

HUGUENOT JUNIOR SAILING

PARENTS & SAILORS HANDBOOK



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Table of Contents

Click on section name to go directly to page

[1 WELCOME](#)

[2 PURPOSE OF HANDBOOK](#)

[3 MISSION OF THE HYC JR. PROGRAM](#)

[4 OPERATING PARAMETERS](#)

[5 PARENTAL INVOLVEMENT](#)

[6 FOR PARENTS: What You Need To Know](#)

[Personal Gear Checklist](#)

[General Guidelines](#)

[Hours: Drop-offs & Pick-ups, etc.](#)

[Extended Day Program](#)

[Lunch](#)

[Pool Time](#)

[Parking](#)

[Sportsmanship](#)

[Participation and Behavior](#)

[Boat Maintenance](#)

[Instructors](#)

[Rainy Days](#)

[Progress Reports](#)

[Events Away from HYC](#)

[Work Parties](#)

[Other Activities](#)

[Additional General Program Information](#)

[7 NOTES FOR SAILORS](#)

[Sailors Code of Conduct](#)

[8 REGATTAS](#)

[Mandatory Pre-Registration](#)

[Medical Releases](#)

[HYC Junior Regatta Support](#)

[Off-Site Regattas \(Boat/Sailor Transportation\)](#)

[Fleet Coordinator \(Parent Liaisons\)](#)

APPENDIX

A. BOATS WE SAIL and DESCRIPTION OF INSTRUCTION FOR EACH

Optimist

RS Feva

Laser Radial

C. JUNIOR PROGRAM PERPETUAL TROPHIES

D. OPTI: INSPECTION CHECK-IN LIST

E. LASER: : INSPECTION CHECK-IN LIST

D. FREQUENTLY ASKED QUESTIONS

1. WELCOME

On behalf of the Junior Sailing Committee, Board of Trustees, and members of the Huguenot Yacht Club, we extend a warm welcome to all of our new and returning junior sailors and their families.

We are very excited about our summer program and believe we have an excellent and enthusiastic staff that will ensure your child has an enriching, memorable and fun summer learning to sail and race on the beautiful waters of Long Island Sound.

2. PURPOSE OF HANDBOOK

This handbook has been assembled to provide a guide for sailors and their parents/guardians involved in the HYC Junior Sailing Program. It offers a description of how the program operates, what is expected of sailors, guidance for and expectations of parents, general recommendations for gear and equipment, and much more. It is relevant for all sailors and parents - from 8-year-old harbor rookies exploring the harbor inside the islands, to our advanced racing sailors competing at the JSA of Long Island Sound.

3. MISSION OF THE HYC JR. PROGRAM

The mission of HYC's Junior program *is to introduce children to the sport of sailing not as just an isolated skill but as a way of life that can be enjoyed from childhood thru to old age.*

HYC has been a part of junior sailing on Long Island Sound over 90 years with a mission *to promote proficiency in management of boats, seamanship and sociability.* As such, hundreds of sailors have had the opportunity to experience sailing through our Junior Sailing Program. Young sailors from our summer program have gone on to compete in collegiate and national competitions. Also important are the countless young men and women who have leveraged their experiences at HYC to go ahead and make sailing a lifelong passion; whether it be ocean/coastal cruising, one-design racing, grand prix racing or day sailing.

4. OPERATING PARAMETERS

Program oversight is provided by the HYC Volunteer Junior Sailing Committee consisting of up to twelve selected Club members who are interested in supporting and advancing junior sailing. The Junior Sailing Committee develops long-term program strategies, handles budget administration, staff hiring, policy and procedures formulation; assists with and organizes work parties and regatta administration; and generally, acts as a sounding board for the Junior Program Director.

While the program is in session, the Junior Sailing Program Director is responsible for the daily operation of the program including curriculum development, coaching, staff development, and the overall health and safety of the students, instructors, CITs and visiting sailors.

We maintain a low instructor-to-student ratio to ensure all children receive the best instruction and have a fulfilling sailing experience. HYC instructors are responsible for providing a safe learning environment and follow a curriculum based on recommendations from US Sailing and the Junior Sailing Association of Long Island Sound (JSALIS). Instructors are responsible for monitoring student behavior while on the water and at events. CITs also assist instructors as needed but do not actively instruct the sailors while on the water.

Several committee members may also act as Parent/sailor liaisons to assist and provide guidance to Fleet Coordinators with the planning, execution, and follow up required for various off-site trips, regattas and events attended by the HYC junior sailors. A different Fleet Coordinator can be assigned to coordinate travel for each of the local races. Roles and responsibilities as well as travel rules and regulations for events away from HYC are covered in Regattas - Section 8.

5. PARENTAL INVOLVEMENT

Parent volunteers and friends of HYC Junior Sailing are vitally important to the success of the Program. Parents with sailors at all levels are highly encouraged to help, however, the level of necessary involvement increases as he/she transitions from beginner, to intermediate and then a racing sailor.

If your child is in one of our summer session beginner or intermediate levels, your part is minimal. Please ensure your child arrives on time, is prepared to learn, and ready to have a good time. At the end of the day, please ensure arrangements have been made for your child to be picked up on time or travel home to destination.

Volunteering is a great way to get involved, meet other sailing parents, and participate in your child's activities outside the home. Areas to participate as a volunteer include:

- HYC Junior Regatta support, boat/sailor transportation, etc.
- Work parties to repair and maintain Junior Sailing Program facilities
- Fleet Coordinators who serve as the point person for off-site regattas

Competitive sailing teaches self-confidence, decision-making, teamwork, sportsmanship, tactical thinking, organization, and sometimes humility. Sailors at any age never stop learning; there is always something to do to get better. Because of this, the HYC Junior Sailing program strives to push responsibility as appropriate to the sailors, but we need parental support to achieve the complete objective.

