

NBYC JUNIOR SAILING PROGRAM 2017

Welcome to **Junior Sailing 2017!** Our program begins on **Monday, June 26th** and continues for eight weeks, concluding on **Thursday, August 17th**.

Our Head Instructor, **Kate Wagner**, and the Jr. Sailing Coordinator met with a special junior sailing program consultant over the last few weeks, developing a more innovative curriculum that will provide incentives to sharpen sailing skills and promote competitive sportsmanship and lifelong friendships!

We are bringing back our Wednesday, **Mid-Week Racing Series!** All **Intermediate** and **Advanced** Junior sailors may participate in these full-day races. 10 AM to 3 PM. Lunch will be available for purchase at NBYC on those occasions. We have plans for some great **Fun Days** to break up the curriculum, as well!

We would like to open up the yacht club for a few **Junior Nites!** However, we need parents and kids to take the lead on these events. These do not have to be "sailing-oriented." Suggestions include an **Open Grill Night** or **Pizza Party** for the Jr. Sailors and their friends, or maybe a **Crabbing Competition** off the dock! *Our instructors are employed to coach the junior sailors during the day, so parent supervision will be needed for these evening events.

Kate Wagner is returning as Head Coach for a third summer and is extremely excited about the season! She grew up sailing at Mantoloking Yacht Club and has always had a passion for it. Kate looks forward to implementing more creative ways of coaching that will be **fun** as well as instructive. She is going to be a senior at The Pennsylvania State University in the fall, majoring in Sociology with a double minor in Labor and Employment Relations, as well as Rehabilitation and Human Services.

Cameron Cranley also returns to NBYC this season! As an alumnus of the junior sailing programs at NBYC and Manasquan River Yacht Club, she has become a creative and integral part of our coaching team. Cameron is currently attending Lafayette College, where she is majoring in Chemical Engineering and International Studies and rows competitively as a member of the Lafayette Crew Team!

Abby Wagner is the newest addition to our team of instructors. She, too, graduated from the Mantoloking Yacht Club Jr. Sailing Program, has sailed Opti's and Club 420's competitively, and was the **Barnegat Bay UpBay Interclub Club 420 Champion Skipper in 2016**. She is the Volleyball captain at Point Pleasant Beach High School, where she will be a senior in the fall.

All instructors have US Sailing, First Aid and Red Cross/AED Certification.

**A mandatory Parent/Sailor/Instructor Meeting will be held sometime before the start of Program. This will be an informative meeting where the instructors will*

further explain the new curriculum, race calendar, and regatta registration & protocol. Parents will also be informed as to how best communicate with the instructors through the use of the internet and cell phone app's.

**Private lessons are available with an individual instructor upon request.*

**Club Opti's may be available for rental for the Intermediate/Advanced Clinics. However, we encourage the purchase of sailboats for sailors who have participated in the Jr. Sailing Program for more than 1 year.*

The **Junior BBYRA 2017** schedule of regattas and interclubs can be found at www.bbyra.org. These events are an integral part of instruction for the **Intermediate** and **Advanced** students and provide an opportunity to competitively race against sailors of similar proficiency from other yacht clubs. Registration information for these events is usually posted on the **Jr. Sailing Calendar** at the BBYRA website. We also encourage our intermediate and advanced sailors to compete in the **Saturday, BBYRA Race Series**.

NBYC Sunday Afternoon Race Series is another opportunity for junior sailors to practice technique, teamwork and sportsmanship. Refreshments are served at an informal awards ceremony following the races. Bring your family and friends and join in the fun!

Here's to another wonderful summer of fair weather, gentle breezes and great sailing!

JR. SAILING CURRICULUM 2017

***OPTIMIST CLINIC A “PUDDLE DUCKS”** Ages 6 & 7.

Tues.-Wed. 7:45 A.M. to 8:45 A.M.

*** (This Clinic is open to NBYC Members only.)**

We are pleased to offer an introductory program created for younger children. This clinic will teach the fundamentals of sailing, incorporating games and other activities to encourage self-confidence and sportsmanship in a safe, non-competitive atmosphere. Students will sail in club-owned **Optimist Prams**.

*We require a minimum of 4 students **in attendance** at every class.

Please contact Linda Graham, Jr. Sailing Coordinator before registering.

OPTIMIST NOVICE B Ages 8 & up. Mon. – Thurs. 9:00 A.M.-12:00 P.M.

