**NBYC SAILING PROGRAM 2023**

Welcome to NBYC Sailing program 2023!  We begin on Monday, June 26th and continues for eight weeks, concluding on Thursday, August 17th.

Our returning sailing instructors Ceci Muller and Caroline Maher have years of sailing experience. Both are graduates of the NBYC sailing program as well as winning participants in regattas, high school varsity racing, BBYRA racing, and countless sailing voyages. Each instructor has US Sailing, First Aid and Red Cross/AED Certification. They are eager to promote their love of sailing and all things nautical and look forward to a summer filled with fine weather, gentle breezes, and fun times!

This summer our sailing program will continue the Mid-Week Racing Series for both morning and afternoon classes. All sailors are encouraged to try their hand at racing on Wednesdays. In addition, many interclub regattas are scheduled for this summer, including the popular rookie regattas Powder Puff and Iron Man in early July. The NBYC Junior Championship will return in August with full awards to follow. Don’t worry fun days to break up the hard-working curriculum are included as well!

**CLASS OFFERINGS:**

**NBYC strongly suggests all junior sailors be able to RIG, LAUNCH, and RECOVER their boat with LIMITED ASSISTANCE from other sailors or the instructors.** If a junior sailor cannot meet these criteria, please consider taking a private lesson. **PRIVATE LESSONS** are offered on Fridays for sailors of all ages and abilities. New sailors can gain the competency required to join the group lessons, while more experienced sailors can enhance their racing skills and knowledge.

**PUDDLE DUCKS**

Ages 5, 6, & 7 Tuesday, Wednesday, and Thursday 8:00 am to 9:30 am

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.

**MORNING CLASSES**

Ages 8 – 18 Monday through Thursday, 9:30am to 12noon

**Beginning Opti Clinic** are back for this season for ages 8 and up. We strongly encourage first time sailors to register for an initial private lesson for proper class designation. Beginning Opti sailors are encouraged to crew for more experienced sailors, learn to rig and derig the boats, and gain confidence in differing weather and water conditions.

**Novice Opti Clinic** offers returning Opti sailors critical water safety and boat handling experience and an introduction to basic racing strategies. Novice Opti sailors are encouraged to participate in the Wednesday Race Series and the BBYRA Rookie regattas as determined by our instructors,

**AFTERNOON CLASSES**

Ages 8 – 18 (at discretion of instructors) Monday through Thursday, 1pm to 4pm

**Intermediate/Advanced Opti/Laser/Club 420 Clinic** will learn advanced boat handling techniques and racing strategies. Sailors are encouraged to participate in the Wednesday Race Series, BBYRA junior regattas and potentially the BBYRA Saturday Series as determined by the instructors. Ability and physical size will determine the best fit for each sailor. Sunfish and Club 420s are double-handed boats requiring a consistent pairing of skipper and crew. Skipper and crew designation will be determined by the instructors, taking into consideration requests.

A **Parent/Sailor/Instructor Meeting will be scheduled** the week before the start of Program. This will be an informative meeting where the instructors will introduce themselves to those who don’t know them and further explain this season’s curriculum. Parents will learn how to communicate with the instructors through the **TeamReach** app.

**REQUIREMENTS**

**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 powerboats. All boats must carry U. S. Coast Guard approved safety equipment.

***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. In addition, each student is expected to pack a water bottle, towel and sailing gloves.   
  
Each child must pass a swim test before participating. The test is to be administered by the instructors the first day of class. Sailors new to NBYC must pass a basic sailing competency test to participate in group lessons.

Club sailboats are available for rent to participants registered within the NBYC Sailing Program.  However, students are encouraged to provide their own boat, as **availability of club boats may be limited.**  
All sailboats stored at NBYC must be registered with the club.  All boats must be placed on racks, dollies 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.**

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.**

**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.**

**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**

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

I**mproper treatment of boats or equipment or failure to observe proper conduct and safety will be grounds for suspension or expulsion from the program.**  
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.  
  
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.**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.  
  
**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., other than the one rented, 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.**

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.**

Swimming is allowed **only** while supervised.