More information and details about volunteer opportunities can be found in Section 6 (For Parents) and Section 8 (Regattas).

6. FOR PARENTS: What You Need To Know & Do

This handbook is designed to help you understand the full scope of the Junior Sailing Program at HYC and the divisions of responsibility between sailors, instructors, parents, and the other individuals that make all of this happen.

What do you as a parent need to know and do? The answer varies depending upon the specific curriculum your sailor is participating in. Generally, the more advanced and the more traveling your child does, the more there is to know and do. However, there are a few things that every sailor either needs or be able to demonstrate.

Personal Gear Checklist

All personal gear should be **labeled** (with name or sail number) with a permanent marker:

- Lifejacket:** must be sized properly and fit comfortably. Specifically, USCG approved Type III, these jackets specifically designed for sailing and provide the proper flexibility and are Coast Guard approved. Whistle (attached to life jacket)
- Shoes:** Closed toe, rubber-soled shoes such as boat shoes or sneakers (not water sox)
- Sunglasses and/or Hat:** with a brim suitable to shade the eyes and face from the sun
- Sunscreen (SPF 30 or higher)** -- ample supply; *no aerosol sunscreens
- Refillable Water bottle**
- Swimsuit**
- Sailing Gloves (optional)**
- Windbreaker/rain jacket or spray top**
- Towel**

Other items that sailors may find handy at times:

- Long sleeve top/sun cover up -- rash guard
- Lock
- Money for Ice Cream (at the end of the day)
- A daily change of clothes
- Backpack or gear bag to carry stuff
- Zip-lock bags to store both dry and wet things

Items that should NOT be brought to the Summer Program:

- iPods, radios, or other electronic toys
- Skateboards, scooters, roller blades, etc.
- Water pistols, water balloons, etc.
- Extra money, jewelry or other valuables

* Due to allergic reactions demonstrated by some junior sailors

** **Cell Phones:** *Please instruct your sailor not to text or call during Summer Program hours unless it is an emergency. Sailors will not be permitted to bring cell phones on the water*

Swim Test

Every child participating must demonstrate that their life jacket fits appropriately and are comfortable swimming with it on or off. Sailors will never be allowed on the docks or in boats without their lifejackets. Each sailor is tested on their ability to swim on the first day of the program by the HYC lifeguards.

Typical Day

A typical day at HYC for all curriculums starts with an onshore brief to discuss the agenda and lesson objectives. After rigging boats, the sailors launch and learn/practice the skills and objectives of the day in the morning, and again in the afternoon. The middle of the day includes lunch served at the picnic tables followed by free swim in the pool. After sailors return to shore at the end of the day, they secure their boats and participate in a debriefing session.

General Guidelines

Attendance

Please notify the Program Director in advance or before 9:00am the same day if your sailor will not be attending for any reason, or he/she needs to arrive or leave early.

Email: hycjuniorsailing@gmail.com

Phone: 914-636-6138 (Jr Sailing Program Office)

If your sailor needs to arrive late or be picked up early due to a doctor's appointment or other unavoidable circumstances, this should be done between **12:00pm and 1:00 pm only**. This is because sailors generally leave shore for the docks at 9:15 am in the morning session, and 1:15 pm for the afternoon session and our staff cannot shuttle individual sailors back and forth from the docks.

Program Hours: Drop-offs & Pick-ups, etc.

The program runs daily from **9am - 4 pm Monday thru Friday, except July 4th**. Please be on **time dropping off and picking up your sailor(s)**. When dropping off your sailor, pull up slowly to the Junior Sailor room where each parent/guardian will be asked to sign in your

sailor from your vehicle. At the end of each day, parents/guardians are required to sign-out each sailor at the picnic table area.

For added convenience, optional extended care programs are available for an additional fee in the mornings from 7:45am - 9:00am, and again at the end of the day from 4:00pm-5:15pm for late pick-ups. Refer to the next page for more details.

IMPORTANT: If your child arrives before 8:45am, he/she will automatically be enrolled in the morning extended care program at cost of up to \$15 each morning. Likewise, if your child is picked up late in the afternoon, he/she will automatically be enrolled in the extended day care program for an additional cost of up to \$15 per afternoon. You will be notified by email when a charge is incurred.

Extended Day Program

To help accommodate your family's busy schedule, you may sign up to extend your child's day in the morning as well as the afternoons.

- **AM:** early drop-offs begin at 7:45am and include fun activities and a light snack. Cost is \$150 per session, and \$50 for Intro to Sailing / Racing Clinic.
- **PM:** pick-up time is extended through to 5:15pm and include outdoor activities and pool time (weather permitting). Cost is \$150 per session, and \$50 for Intro to Sailing / Racing Clinic.

You must register and pay in advance by using the online registration form or sending an email to: hycjuniorsailing@gmail.com

Lunch

Lunch is provided to the sailors daily. Lunch is prepared Mondays - Wednesdays on-site by Huguenot's Chef Maurice and includes freshly prepared meals and a vegetarian option. Thursday is usually Wedge Day, and Friday is Pizza & ice cream day from a local pizzeria. Each day filtered water and fresh fruit will be provided with lunch, except on Pizza Day there will be salad.

Note: The local ice cream truck visits at the end of each day at 4:00pm. Sailors can purchase ice cream at that time with their own money.

