

Eastern Yacht Club Junior Sailing Program



2011 PARENT HANDBOOK



EYC Junior Sailing Program 2011
Parent Handbook

Summer 2011

Welcome to the Eastern Yacht Club's Junior Sailing Program!

Program Director Liam Kraft and our dynamic staff of instructors promise to make it an exciting and educational summer for all new and returning junior sailors. Our mission is to provide a fun, informative, and safe introduction to sailing.

We hope the following information will help you and your child prepare for the first day of sailing class. Please reach out to anyone on the Family Sailing Committee or contact Liam with questions and concerns. We're here to help!

Jonathan Lubeck, Co-Chair 631-4554 Jonathan.Lubeck@sylvania.com
John Thompson, Co-Chair 631-1463
Kim Hutchinson
Don Hancock
Ty Janney

Liam Kraft cell 781-307-1112
Junior Sailing Hut 781-639-4163 (during camp hours)
email familysail@easternyc.org.

Ready the sails and prepare for a fun summer on the water!

~ EYC Junior Sailing Committee

IMPORTANT INFORMATION

Daily Essentials

The following items can worn or stowed in a backpack; be sure to **label everything** well:

- proper-fitting life jacket
- sunglasses and/or hat
- non-marking, skid-proof shoes (ex. Crocs, Texas, water shoes)
- sunscreen (apply before camp)
- water bottle
- foul-weather gear
- extra layers for wind or chill (ex. fleece, windbreaker, rash guard)

Medical & Waiver forms—All sailors **must** submit updated medical and waiver forms before start of camp, which you will find at the back of this handbook. Your child cannot sail without these forms on file.

Rain & Bad Weather—Junior Sailing classes will not be cancelled because of weather. In the case of bad sailing conditions, sailors will participate in off-water instruction and games/activities. We will sail in light rain so be sure to bring appropriate rain gear and a change of clothes.

Safety—Safety first! **Lifejackets are mandatory.** Junior Sailing staff will err on the side of safety when making weather-related activity decisions. First aid kits are located in each Sonar, in both motorboats, and on the Opti float. Guests may not participate in regular classes for reasons of safety, skill expectations, and class flow. Please consider private or group lessons for your guests. If your child has medical conditions, please be sure to alert and discuss protocols with Liam and your child's instructors.

Swim Test --During the first week of class all students will be required to take a swim test. This is to ensure both comfort in the water and proper fitting of lifejackets. With lifejackets on, sailors will be asked to swim approximately 20 yards and tread water for one minute—while smiling, of course!

Optimist Information

- ✓ The Opti Dock is located up off Riverhead Beach and the causeway.
- ✓ Privately-owned Optis **must** be on the float prior to the first day of class.
There will be a Parent Meeting on 6/13 at which time boats can be brought to the grass outside the Junior Sailing Hut. Instructors with dollies will on hand to assist in bringing boats down to the Pleon docks, launching and towing them to the Opti Dock. Optis can also be launched from Riverhead ramp.
- ✓ Be sure that all removable parts of your boat (rig, blades, etc.) are **labeled** with last name and sail number.
- ✓ Attach a labeled bailer to your boat. Please check your parts inventory against the enclosed Opti description before your first class!
- ✓ Space on the Opti Dock is extremely limited. When you are not registered for a sailing session, you need to find a place other than the EYC float to store your Opti. Limited rack space is available in the EYC dry sail area - contact Dock Master Mike Smith for more info.
- ✓ Please be aware that all Optis on the Opti Dock are privately-owned. Several families have been generous enough to share their boats with others during class. Please do not use someone else's Opti outside of class, unless you have the owner's permission.

Drop off and Pick up

- ✓ For safety reasons, parents must and check out their sailors at the Junior Sailing Hut with their head instructor each day.
- ✓ Please be on time for drop off to allow the class to start on time and get to all the fun the staff has planned!
- ✓ The sailing staff cannot be responsible for babysitting so please pick up your child on time. The Hut will be unmanned during lunch hour. The time between morning and afternoon classes is reserved for instructors' lunch, weather checks, and getting boats and lesson plans ready for the next class.
- ✓ For the safety of your young children, the staff will not release your child to anyone other than you or a regular alternate. There will be a daily sign-out sheet at the Hut where you can note different arrangements.