Optimist Clinic B is designed to teach children the fundamentals of sailing. These include rigging, launching, and sailing unassisted on all points of sail and returning to the dock. Students sail in club-owned **Optimist Prams**. Although the Optimist Pram is a single-handed boat, two students will usually sail together in order to gain confidence and proficiency. There may be some opportunity to “solo,” depending upon class size and at the discretion of the Head Instructor. Class size will be determined by pram availability. **This Clinic is for Novice Sailors, ONLY.**

***OPTIMIST INTERMEDIATE** Ages 10 & up.

Mon., Tues., Thurs. 1- 4:00 P.M. * Wednesday, 10 AM – 3 PM

This clinic is for those **Opti Novice** graduates who, at the discretion of the Head Instructor, are competent at rigging, launching, and sailing their boats. Emphasis is placed on boat-handling skills, fundamental and intermediate racing strategy, rules and other aspects of sailing, including weather, safety, and regatta preparation. Races are incorporated into the daily schedule and sailors are expected to participate in weekly interclubs and regattas at other yacht clubs. A calendar of these events will be given to each sailor at the beginning of the season, as well as posted on the NBYC Jr. Sailing bulletin board and website. There will also be a **Mid - Week Race Series** for the season.. Awards will be presented to the winners of this series at the NBYC Labor Day Awards Ceremony. ***Please Note: Students must provide their own Optimist Pram.**

***OPTIMIST ADVANCED RACING CLINIC**

Advanced Sailors: ages 12 & up.

Mon., Tues., Thurs. 1- 4:00 P.M. * Wednesday, 10 AM – 3 PM

This program is for the advanced sailor. Emphasis is placed on practicing active racing skills and tactics. These include drills that incorporate regatta preparation, advanced tactics and strategy, weather, sail trim, and rules of racing. Races are incorporated into the daily schedule and sailors are expected to participate in weekly interclubs and regattas at other yacht clubs. A calendar of these events will be given to each sailor at the beginning of the season, as well as posted on the NBYC Jr. Sailing bulletin board and website. There will also be a **Mid - Week Race Series** for the season. Awards will be presented to the winners of this series at the NBYC Labor Day Awards Ceremony.

***Please Note: Students must provide their own Optimist Pram.**

***LASER/ LASER 4.7, CLUB 420 RACING CLINIC**

Advanced Sailors: ages 12 to 18 (or at recommendation of Head Instructor.)

Mon., Tues., Thurs. 1- 4:00 P.M. * Wednesday, 10 AM – 3 PM

This is an advanced racing clinic. All aspects of rigging and handling a **Laser**, or **Club 420** will be covered as well as drills that incorporate regatta preparation, advanced tactics and strategy, weather, sail trim and rules of racing. Students are expected to participate in weekly interclubs and regattas at other yacht clubs. A calendar of these events will be given to each sailor at the beginning of the season, as well as posted on the NBYC Jr. Sailing bulletin board and website. There will also be a **Mid - Week Race Series** for the season.

***NBYC members have first priority for use of the Club 420's, according to availability. *Laser sailors must provide their own boat.**

*** The Head Instructor will determine Skipper/Crew assignments for the NBYC Club 420's.**

Although it is required that Laser Sailors provide their own boat, one privately-owned Laser will be available for use, on a rotating basis, for any interested junior sailor.

***Club 420 fees apply for those juniors who sail club-owned 420's.**

***Laser Clinic fees apply to any junior who sails a private Club 420.**

REQUIREMENTS

1. **Safety is the highest priority.** *Life jackets*, with an attached *whistle*, must be worn at all times during sailing instruction and while on yacht club motor-boats. All boats must carry U. S. Coast Guard approved safety equipment.

2. ***Sneakers or sailing shoes* must be worn at all times while on yacht club**

property, as well as on sailboats during instruction. Open-toe shoes or sandals are not recommended.

3. Each child must pass a swim test before participating. The test is to be administered by the instructors the first day of class.
4. Club sailboats are intended for use in the Sailing Program. However, students are encouraged to provide their own boat, as **availability of club boats is limited.**
5. All sailboats stored at NBYC must be registered with the club. All boats must be placed on racks or trailers and securely tied down. They must be stored in the southeast corner of the club property when not in use.
* **NBYC is not responsible for damage to non-club owned boats.**
6. **Students are expected to attend class in all weather conditions.** Appropriate weather gear is to be brought or worn to class. The instructors will determine whether class will be held on the water or inside the yacht club. If the weather is too inclement, class may be rescheduled.
7. Sailors in afternoon clinics are required to attend regattas and interclubs as an integral part of the Jr. Sailing program for Intermediate and Advanced students.
8. The Junior Sailing Program is not equipped to supervise students prior to class or once their class has finished. Children are to be picked up *promptly* as soon as their class is over, by their parent or designated substitute. **Instructors are not required to remain after class with a student who has not been picked up by their parent/guardian.**
9. BBYRA **requires** all Club 420's to carry a **flotation device** atop their mast for safety purposes. This device can be purchased at Colie Sails, Bridge Ave., Point Pleasant, N.J.
10. Laser and Club 420 sailors are required to attach a Gill Blade, or other similar cutting tool, to their life jackets. This is an important safety device and can be purchased at Colie Sails, Bridge Ave, Point Pleasant, N.J.