Pool Time

Each afternoon following lunch (WEATHER PERMITTING), all sailors can participate in recreational swim time and pool activities at our Club's beautiful on-site pool. All sailors must wear a swimsuit, obey posted guidelines and follow the instruction of the lifeguards at all times. Sailors are required to bring and use their own towels.

Parking

Please follow HYC rules with respect to parking. Non-Members and Members without HYC parking stickers are not permitted to park in front of the Club House and should park in designated guest parking areas. The designated Flag Officers' parking spaces in front of the clubhouse should not be used for any reason.

Sportsmanship

As adults, we set the example for our Junior Sailors. Therefore, we ask parents and everyone else associated with the program to model good sportsmanship and fair play. We want to emphasize performance goals rather than outcome goals.

Personal & Private Charter Boat Inspections

If your sailor is using his/her own sailboat during the program or chartering it privately from an individual outside of the Huguenot Yacht Club, it must undergo an Equipment & Safety Inspection prior to usage.

Boats must be delivered to the club for inspection and check-in ONLY during the week prior to the start of Session 1 or Session 2 between Tuesday & Friday from 3:00pm - 5:00pm, or a \$25 fee will be incurred. Do not drop off boats at the Club without making prior arrangements via email: hycjrsailing@gmail.com

A check list of all safety and equipment requirements for Optis and Laser sailboats can be found in the Addendum.

Boat Maintenance & Equipment

Learning boat upkeep is part of learning to sail. Therefore, our sailors are responsible for maintaining their boats, both private and chartered. Sailors will be expected to keep their boats clean and identify missing, broken or worn equipment. Keeping a boat shipshape is also important for safety reasons.

Opti and Feva sailors who charter a club boat are responsible for ensuring it is properly maintained and race ready. Should there be an equipment problem, the sailor should bring it to the attention of the sailing staff immediately. Laser sailors must use their own boat or charter it privately.

Parents must constantly communicate with their sailor as to the condition of their boat and equipment. If properly maintained, the boats we use are very durable. However, sailboats are used in a relatively harsh environment (wind, saltwater, sunlight) and from time to time equipment must be replaced. Boats that are constantly in a state of disrepair will limit your sailor's ability to improve and enjoy the experience.

All sailors are responsible for ensuring their boat is properly stored, secured and **MUST** be tied down. HYC is not responsible for damage to boats as a result of high winds, thunderstorms, flooding, or other acts of Mother Nature.

HYC has many spare parts at the same price as the local vendors and can be procured from the Junior Sailing Program Director - replacement costs will be assessed to parents via HYC monthly billing - and if HYC does not have the specific part your sailor needs, there are several local dinghy chandleries nearby, we recommend the [Dinghy Locker](#) or [West Marine West Marine](#) in Stamford, the [Boat Locker](#) in Westport, and the [Dinghy Shop](#) in Amityville.

Participation and Behavior

Sailors are expected to participate in the on-the-water activities each day. Sailors are also expected to demonstrate acceptable behavior and respect for one another so that everyone has fun and stays safe. Anti-social behaviors such as bullying, rough housing, ignoring safety rules and/or destruction of equipment will not be tolerated and may result in reduced sailing time or termination from the program if problems persist after parent/guardian has been notified. Please direct any concerns regarding your sailor (or another sailor) to the Program Director.

Working Together

Please demonstrate respect for instructors, the Program Director and other Club employees as consistent with HYC rules regarding members' interactions with Club staff. Except in emergency situations, if a problem or concern arises, please make an appointment (through email or phone) with the Program Director or contact a member of the Board. You can send all emails to hycjuniorsailing@gmail.com. During the season, both the Director and Committee Chairs will receive these emails.

Rainy Days

Sailing is a weather dependent sport and part of learning to sail is also learning how to deal with the elements, which can be hard to predict. While we try to go out on the water both in the morning and afternoon each day, there are occasions when there may be too much or too little wind, or fog and rain. Safety is top priority and the Director and Instructors will make decisions based on then-current conditions and predictions, and the sailors' skills. The Program staff will have a rainy-day plan to keep some or all of the sailors entertained if weather conditions don't cooperate. We expect all of the sailors and parents to be flexible.

Progress Reports

Your sailor's Instructor and/or the Head Instructor are available to provide you with updates on his/her progress in person at pick up time. Please contact the Director ahead of time to arrange an informal meeting.

Events Away from HYC

There are a number of regattas and events HYC Junior Sailors participate in throughout the year requiring travel. Some are relatively close to Huguenot and essentially consist of a day trip. Others, such as Opti Champs can be many miles away at other yacht clubs.

See Section 8 - Regattas for more detailed description of parent involvement in helping out with travel and off-site events.

Work Parties

Work parties are occasionally held to facilitate maintaining Junior Program equipment and facilities. Junior sailors, parents, and anyone interested in supporting the Junior Program are welcome to participate. The Junior Sailing Committee will typically announce the need for work parties via email.

Junior Sailing Events at HYC

Prior to the start of the summer program, a parent/sailor orientation night is held at the HYC Clubhouse. If this is your first year with the program, this orientation is highly recommended. Come meet the Junior Sailing Committee members and the Program Director, the instructors, and other parents and sailors.

The Friday Evening BBQ occurs mid-July on the evening of the last day of the first Session. This is a summer family night, an opportunity for your young sailors relax and play, and a great opportunity for the parents to meet and relax without having to rush off to work or home at the end of the day.