Progress Reports- At the end of each session, parents will receive a written progress report. Our staff is happy to answer quick curriculum or progress-related questions with parents at the end of class as well.

Communications and Website - Each week Liam will publish a note to the Junior Sailing community. Here you will find recaps of our adventures of the past week

and what the next week holds in store. Check your e-mail. There will be copies at the hut and posted to the Junior Sailing section of the EYC website where you'll find the newest pictures, other communications and program updates.

"Friday Fun Sail"— Each week Liam will post details and a sign up at The Hut for Friday Fun Sail. Adventures in the past have included motorboating to Brown's Island or sailing over, tying-up at The Landing and walking to get ice cream at Coffey's! This is a fun event from 1-3:30PM open to all junior sailors in that session. Cost is \$10/child and will be separately billed.

Float Parties - There will be two Junior Sailing Float Parties this summer. The first will be on (tentatively!) 7/10. The second will be 8/19 and will mark the end of camp with the Jr Sailing Awards Banquet. Details and sign up for help will be posted at The Hut. Families are welcome to motor under their own power or be shuttled out by the instructors to the Opti Dock and enjoy a beautiful evening of Opti sailing, food and fun. Burgers, hot dogs and juice/soda will be provided. Side dishes are potluck. Sign up in the Hut.

Private Lessons- We encourage your children to develop their sailing skills and confidence with one-on-one private lessons. Conducted on the weekends or evenings around your schedule, private lessons are the quickest way to hone their Opti sailing skills or develop confidence on the water with a group of friends in a Sonar with our fantastic staff. Lessons are also available to visiting nieces, nephews and friends. For more information, contact Liam.

Adult Sailing- Are your kids buzzing around in their Optis and you're jealous of how much fun they're having? Does your spouse go out racing and you wish you could join in the excitement? Well, this is your summer to learn to sail! Adult group and private sailing lessons are available all summer in the Sonars or on your own boat. EYC Sailing Director, Greg Wilkinson, wants to help you reach your goals and enjoy the breeze. Please contact Greg with any questions. You can reach him at 978-290-1487 or by e-mail at greg.wilkinson@easternyc.org

EYC JUNIOR SAILING STAFF 2011

Liam Kraft, Director This is his sixth year with the Junior Sailing Program. Liam sails and plays golf and tennis. He has been sailing for +13 years and like our sailors started out in Opti's then moved up to 420's and Lasers. Liam is looking forward to another great summer with our junior sailors! Liam graduated this year from Boston College where he played club golf, soccer, and basketball.

Tori Snow, Head Instructor Tori is a Marblehead native and has been sailing Optis and 420s at Pleon Yacht Club since she was eight years old. This is her sixth year with Junior Sailing. Tori is a senior at Rollins College where she plays varsity lacrosse and she is very excited for another summer on the water with Junior Sailing.

Katie Houser, Head Instructor Katie is another returning Head Instructor who grew up sailing at the EYC and Pleon before her family moved to Maine (where she sails out of Portland Yacht Club). Katie is a serious alpine ski racer and will be a junior the fall at Colby College. She is looking forward to being out on the water this summer.

Ryan Braun, Head Instructor Ryan has spent his whole life on the water sailing and boating with his family. He has experience being in all kinds of sail boats, and this is his fourth year as a senior instructor, and his sixth summer in the program. Ryan will be a junior at Clarkson University this fall.

Liza Dingle, Head Instructor Liza grew up in Marblehead sailing Optis and 420s at Pleon. This is her third summer as a head instructor. In the fall she will be attending college. Outside of sailing Liza ski races and acts. She is excited for another great summer sailing!

Hank Myers This will be Hank's sixth summer instructing and working with our junior sailors. He spent five years sailing Opti's and 420's at Pleon and grew up around boats. Hank is from Swampscott and just completed his freshman year at college.

Junior Instructors:

Paige McManus: From Marblehead, Paige has spent the past seven summers sailing and racing at Pleon. She has six seasons of racing experience both in Lasers and Optimists. She won the Mass Bay Junior Olympics in Laser 4.7 in 2006; was 2nd at

Marblehead Junior Race Week and was one of the girls from Pleon who sailed in the US Junior Women's National Single handed Championships last summer.

