-reliance, dependability, courtesy, sportsmanship, teamwork, and respect for property.

## Daily Routine

Upon arrival to the clubhouse *sailors should check in* with their instructor for directions. Although on most days, weather permitting, the boats shall be rigged and ready to sail, there will be certain days where the lesson will be conducted on land and rigging is not required.

### Morning Lessons

The morning lessons begin promptly at 9 am. After sailors learn to rig their boats it is expected that the **boats be rigged by 9 am**. Thus, it is recommended that sailors **arrive by 8:40am** so that they have ample time to rig. Typically this is the 2<sup>nd</sup> or 3<sup>rd</sup> week for beginner sailors and by the end of the first week for intermediate and advanced sailors. It is important that sailors are prompt to arrive for lessons so that they do not delay the entire class. Sailors that arrive 15 minutes late to a class will not be permitted to participate in the lesson and will be sent home for that day. Lessons will conclude at 11:45, however time should be allowed for the putting away of boats.

In order to **ensure safety** and establish a plan for the day, sailors will typically meet with the instructor at the lesson start and will discuss the skills to be learned and activities for the day before going on the water. This could take up to 30 minutes. This is an essential component of an efficient, effective, and safe sailing class. We feel that sailors should

spend most of the class on the water but not at the expense of focused objectives or assurance of safety. The instructor will close the lesson with a brief review and discussion of the day's events where each sailor can ask questions or reflect on how to improve. Sailors shall not leave until all equipment has been washed and properly stored and the instructor has dismissed them.

### **Afternoon Lessons**

Afternoon lessons begin promptly at 1:30pm. Boats must be rigged and sailors must be ready to sail by 1:30pm. Thus, it is recommended that sailors arrive at 1pm to ensure their boats are rigged on time. This will help to maximize the time sailors spend on the water. Sailors arriving over 15 minutes late will be sent home for the day. As with the morning lessons, sailors shall meet with the instructor at 1:30pm to discuss the racing tactics, drills, and skills to be learned that day. The afternoon lesson will return to land around 4pm at which time sailors shall haul boats out of the water, de-rig, and stow equipment. Prior to completing de-rigging, the instructor will meet with the entire class to discuss the day's outcomes, sailor strengths, sailor weaknesses, and tips for improvement. Tuesday afternoon lessons may involve a distance sail to another club to prepare for the interclub the following day. Be sure to check with your instructor to be informed of the Tuesday afternoon plan. Remember, parents are responsible for boat and sailor transportation. *(See Regatta and Racing Guide)*

### **Being Prepared** *(what do I need for sailing lessons?)*

- Eat Breakfast / Lunch
- Wear a Coast Guard approved life jacket or PFD (personal flotation device) at all times. We recommend a type III PFD. This must fit properly and be in good condition.
- A whistle shall be attached to the PFD
- Sailing gloves
- All equipment required to operate the boat (bailer, blades, rig, etc...)
- Last name must be visible on the transom of all boats stored at SCYC
- Write your name on ALL equipment with permanent marker.
- A bow line of at least 20 feet long with a 5 inch loop at the end.
- Water bottle
- Sunscreen
- Bug spray on west wind days
- 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 shoes water shoes, or sandals (not flip-flops)
- Be sure to wear a bathing suit and bring a towel.
- Note pad and pencil (Advanced Sailors)

## **Additional Requirements of Sailing Participants**

- All students must pass a swim test
- All registration/ medical forms must be completed and fees paid in advance.
- All sailors are responsible for the rigging and de-rigging of their boats.
- All sailors must have their boat set up and equipped before class begins.
- It is your responsibility to secure your boat to the rack each day.
- All sailors shall help others in their class move the boats on and off of the racks. Classes will not be dismissed until all boats are stored properly.

## **Sailor's Code of Conduct** *(all sailors must read this)*

This Code of Conduct represents the most important ideals and guidelines to follow in order to have the most fun during your summer sailing experience.

Simply stated, it is an agreement by all sailors to:

- Be on time for lessons.
- Attend regularly
- Sail for fun and the love of the sport. Enjoy yourself.
- Be cooperative, supportive and respectful of other people and their property at all times.
- Listen to and follow your instructors' directions.
- Listen, ask questions, and watch others to see how you can better your skills.
- Participate 100% in daily activities
- Study and sail within the Right of Way rules
- Be a team player - get along with your classmates.
- Be considerate in success and failure, victory or defeat. (be a good sport)
- Use good language – the use of profanity, obscene language, or obscene gestures is not permitted.
- Remember that your actions both on and off the water reflect upon you and your sailing club.
- NEVER participate in any physical violence, fighting etc. under any circumstances.

## **Discipline**

It is the intent of the Sailing Program that all participants involved have a safe and enjoyable summer. If any participant is unwilling to maintain safe conduct while on club grounds or on the water and demonstrates inability to follow the code of conduct, he/she will be subject to discipline according to the following steps:

1. Verbal warning / correction from instructor
2. Discussion with sailing instructor, report to Head instructor and documentation of behavior.
3. Discussion with Head Instructor and/or Waterfront Director, notification to parents and documentation of behavior.
4. Parent conference with junior sailor, Waterfront Director, and Instructor prior to returning to classes. Discipline may include suspension from program activities for a day.
5. Chronic disciplinary issues cannot be tolerated in a waterfront program. To ensure safety and fairness to all sailors and instructors, disciplinary action may include but not be limited to immediate dismissal from the program.

## **Parent Guidelines**

Parents / guardians are an important part of a successful summer. Parents should be involved and supportive of their children 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.
- Encourage your child to participate in the SCYC weekend junior racing series.
- Show a positive attitude toward the SCYC program and all of its participants.
- Emphasize skill development and practices and how they benefit your young athlete.
- Review lessons with your child at night by showing 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 SCYC program.
- On a special note, parents of beginner sailors can assist with the movement of boats but are asked not to rig boats for sailors. This process will be covered as a part of the lesson.
- Please do not interrupt classes while they are in session and after the lesson begins it is asked that parents leave the lesson area so that sailors may focus fully on the instructor and the lesson.
- Due to the large participation in the program we ask that sailors only be present at the club during their scheduled lesson times. Children may not "hang out" at the club while lessons are underway. Games on the porch are closed for use during lessons.

## Communication between Parents and Instructors

The communication between parents and instruction staff is a key element in providing an effective and successful summer experience. If you have a specific concern or issue relating to sailing instruction that you would like addressed please refer to the following guidelines:

1. First, kindly speak directly to your child's instructor but **NOT** during lesson times.
2. If you feel that you did not receive satisfaction then please speak to the Sailing Coordinator or Head Sailing Instructor.
3. Lastly, you can speak to the Waterfront Director.

Any other questions, issues, or concerns regarding the Sailing Program should be directed first to the Sailing Coordinator / Head Instructor and then to the Waterfront Director. Please follow the above protocol to assist us in providing a consistent approach mutually agreed upon by all. Following these guidelines promotes respect and trust within the program and its' staff. We all thank you for your support and look forward to a safe, fun, and memorable summer.

## Curricula

SCYC follows a curriculum that is aligned with the United States Sailing Association. For more information on our courses please see the SCYC yearbook.

## Presenting the Program Staff...

### Sailing Coordinator / Director

Andrew Temme

### Instructional Staff

Brian Wilkes  
Catherine Hilliard  
Alex Lobo  
Becky Templeton  
Cori Erb  
Jenn Ryerson  
Lydia Boylan  
Ally Day  
Daniel Gilman