The Junior Sailing Awards Night is held at the end of the Second Session of the program, typically the second Friday in August. Each sailor is recognized and presented with a participation award/certificate of completion. In addition, HYC Junior Sailing perpetual trophies are presented plus many other awards such as 1st Year Opti, Best Opti, Feva and Laser Sailors. See Addendum for a complete list. You will hear lots of humorous stories and accounts of all the great successes and bloopers that transpired at and away from HYC.

These events offer a great way to meet and socialize with other families in the program and enjoy the Huguenot Yacht Club waterfront and show your support for your young sailor.

Non-Members Use of Club Facilities (NEW)

Huguenot Yacht Club invites non-member families of the Junior Sailing Program to enjoy use of our restaurant and bar facilities while their child(ren) are actively enrolled in the summer program. Each Junior Sailing family will receive a temporary Junior Sailing membership card which allows any bar or dining expenses to be charged to a temporary account. No cash or tipping is permitted at the Clubhouse; all charges will be invoiced and include a service charge plus any applicable local taxes.

NOTE: The pool may only be used by registered junior sailors during program hours; use of the Club's pool, marina, docks or boats by any member of the sailor's family is strictly prohibited at all times.

7. NOTES FOR SAILORS

Sailing is a lifetime sport and pastime. Some of the friends and acquaintances you will make at HYC will turn into lifelong friendships and places visited for competitions will be visited over and over throughout life. How you act as a junior sailor will have a lasting impact. Please recognize that sailing is a privilege and you are being provided with a fun and fulfilling opportunity. To make the most of this experience, we ask that you follow these guidelines:

- Sail for fun and the love of the sport. Enjoy yourself.
- Work hard to improve your skills.
- Listen, ask questions, and watch others to see how you can better your skills.
- Learn teamwork, sportsmanship, discipline, confidence and self-control.
- Be a team player - get along with others.
- Appreciate the contribution each person makes to the learning environment.
- Learn the rules and play by them.
- Always be a good sport and set a positive example for others.

Sailors Code of Conduct

- I will not use or tolerate the use by other team members; alcohol, tobacco, or non-prescribed drugs, understanding that a drug-free environment is necessary in order to achieve individual and team success.
- I will maintain appropriate behavior towards opposite gender team members and will not tolerate unseemly conduct by other team members.
- I will dress appropriately both on and off the water, recognizing that my appearance at all times reflects not only on myself; but also, on my team and HYC.
- I will respect the property of others, by not stealing, damaging, destroying or borrowing another's property without permission, nor tolerating such behavior by other team members.
- I will treat my team members, instructors, competitors, regatta officials, hosts and all others with respect, regardless of race, religion, gender, national origin or abilities.
- I will treat the staff and facilities of HYC, as well as other clubs I visit, with respect and care.
- I will follow all safety procedures given by my instructors and other responsible adults, understanding the paramount importance of safety. I will notify an instructor or other responsible adult if I feel that another sailor is in danger.

- I will not abuse my teammates, whether verbally, physically, or emotionally, nor tolerate such conduct in others, understanding that every team member has a right to enjoy their participation. I understand that swearing, in any context, is unacceptable behavior.
- I will encourage good sportsmanship from fellow sailors, instructors, and parents.
- I will strive to listen and learn from my instructors.
- I will be responsible at all times for the transportation, safe storage, maintenance, and setup of my boat and other equipment.
- Willful destruction of Club or Program property, or other sailors' property, will be grounds for dismissal.

8. REGATTAS

Mandatory Pre-Registration

At the Parents' Meeting the parents will be asked to fill out a [REGATTA SIGN UP SHEET](#). This sheet will determine which events your sailor will be participating in. The Program Director then registers the sailor thru JSALIS (Jr Sailing of Long Island Sound). For this reason, pre-registering for events is mandatory. There is a link with both the Regatta Sign Up Sheet and the HYC Junior Clubhouse website with details on all events convenient to our area.

Medical Releases

When you signed your sailor up for the HYC Junior Sailing Program, you also registered with the JSA of LIS Registration that included a Medical Release. This medical information is available, if needed, to the host of any JSALIS event the sailor is entered in. It is strongly recommended that your sailor carry a laminated sheet in their sailing bag that details insurance information, blood type, emergency contacts, etc. If for some reason the information cannot be accessed when needed, your sailor will have all the information needed to fill one out on site (with your permission, the chaperone can then sign it in your place).

HYC Junior Regatta Support

The Junior Program hosts two informal regattas towards the end of each session. These events require volunteers to help in a number of ways ranging from event organization, registration, race committee, safety monitors, lunch organization, and other as needed functions. All are welcome regardless of sailing knowledge level.

Off-Site Regattas (Boat/Sailor Transportation)

A number of regattas are away from HYC. These regattas range from one-day local yacht club events, to Larchmont Jr Race Week, JSA Race Week at Cedar Point, and ultimately two-day Champs held at one of the member clubs on Long Island Sound. Because HYC staff are not permitted to transport sailors or private boats, we rely completely on parent volunteers to transport sailors and equipment to these events; without volunteers, boats cannot be transported.

Sailor transportation involves driving sailors and their personal gear to/from events. For local yacht club events many times parents organize separate delivery and pickup arrangements thereby eliminating the need for the driver to stay all day at the event.

Fleet Coordinator (Parent Liaisons)

Parents are responsible for organizing transportation to and from off-site regatta and racing events, including sailors, boats, gear, coach boats, food, drinks, etc. The Fleet Coordinator will be the 'go-to' parent that takes the lead in organizing a fleet of sailors. "Fleet" in this case is a group of intermediate or racing Optis, Fevas, or Lasers. The best way to do this is for one or two parents to take the lead as Fleet Coordinator(s).