Hannah Lynn: Many years ago a Junior Sailor, Hannah is a returning instructor with lots of experience with program. She spent two years in Optis, and two in Sonars, and from what she remembers had a blast! She grew up sailing in Marblehead, and races Sonars, Etechells, Optimists and Lasers. She's starting her eighth year at Pleon. She hopes to pass the knowledge and experience on to young sailors while also making sure to have a great time!

**EYC JUNIOR SAILING
2011 CLASS SCHEDULE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning 9-12	EYC Camp Opti II	Intro to Sail Opti III	EYC Camp Opti II	Intro to Sail Opti I	EYC Camp Opti III
Afternoon 1:00-4:00	Opti I Opti III	Sloop Sonars <i>1:30-3:30</i> Opti II	Opti I Opti III	Sloop Sonars <i>1:30-3:30</i> Opti II	Friday Fun Sail

Classes:

EYC Camp Exposes young campers (ages 4-8) to Sonar sailing; for campers in the EYC Camp only.

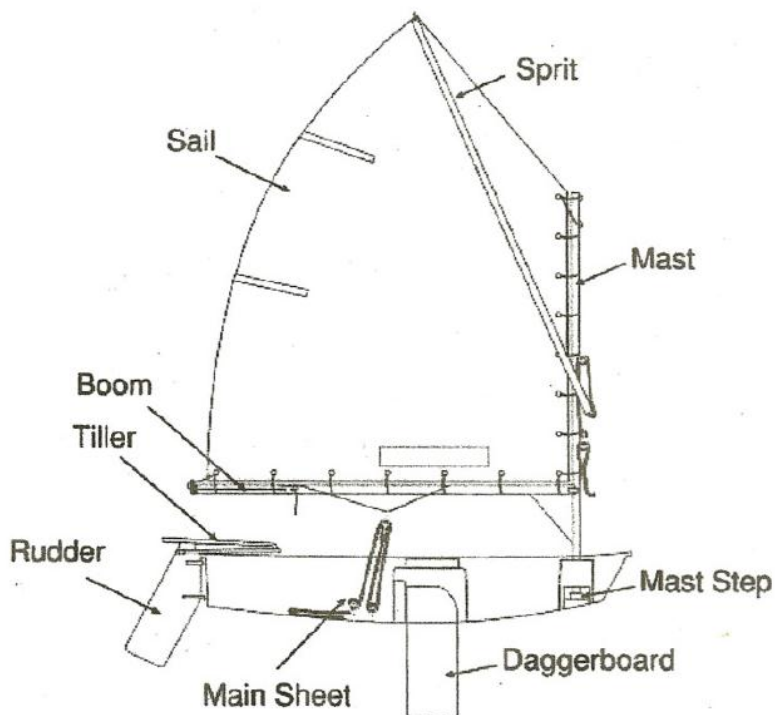
Sloop Sonar Expanded Sonar sailing for youngest sailors (ages 5-6).

Intro to Sailing Sail in both Optis and Sonars to provide a broad introduction to junior sailing for older campers (ages 7-8).

Opti I Introductory class teaches basic boat handling skills for children 8+ with no prior dinghy sailing experience. The class will principally be taught with 2 junior sailors to a boat to maximize fun and confidence on the water.

Opti II The class is designed for beginner, single-handed Opti sailors who have had an introduction to sailing through the Opti I class. The focus is on fun while building confidence and competence steering and maneuvering in their own boat. Sailors can provide their own Opti or rent a club boat on first-come-first-serve basis.

Opti III The class is for those who are ready for longer harbor explorations and basic racing skills. Participants will have the opportunity to race in Marblehead Junior Race Week (7/25-27) in the Opti Green Fleet. Sailors must have their own Optis.