JR. SAILING CODE OF CONDUCT

*Please review the **Jr. Sailing Code of Conduct** with your son/daughter. The **Parent / Student Agreement** to observe the **Code of Conduct** can be found on the reverse side of the **Registration Form**. This must be signed before the first class.*

1. **Sportsman-like conduct is expected of students at all times, on and off the water.** Verbal or physical abuse on the part of one student to another or to

the instructors, including inappropriate language, disruptive behavior, or disrespectful gestures will not be tolerated.

2. **Disturbance or disruption** of a class by any student will not be tolerated. That student will not be permitted to participate in the rest of the class and/or may be sent home.

3. **No smoking, alcohol or drugs.** Violation of this rule will be grounds for **immediate dismissal.**

4. **Improper treatment of boats or equipment or failure to observe proper conduct and safety will be grounds for suspension or expulsion from the program.**

5. Students are expected to arrive to class **on time**. If a student arrives too late to participate, he/she may be asked to return home.

6. It is each student's responsibility to un-rig his/her boat and put away all spars and equipment before leaving class. **No student will be permitted to leave class until this has been done to the satisfaction of the sailing instructors.**

7. Water hoses are for washing down boats and equipment or for extreme temperature cool-off, **ONLY**. Hoses should be re-coiled when not in use.

8. **IMPORTANT: No sailor in the program may use a privately owned boat, sail, spars, rigging, etc. without the owner's permission. No sailor may use a yacht club boat, sail, spars, rigging, etc. without the permission of the Head Instructor or Jr. Sailing Coordinator.**

***Failure to comply with these rules will be grounds for suspension or expulsion from the program.**

9. Privately owned boats stored at NBYC must be registered with the club. All boats must be placed on racks or trailers, securely tied down, and stored in the southeast corner of the club property. * **NBYC is not responsible for damage to non-club owned boats.**

10. Swimming is allowed **only** while supervised.

REGATTA / INTERCLUB PROTOCOL

1. The Calendar of Regattas and Interclubs will be given to each sailor at the first class and will be posted on the NBYC Bulletin Board and at www.nbycnj.org.

*** Parents will be responsible for all regatta/interclub registrations.**

Most event information and Registration forms can be found on-line at www.bbyra.org.

2. **All afternoon sailors** are expected to participate in interclubs and regattas at other yacht clubs. As these events are considered to be an integral part of the program, afternoon clinics will not be held on these days.

3. **There must be a minimum of (2) or more boats attending a regatta or interclub. An instructor will not attend an event to coach only one sailor or boat.** If the minimum is not met, classes will be held according to the normal schedule.

4. Boat availability will be on a first-come, first-served basis. If there is no available boat, the student will be expected to attend the event as a spectator.

5. **Parents are responsible for the transportation of the student and their sailboat to and from the yacht club hosting an event. At least one instructor will accompany our sailors.** Insurance regulations preclude any instructor from driving the trailer or a student to any event.

6. The NBYC trailer will transport **club** prams to Interclubs or Regattas. NBYC members will have first priority for their privately owned boats to be placed on the trailer. It is expected that parents will take turns driving the NBYC trailer to these events. If a parent does not have the appropriate trailer hitch on their car, please consider installing one. We all wish to have our sailors participate in these events, but the burden of responsibility needs to be equally shared.

7. **A parent is expected to accompany their child to help load and unload their sailboat.** (Even if their boat is on the NBYC trailer.) The parent may leave the student at the event, where he/she will be supervised by the instructors, but must return later to help with the loading and unloading of said boat for the return trip to NBYC. .

8. **BBYRA requires all Club 420's to carry a flotation device atop their mast for safety purposes. This device can be purchased at Colie Sails, Bridge Ave., Point Pleasant, N.J.**

9. **Laser and Club 420 sailors are required to attach a Gill Blade, or other similar cutting tool, to their life jackets. This tool is an important safety device and can be purchased at Colie Sails, Bridge Ave, Pt. Pleasant, N.J.**

REGISTRATION INFORMATION

Students must be 8 years old by October 1st of the current year, or entering the 3rd grade. Class enrollment will be limited according to boat availability and NBYC members will receive first priority during the enrollment process.