These fleet coordinators, or liaisons, are subject to the Junior Program Director and Junior Sailing Committee. They work closely with the Director and staff to plan and organize travel, and also communicate travel and logistical plans by phone and email. Other parents work with the coordinator to cover all of the logistical bases. The fleet coordinator does not need to travel to each event if other parents share the load by volunteering to be chaperones and coordinators for individual trips. The sooner this individual can be identified the better for all, as making arrangements for most regattas/events should be accomplished well in advance. There can be a different Fleet Coordinator for each event.

In a few limited circumstances and WEATHER PERMITTING Instructors may tow boats to nearby regattas (e.g., Larchmont Shore Club or Seacliff YC). In those cases, parents retain the responsibility to transport sailors to and from the regatta by car. Also, WEATHER PERMITTING Instructors may accompany sailors when they sail to or from regattas (e.g., Larchmont Race Week). Parents must remain ready to provide sailor and boat transportation in the event the weather doesn't cooperate, or the Instructor is not available.

The HYC Jr Sailing Program has a multi-boat trailer that can carry up to eight Optis or four Lasers and is capable of being towed by average size cars, SUVs, or trucks. Some sailors have personal trailers and some boats can be car topped. Work with the Fleet Coordinator and/or Program Director to determine how your boat will get to and from the Regatta.

The Director, instructors, and fleet coordinator will all work in advance to make sure everyone is accounted for in travel plans, The further in advance travel plans can be made, the better. It is ultimately each sailor's responsibility to know his/her travel schedule and how his/her boat is being transported AND to make sure his or her boat and everything needed to race make it to and from the regatta venue

Notes For Parents Going to Regattas

Encouragement

We are excited about our Junior Sailors participating in regattas. However, forcing him/her to participate in certain events they may not enjoy or feel ready for may turn them away from sailing completely. Please take their opinions and feelings into account and remember that this is your sailor's summer vacation.

Spectators

Parents can be spectators during regattas but will need to provide their own on-the-water transport. The HYC Instructors cannot accommodate parents on chase boats. If you will be a spectator, please remain in designated areas outside of the racecourse.

Coaching

Any coaching DURING a race is prohibited by regatta rules and could lead to your sailor's disqualification. Also, while we recognize that parent's help is valuable, most instructors appreciate being able to coach without parents' input.

Ethics

As always, model supportive and ethical behavior about participation in and during regattas.

Equipment

Sailors are responsible for making sure that their boats are prepared for regattas and that their boats are brought ashore, ready for trailering. Regatta organizers require boats to undergo safety checks and will not let sailors participate if equipment is missing or broken. Parents are strongly encouraged to go over the boat equipment check lists with their sailors before leaving HYC for a regatta to make sure that all gear is collected and in good working order, this includes chartered boat

APPENDIX

A. BOATS WE SAIL and DESCRIPTION OF INSTRUCTION FOR EACH

All instructional sailing is conducted in Optimists, Lasers, and RS Fevas. These three classes represent the standard for Junior/Youth racing in the World. Between these three classes of boats we can structure curriculums to suit all ages (8-16), abilities, and sizes.

HYC offers instruction and coaching for children and teenagers 8-16 at all levels, from beginning sailing through advanced racing. Regardless of age, we have introductory and advanced courses that will match students to other students that are close in age and in a boat that is appropriate to them in terms of physical size and strength.

Our Junior Program Director is a US Sailing Small Boat Instructor Trainer. He is responsible for the overall safety of the sailors and instructors at HYC, along with maintaining a comprehensive curriculum. All HYC instructors are US Sailing certified as well as certified in First Aid and CPR. We follow US Sailing prescribed teaching methods. This curriculum helps ensure the safety, fun, and success of our sailors.

The various instructional programs available at HYC are described below.

Optimist

The Optimist is the largest one design racing fleet in the world and the international standard in junior instruction. The boat's simplicity and stability make it ideal for teaching young beginners, while the popularity of the Optimist class makes the boat extremely challenging for pre-teen racers. HYC owns a fleet of 14 Optimists to use for the summer program. Racers who travel bring privately owned boats for practice and racing.



A skipper can race Optimists until December 31st in the year they turn 15. On December 31st of that year, they age out of Optimists and can no longer race the boat. To promote participation across a wide range of skill levels and ages, Optimist racing events are typically divided into fleets.

Green fleet is a special fleet for beginners. Green fleet sailors can be any age up to 15. A green fleet might have skippers who are as young as 6 and as old as 15, but sooner or later

they will move into either the red, white, or blue fleet depending on their age. Green fleet typically sails relatively close to shore and on short courses. Sailors may be coached at any time including during a race.

After moving out of green fleet, skippers who are 10 or under sail in the white fleet. Skippers who are 11 and 12 sail in the blue fleet, and skippers who are 13, 14, or 15 sail in the red fleet. In all fleets, the determining date is the skipper's age on the first day of the regatta. Skippers move up to blue fleet on their 11th birthday and red fleet on their 13th birthday. At most regattas, the red, blue, and white fleets all start at the same time and race on the same course. Coaching for the red/white/blue fleets is permissible before and after, but not during individual races. Coaches can observe the racing from designated areas and provide feedback to the sailors at the completion of the race(s) observed. The class website is www.USODA.org

Intro to Sailing is a 3-4 day course designed to give the youngest sailors in our program an introduction to the Long Island Sound and sailing. Optimists are provided and instruction will be done with one or two sailors per boat. The class is designed for sailors ages 8-11. Emphasis will be placed on fun, teamwork, and enjoying the environment.