(1) Parts of the Optimist

Pre-Season Check list:

	Mast
	Boom
	Sprit
	Tiller/Rudder
	Dagger board /Centre-Board
	Sail-ties
	Out-haul line
	Sprit-hoist
	Mainsheet
	Painter
	Mainsheet Blocks
	(3) Airbags
	Bailer
	Toe-straps

2011 Curriculum Grid

CURRICULUM GRID	Sloop Sonar	Intro to Sailing	Opti I	Opti II	Opti III
Safety/Rules	Lifejackets Right of Way Man Overboard	Life Jackets Right of Way Staying with boat	Capsizing Avoiding collisions Required Gear	Right of Way Rules Port/Starboard More work on righting & bailing boats	Basic Racing Rules Dinghy Starts Right of Way at Marks/Obstructions Hailing other boats Righting & bailing boat independently
Rigging/Stowing	Exposure to rigging and derigging a Sonar	Assist Instructors	Rig & Stow boat with assistance from Instructors Boat & gear care	Rig & Stow boat with help from instructors or peers Boat and gear care	Rig Independently Boat & Gear Care Race Preparedness
Boat Handling	Sail Handling Points of Sail Tell-tails Basic tiller work	Sail Handling Points of Sail Tell-tails Basic tiller work All of above for both Optis & Sonars	Tacking Jibing Getting out of irons Keeping boat moving	Points of Sail & Proper Sail Trim Rounding marks Reading tell-tails	Speed Control Stopping, backing up Getting boat moving from a stop Reading puffs/stulls and how to react Wind shift basics Roll tacking/jibing Heavy air, Waves, Hiking Towing
Nomenclature	Basic sailing terms & commands Boat & Sail parts	Basic boat parts Sail names Types of boat rigs	Points of Sail Parts of Sail	Sailing terms (ease, trim, head up etc) Basic weather terms	Basic Racing Terms More Weather Terms
Marlin Spike Seamanship	Basic knots Coiling lines	Cleating lines running clear	Coiling lines Figure eight & Square knots	Bowline hitches line throwing	Care of lines (taping)
Navigation	Fixed N,S,E,W Compass reading General marine obstacles	Fixed N,S,E,W Compass reading General marine obstacles	Fixed N,S,E,W	Fixed N,S,E,W Government Marks	Chart Reading Identify features of Marblehead Harbor & nearby Salem Sound Awareness of local rocks & shoals
Weather	Wind direction Basic weather observation	Wind direction Basic weather observation Tides/currents	Wind Speed (approx)	Seeing Puffs Wind shifts More on weather	Tides/Currents Fog Cloud basics M/head weather patterns

EYC
Participant Information Form
(please complete one form per child)

Participant name:
Address:
Phone (home, cell):
Email:

Mom name & home phone:
Cell phone:
Work phone:

Dad name & home phone:
Cell phone:
Work phone:

Alternate contact name & relationship:
Home phone #:
Cell phone #:
Work phone #:

Medical information
Physician's name & phone:
Health insurance provider & group #:
Dentist's name & phone:
Dental insurance provider & group #:

Please describe any medical conditions and/or medications regarding the participant that the staff should be aware of:

I agree that reasonable attempts will be made to contact me, or my designated alternate in the case of an emergency. In the event EYC Junior Sailing staff cannot make contact, I give permission for my child to be transported to the nearest source of emergency care and for necessary medical treatment to be administered.

Signed (Parent/Guardian): _____

Dated: _____

EYC
On-the-Water Activities
Acknowledgement & Release Form
(please complete one form for each participant)

Participant
Name: _____

Address: _____

The undersigned acknowledges and understands the following (NOTE: where the program participant is a child under the age of 18, the undersigned must be a parent or other legal guardian):

1. The Eastern Yacht Club program participants, parents and legal guardians have been given the opportunity, at scheduled meetings and otherwise, to ask questions and discuss with EYC staff the safety and recreational aspects of Eastern Yacht Club on-the-water programs and activities prior to their commencement.

2. The EYC has made reasonable and prudent efforts to safeguard the health and well-being of participants in EYC on-the-water programs and activities through safety policies and staff supervision of activities, among other measures. Such policies include, without limitation, (A) a strict policy regarding the required use of personal floatation devices by all program participants under the age of 16 during program activities; and (B) the administration of a swimming test appropriate to the activities of the program and its participants.

3. No safety measures, including those described above, can guarantee the safety of any participant in EYC on-the-water programs and activities. Accordingly, the undersigned hereby releases the Eastern Yacht Club, its employees, volunteer staff, agents and members from, and waives any and all claims, losses or liabilities resulting from or related to, the above-named person's participation in on-the-water programs and activities of the Eastern Yacht Club.

Signed: _____,
For children under age 18, the parent or legal guardian
of the above-named program participant

Dated: _____, 2011

Print Name: _____