

# Hampton Yacht Club



# Junior Program Handbook 2016



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Dear Parents and Participants,

This Handbook is a guide for the sailing classes offered by the Hampton Yacht Club. It is a reference for schedules, procedures and events.

At HYC we have four classes of boats used in the Junior Program; Optimist, Club 420, Sonar, and O'pen Bic.

The Optimist is a small single-handed dinghy, 7' 6" long with 3' 8" beam that is designed for young sailors who wish to learn to sail and to race. While the Optimist is an ideal boat for beginners, it is sailed at the highest standards of competition throughout this country and the rest of the world. It is unusual these days to find a world class sailor who did not compete in Optis at an early age.

The Club 420 is a two person boat designed for older sailors typically from the age of 11 or 12 upwards. The boat is 13' 11" long with a 5' 6" beam. It requires more physical strength than an Opti, and when sailed in competition is just as challenging. The 420 has a mainsail, jib and a spinnaker, and is rigged with a trapeze.

The Sonar is a 23' keelboat with a large cockpit sailed by 2-6 people. It's a really good boat for our Explorers and Messing Around in Boats to start their sailing careers because they can sail with their friends and learn from each other. It also gives sailors another alternative of learning how to sail, instead of just a dinghy.

The O'pen Bic is a newly purchased boat, thanks to the members of HYC. This boat is a step up from the Opti and is for young sailors. This boat is made out of plastic and designed with fun in mind.

The sailing program follows a detailed curriculum that the instructors deliver each day to the sailors. Each session allows sailors to become competent in boat handling in all conditions. It builds seamanship and teaches the skills of racing from beginner to expert level. There is a blend of classroom training and on the water practice; however expect every day to incorporate something new and fun. The bias is heavily towards actually sailing the boat, as there is no substitute for getting out on the water. The program has many instructional DVD's and videos to complement the practical training and this is invaluable at times when the weather does not permit the boats to leave the dock. At the end of the program, each student will get to take home a card showing what skills they have mastered.

Safety is the prime factor in the program where the boats do not leave the dock or head straight back to shore if the conditions are not suitable. The boats never go out if there is a threat of a storm.

Apart from being safe and learning to sail, the program provides a fun and rewarding experience for both participants and instructors alike.

Wishing everyone an enjoyable summer!

Gary Bodie – Chair, HYC Junior Sailing Committee

Arielle Darrow – HYC Sailing Director

## **HYC JUNIOR MISSION STATEMENT**

*The mission of the HYC Junior Program is to teach young people sailing, seamanship, and racing in a safe, fun and structured environment. HYC Juniors will demonstrate respect for others, care for the equipment and always be willing to lend a helping hand to others on and off the water. The goal is to create skilled and confident young people who will be a lifelong credit to the Hampton Yacht Club and their community.*

In addition the HYC Junior Program strives to:

- Interest and lead juniors in developing safe sailing skills.
- Promote maximum attendance at all junior activities, events and local regattas.
- Conduct and further develop our year-round sailing program.
- Develop curriculum that promotes self-esteem, camaraderie, and sportsmanship.
- Encourage parental involvement for the various activities of the HYC Junior Program.

## **HAMPTON YACHT CLUB HISTORY**

In 1903, Hampton yachtsmen founded the Virginia Yacht Club. Interest dwindled during the war and the clubhouse fell into disrepair. Then in 1926 six men not associated with the Virginia Yacht Club, formed the Hampton Yacht Club and were ceded gratis the property and equipment of the old club. Since that time the Hampton Yacht Club has been a yachting and social center of the Virginia Peninsula. At the 1949 HYC annual meeting, the Board of Directors created a youth sailing program. The first year of the Jr. Program was held during the summer of 1950. Since then, the Hampton Yacht Club has fielded many fine teams of young sailors winning many Chesapeake Bay Yacht Racing Association junior club championships.