Beginning Optimist classes are offered in a full-day, three-week Sessions. The curriculum is the same for both sessions, but sailors may have the opportunity to advance to higher skill levels as the season progresses. A limited number of boats are available for charter and sailors are encouraged to bring their own. This class is ideally suited for sailors age 8-11 and will focus on safety, fun, and learning the basic skills needed to sail, including:

- Wind awareness
- Sailing terminology
- Tacking
- Points of sail
- Knots
- Gybing

Intermediate Optimist classes are suitable for sailors age 8-11 who have completed at least two sessions of the Beginning Optimist course, or an equivalent. Classes are offered in a full-day, three-week Sessions. A limited number of boats are available for charter and sailors are encouraged to bring their own. Older sailors interested in racing should consider owning a boat. In addition to becoming proficient in the skills from the Beginning Opti course, sailors will also be introduced to:

- Weather
- Hull trim
- Equipment maintenance
- Sail trim
- Basic Rules

The more advanced Opti sailors may compete in either Green fleet or White, Blue, and Red fleet regattas hosted by local clubs throughout the summer. Parents are expected to volunteer time to drive to various events. At the Parents' Meeting the parents will be asked to print a fill out a [REGATTA SIGN UP SHEET](#). As the session progresses classes will focus on refining boat handling and practicing other skills needed to become proficient sailors, including:

- Starting
- Racing tactics
- The Racing Rules of Sailing

Parents are asked to help with travel arrangements for regattas at local Long Island Sound Yacht Clubs. These regattas are typically only one-day in duration and generally do not require overnight stays.

RS Feva

The RS Feva is a double-handed option for sailors who are too big or too old to sail the Optimist. It is for Sailors 12 years or older for bigger or intermediate.

The RS Feva is a world leading double-handed sailing dinghy with a huge race circuit and recreational following across the globe - An International bestseller! HYC introduced the RS Feva to its program in 2013. The RS Feva is world's best-selling two-person sailboat in recent years, an ISAF Class, winner of Dinghy of the Year in the USA in 2002. The RS Feva is the benchmark in small sailboats.



There are established fleets that continue to grow in Junior Sailing programs on Long Island Sound. The RS Feva is, however, just as popular with training clubs as it is on the race circuit and is the class leader for teaching advanced sailing in the youth scheme. Whether it's racing, training or recreation the RS Feva is unparalleled in every aspect.

The RS Feva is the perfect small boat for developing sailing and racing skills as well as providing family fun. Information about the RS Feva is at <http://www.rssailing.com/en/explore/rs-feva>

Feva classes are offered in a full-day, three-week Sessions. The Feva is for sailors ages 12-16. For beginners, the Feva is ideal for older students with no experience, or younger sailors transitioning from the Opti. A limited number of boats are available for charter, sailors are encouraged to bring their own. There will be two sailors per boat, and both students will get experience both skippering and crewing. Teamwork will be emphasized, along with safety, fun and learning the basic skills need to sail, including:

- Wind awareness
- Sailing terminology
- Tacking
- Points of sail
- Knots
- Gybing

Feva sailors past the beginner level will focus on refining boat handling and practicing other skills needed to become proficient sailors, including

- Weather
- Hull trim
- Equipment maintenance
- The Racing Rules of Sailing
- Spinnaker
- Sail trim
- Basic Rules
- Starting
- Racing tactics

Laser Radial

The Laser Radial is the single-handed option for sailors who are too big or too old to sail the Optimist and would like to learn racing. The Laser can be rigged with three different sail plans, providing great versatility across a wide range of sizes. For a Laser sailor to compete in JSALIS sanctioned events the sailor's age must be 14 by December 31 and sailor must weigh a minimum of 105# for the Laser 4.7 and 110# for Laser Radial. All participants in HYC's Laser Radial program must supply their own boat.

The Laser Radial is generally sailed and raced by lighter weight sailors and is unquestionably the best training boat for Laser collegiate aspirants who are still growing. Most larger regattas for the Laser class will generally include separate races for the Laser Radial and Laser 4.7.



The Laser Radial sail is 62 square feet. The Radial sail and mast were created in the 1980s. Additional information about the Laser Class Association is at www.laser.org or www.nalaser.org

Laser classes are offered in a full-day, three-week Sessions. The Laser is for sailors ages 14 by the end the calendar year. Sailors 105 lbs. to 114 should sail use the Laser 4.7 rig. At 115 lbs. or more the Laser Radial is suggested. The HYC Laser program is for sailors past the beginner level. Classes are offered in a full-day, three-week Sessions. All participants in HYC's Laser Radial Instructional program must supply their own boat. During the first two days of each three-week session. As the sessions progress classes will focus on refining boat handling and practicing other skills needed to become proficient racers, including:

- Weather
- Hull trim
- Equipment maintenance
- The Racing Rules of Sailing
- Sail trim
- Basic Rules
- Starting
- Racing tactics

B. JUNIOR PROGRAM PERPETUAL TROPHIES

List of Junior Sailing Perpetual trophies:

- *1st Year Opti Sailor*
- *1st Year Feva Sailor*
- *1st Year Laser Sailor*
- *Best under 10*
- *Sportsmanship*
- *Best Boy Sailor*
- *Most Improved Sailor*
- *Friendship Award*
- *Best Opti Sailor*
- *Best Feva Skipper*
- *Best Feva Crew*
- *Best Laser Sailor*
- *Best Sailor All Around*
- *Best Girl Sailor*
- *Most Advance Sailor*
- *Shipshape Award*

C. HYC ACTIVITIES OUTSIDE OF THE JUNIOR SAILING PROGRAM

Huguenot Yacht Club is a year-round club with a wide variety of activities for its members to enjoy. The activities calendar includes monthly parties and dinners, sailing regattas and races, an annual club cruise, winter frostbiting, junior sailing, access to our summer pool, and much more.