***All yacht club dues and jr. sailing program fees must be paid before the student's first class.**

***NBYC members will have first priority for use of the Club 420's, according to availability.**

***Laser Clinic fees apply if a junior sails in a personally owned Club 420.**

Fees are for the entire week. Partial week payments will not be accepted.

***Please write a separate check for any sailboat rental. (Interm/Adv. Clinics, Only)**

***Classes for some weeks fill up quickly.**

Send **Fees, Registration Form(s)** and **signed Parent/Student Agreement** and **Liability Statement** to the **Jr. Sailing Coordinator**, as soon as possible.

(Checks payable to **NBYC**.)

Linda B. Graham, NBYC Jr. Sailing Coordinator
P.O. Box 521
Normandy Beach, N.J. 08739

Cell Phone: (732) 267-6463

Email: LinBGraham@aol.com

REGISTRATION FORM 2017

Please print all information. Use a separate registration form for each student.

***Sign Release of Liability and Parent/Student Agreement.**

Student's Name _____

D.O.B. _____

Summer Address _____

Telephone _____

Name of Parent or Guardian _____

Winter Address _____

Telephone _____
*Email _____
*Tee Shirt Size _____

Does Student Have Any Current Health Problems? Yes / No
If Yes, please explain.

Allergies _____
Special Needs _____
Any Restrictions on Physical Activity?

In Case of Emergency Please Call: Please Print Legibly!

NAME _____
TELEPHONE _____

ADDRESS _____
NAME _____
TELEPHONE _____
ADDRESS _____

***Please indicate which class and week(s) student will attend:**

- | | |
|------------------------------------|-----------------------------|
| _____ PUDDLEDUCKS | _____ Week 1 June 26 - 29 |
| _____ OPTIMIST NOVICE CLINIC B | _____ Week 2 July 3 - 6 |
| _____ OPTIMIST INTERMEDIATE CLINIC | _____ Week 3 July 10 - 13 |
| _____ OPTIMIST ADV. RACING CLINIC | _____ Week 4 July 17 - 20 |
| _____ LASER/420 RACING CLINIC | _____ Week 5 July 24 - 27 |
| | _____ Week 6 July 31- Aug.3 |
| | _____ Week 7 Aug. 7 - 10 |
| | _____ Week 8 Aug. 14- 17 |

RELEASE OF LIABILITY 2017

This release must be signed by the applicant, and if the applicant is less than 18 years of age, also by parent(s) or guardian(s).

The undersigned applicant and/or his or her parent(s) or guardian(s) hereby agree to abide by the rules, regulations and instructions of the Normandy Beach Yacht Club, its officers, employees or representatives with respect to the conduct of the classes, club property, and facilities employed therein. Failure to abide by these rules may result in suspension or dismissal from the program.

Said applicant understands that sailing involves the risk of personal injury and/or property damage. Therefore said applicant and his or her parent(s) or guardian(s) do hereby discharge and release the Normandy Beach Yacht Club,

its officers, employees, members and representatives of all liability, claims, demands and causes of action whatsoever, which said applicants and his or her parent(s) or guardian (s) has, have or may hereafter have out of or resulting from said classes or any part thereof, or in connection with any boat, dock, bulkhead, building, car or any other equipment or facility provided or used in conjunction with said classes and groups, whether or not same may be owned, or controlled by them or any of their representatives. Said applicant and his or her parent(s) or guardian(s) assume all risk of any injury or damage to person or property whether caused by negligence, gross negligence or otherwise, and agrees that no other agreement or representation, oral or written, shall in any way affect this release. If you use somebody else's boat and damage occurs, it is your responsibility to pay for the damage.

APPLICANT'S NAME: _____

APPLICANTS SIGNATURE: _____

PARENT/GUARDIAN NAME: _____

PARENT/GUARDIAN SIGNATURE: _____

PARENT / STUDENT AGREEMENT

I / we have read and agree to observe the rules and regulations of the NBYC Junior Sailing Program. Although a parent conference may be scheduled with the Instructors, Jr. Sailing Coordinator and / or the Vice Commodore if deemed necessary, failure to abide by these rules may result in suspension or dismissal from the Jr. Sailing Program.

Student Signature

Parent/ Guardian Signature