Here is a partial list of some of the activities members enjoy throughout the year:

- McAuley Regatta: a two day frostbite regatta with Lasers and JC9s
- Commodore's Cocktail Party
- St. Patrick's Day Party
- Easter Egg Hunt: the Easter Bunny will be there
- Mother's Day Brunch
- Commissioning
- Can One Summer Series - Thursday night sailing on big boats open to adults and juniors
- Blessing of the Fleet
- Rhodes 19 Activities - members can charter these classic yachts, a fun family activity
- Club Cruises for both sail and powerboats
- Fishing Tournaments
- Expressly For Fun Regatta - a destination race to an exotic port on the Sound
- Children's Pool Party
- Commodore's Cup Regatta - a Club member big boat regatta and Family Fun event
- Mayor's Cup Regatta - open big boat regatta sailing on big boats open to adults and juniors
- Big Band Night
- Decommissioning
- Turkey Day Reach Regatta - a fun race celebrating thanks that it only happens once a year
- Frostbiting - Lasers and JC9s race every Sunday - Juniors are invited to join the Lasers
- Children's Christmas Party: Santa will be there
- Christmas Party

D. OPTI: CHECK-IN INSPECTION LIST

HYC Junior Sailing – Opti Check In

Sailor Name: _____ Date: _____

Sail Number: _____ Boat Name (optional): _____

- Life Jacket / PFD – USCG-approved Type III Personal Floatation Device (PFD), non-inflatable, proper size and correctly worn.
- Whistle – Functional and attached to sailors PFD
- OPTI -**
- Air Bags – Three buoyancy bags made of strong fiber-reinforced material with non-return valves. Each must be properly inflated and secured to boat.
- Painter – The bow line must be of the following: • at least 26'3" long • at least 3/16" in diameter • buoyant • securely fastened around the mast step • tied with a 4-6" bowline and the towing end • led thru a loop of line at the bow, not thru the bow drain hole • The painter should be free of chafe, have NO KNOTS, and no hardware attached.
- Bailer – At least one bailer, with a minimum capacity of one-half gallon, securely attached to the boat with a lanyard.
- Dagger board – Securely attached to the boat with a lanyard
- Mast tie-down – There must be a line or other device that is secure enough so you can lift the boat by the mast without disengaging the mast from the mast step.
- Praddle – Securely attached to the boat with enough line or shock cord to allow use.
- Rudder catch – The rudder shall have a retaining device so that it will not become detached from the boat during a capsize.
- Bow Bumper – The bow bumper shall be securely attached and fully functional to protect fingers and boats.
- Sail – Check Sail for Tie-Strings and Battens
- Identification – PFD, Hull, Rudder, Tiller, Sails, Dagger board, Battens, and any loose items are marked appropriately to singly identify boat or sailor.
- I have checked this Optimist today and it does comply with the required minimum HYC safety standards (listed above) that are necessary to participate at this camp.

Initials: _____ Date: _____ Time: _____

E. LASER: CHECK-IN INSPECTION LIST

HYC Junior Sailing – Laser Check In

Sailor Name: _____ Date: _____

Sail Number: _____ JSA Sail Number: _____

- Life Jacket / PFD – USCG-approved Type III Personal Floatation Device (PFD), non-inflatable, proper size and correctly worn.
- Whistle – Functional and attached to sailors PFD
- LASER –**
- Plugs – Check for Stern Plug and Cockpit Drain Plug
- Painter – The bow line must be of the following: • at least 14 feet long • at least 3/16" in diameter • buoyant • securely fastened around the mast step • tied with a 4-6" bowline and the towing end • led thru the Laser bow eye • The painter should be free of chafe, have NO KNOTS, and no hardware attached.
- Dagger board – Securely attached to the boat with a shock cord
- Mast tie-down – There must be a line or other device that is secure enough so you can lift the boat by the mast without disengaging the mast from the mast step.
- Rudder catch – The transom shall have a retaining device so that the rudder will not become detached from the boat during a capsize.
- Sail – Check Sail for Battens, Batten Pockets, Tell-Tales, and JSA Numbers.
- Leak Test – Open and Drain any water from Stern Plug and close up Cockpit Drain Plug ... Fill Mast Step and Cockpit with water ... wait 5 minutes ... Verify no water drains out of Stern Plug.
- Float Test – Drain any water from Stern Plug ... Close Cockpit Drain and Stern Plugs ... place Laser in water with sailor ... wait 5 minutes ... remove boat from the water ... open and verify no water drains out of Stern
- Identification PFD, Hull, Rudder, Tiller, Sails, Dagger board, Battens, Blade Bag (and any loose items) are marked appropriately to singly identify boat or sailor.
- I have checked this Laser today and it does comply with the required minimum HYC safety standards (listed above) that are necessary to participate at this camp.

Initials: _____ Date: _____ Time: _____

F. FREQUENTLY ASKED QUESTIONS

Is there an Orientation Night?

Yes, Parents' Night will be held in early June. For beginning sailors, this will give you a chance to meet the committee members and sailing staff, receive new sailor information, and ask any questions you may have. For those in advanced classes, the Regatta Sign-Up Sheets will be available and there will be the opportunity to begin thinking about logistics for some travel events. This is also a good time to meet other parents in the program and organize carpools.

Do I need to be a member to enroll in the HYC Junior Sailing Program?

No. The majority of sailors enrolled are non-members. We offer non-member and member prices.

When should I sign up?

Sign up early to avoid conflicts. For the past three years the majority of our summer classes have sold out by early spring. HYC members have priority until Jan. 24th, after which we operate on a first come, first serve basis.

What course should my child take?

As a general rule: 8-11 year-olds should be in an Optimist; and sailors 12 and older, or those weighing over 100 pounds should learn in Fevas, continue racing in Optis. Sailors must be 14 years by December and weigh over 105 pounds to move up to Lasers.

Do I need to own my own boat?

No. Most sailors use HYC boats, particularly at the beginner and intermediate level. This information is outlined in the class descriptions. However, HYC only has 14 Optis, bringing your own boat may allow us to fit you in the class. Those Junior Sailors starting their 3rd year of the program will NOT have priority for charters. Privately owned boat must pass HYC's safety inspection checklist. Boats in Disrepair or with broken or missing parts will not be accepted. During the season, parents are responsible for the maintenance and repair/parts replacement of all private boats.

Are there member discounts?

HYC Full and House members receive a 33% discount off of tuition.

How do I become a member?

Please contact anyone on the Junior Sailing Committee or in the HYC Membership Committee or see the [Prospective Member Packet](#).

Is there a lunch program?

Yes, lunch is served daily. Filtered ice water is provided for refill into your sailor's own water bottle.

It's raining, storming, cold, etc., is there class?

We will always put safety first at HYC but will not cancel for inclement weather. We have at least one staff member in the office at all times to monitor radar for thunderstorms, in addition to all instructors being trained to run safe, fun classes. We will hold class inside in the case of thunderstorms but will sail in all other weather. Come prepared!

Where do I get sailing clothes?

There are several local sailing shops, some offer discounts if you mention you will be participating in the HYC program. We recommend the [Dinghy Locker](#) or West Marine [West Marine](#) in Stamford, the [Boat Locker](#) in Westport, and the [Dinghy Shop](#) in Amityville.

Are classes prorated if I have to miss part of a session?

No. Every year we have to turn many sailors away and put others on waiting lists because we operate on a first come, first serve basis. Under these circumstances we cannot justify prorating.

Do you have a carpool set up?

No. We cannot organize carpools, nor can we give out personal information of other families in the program. If you would like to carpool, our orientation night and/or the first day of class are good opportunities to meet other parents.

How do I pay?

Once registration is completed on the JSA website, and the HYC registration pages (hosted by Active.com), you may choose to pay by credit card, or in the form of check which can be paid in person at one of our Open House events. You can also pay balances using credit cards anytime by logging into your online account. HYC Members may choose to be billed manually by the Club in their monthly invoices.

What are the Payment Terms?

At least a 50% deposit is due at time of registration to hold a spot in the program and reserve a charter. Deposits are non-refundable after May 15th, and all balances must be paid in full by June 1st.

Who are your instructors?

All of HYC's instructors are at minimum US Sailing Level 1 as well as First Aid and CPR certified. For more details about US Sailing certification please refer to the Training section at ussailing.org. Several instructors also hold higher US Sailing certification and/or have EMT Training.

For more detailed bios please see: <https://www.juniorsailingclubhouse.com/instructors>

What about supervision before and after class?

Please be on time dropping off in the morning and be prompt picking up at the end of the session. We offer [Extended Day Program](#) supervision outside of our normal class times from 7:45am-9:00am and 4:00pm-5:15pm. For more detailed information please refer to Section 6.

Can I stay and watch my child sail?

Parents are welcome to watch from a distance. Our experience has shown that most young sailors learn best without the distraction of a parent. All of our staff are trained to run safe and fun classes and appreciate being able to do so without parental input during class. Please ask the Jr. Program Director directly if you have any questions.

I lost my... Did you find it?

We have a lost and found in a box of the Jr. Sailing Room. Please make sure to label everything very clearly with your name and phone number. With 40-60 Jr. sailors participating in our summer program we have a very full lost and found by the end of the summer. Unclaimed items are donated to goodwill, generally by the end of August.

What do I bring?

Every day sailors need to bring closed-toe shoes (e.g. tennis shoes, Crocs, neoprene sailing boots) not flip-flops, a US Coast Guard (USCG) approved lifejacket, i.e. Personal Flotation Device (PFD), sunscreen, and a water bottle. It is also recommended that sailors bring a towel, snack, and change of clothes. There's a good chance that sailors will get wet every day. We have a filtered water system for the Junior Sailing Program so that everyone can stay hydrated this summer.

What do the colored fleets for Optis mean?

The United States Optimist Dinghy Association (USODA) has organized sailors in different fleets, designated by colors, to make racing as fair as possible. White fleet is for skippers who are 10 and under. Blue fleet is for skippers who are 11 or 12. Red fleet is for skippers who are 13, 14, or 15. Green fleet is for any age Opti sailor who is a racing beginner and is designed to give sailors racing experience before sailing in their designated fleet. See usoda.org for more info.

Is there swimming?

Sailors will need to pass a short swim test on their first day. This is done in the HYC pool while wearing a PFD and shoes. It is to make sure sailors are comfortable in the water. Also, in the first two days of class, capsize recovery will be learned. Thereafter swimming will be more recreational in nature, just about every day.