The first junior program building, the "Junior Shack", was located on the current site of the Yacht Club. A new building was constructed in 1975 and in 1997 was named in memory of long time racer, committee chair and junior supporter Tom Brady. The Junior Program has been granted use of a new larger building that provides the opportunity for multiple simultaneous classroom training and gives more space for each of the sailors. Many of the junior boats were damaged/destroyed when a tornado struck Hampton in 2013. With the aid of the HYC Board, parents, and friends the fleet was restored.

Outstanding junior members have become members of the US Sailing Team, gone on to compete in the Olympic trials, coach championship collegiate teams, qualify for US Bemis, Sears & Youth National Junior Championships, qualified for the North American & National Optimist Teams and have won numerous national sailing honors. Many adult HYC members have come from the ranks of our outstanding Junior Program. In 2000, the Jr. Program celebrated its 50th anniversary.

## **SAFETY**

### **EVERYONES RESPONSIBILITY!**

1. **Zippered** lifejackets must be worn at all times on the water by juniors as well as instructors.
2. All lifejackets shall have a whistle attached. All students shall be instructed when and when not to use their whistles.
3. Instructors' cell phones and radios must be in the tenders at all times.
4. In case of emergency, 911 will be called first, and then the HYC office (722-0711).
5. A first aid kit will be in each tender and in the junior shack.
6. All tenders will meet all Coast Guard regulations. No exceptions.
7. The maximum person or weight limit for each tender will not be exceeded. No exceptions.
8. There should be at least one tender on the water for every 10 boats.
9. There will be no body parts hanging over the sides of the tenders.
10. There will be no running or horseplay on the water, shorefront or docks.
11. All instructors and juniors will have adequate drinking water. And will try and use only reusable water bottles, not single-use water bottles.
12. Closed toed shoes are required on and off the water.
13. Juniors will not sail unless an instructor is in the tender to supervise.
14. Race courses should not be set up anywhere near a navigable channel.
15. When going on the water, a count will be taken of students and sailboats leaving the dock. Instructors will periodically count and confirm that students and boat are in the area. When returning to the dock, instructors will again count to make sure all have returned safely.
16. All students will be taught and must practice the procedures of being towed off the water in the event of bad weather.
17. Juniors will be coached in the proper manner of safely sailing through the navigable channels between leaving the docks and reaching the off shore sailing areas.

## **HYC STUDENT MINIMUM REQUIREMENTS**

### All Students:

- 50 yard swim test and 5 minute water tread
- Bathing suit and towel

### Required Items:

- Sunscreen
- Water Bottle (Preferably a reusable water bottle, not single-use)
- US Coast Guard approved life jacket with whistle
- Tennis shoes or other closed-toe sailing shoes
- Light colored, cool clothing

### Optional Equipment:

- Sailing gloves
- Hat (strongly encouraged)
- Sunglasses (strongly encouraged)

## **CODE OF ETHICS**

This Code of Ethics represents the most important ideals and guidelines to follow in order to have the most fun during your summer sailing experience. Simply stated, it is an agreement by all sailors to:

- Be cooperative, supportive and respectful of other people and their property at all times.
- Participate 100% in daily activities.
- Understand and obey the sailing "Rules of the Road".
- Be gracious in success and failure, victory or defeat.
- Remember that your actions, both on and off the water reflect upon you and the HYC Junior Fleet.

*"You haven't won the race if in winning the race, you have lost the respect of your competitors." - Paul Elvestrom - 4 time Olympic Sailing Medalist*



## **DISCIPLINARY PROCEDURE**

The HYC Junior Sailing Program is based on a foundation of SAFETY, FUN, and LEARNING. One of the goals of the Junior Program is for all involved to have a safe and enjoyable experience on and off the water. If any participant is unwilling to maintain good and safe conduct within their class and the structure of the code of conduct, she/he will be subject to discipline. Inappropriate language and name-calling is outside the code of conduct as well as inappropriate actions. The following steps are included in the disciplinary process:

1. A discussion with the Instructor, a verbal warning and documentation of behavior.
2. A discussion with the Sailing Director and documentation of behavior. Constructive feedback and possible consequences will be given to student.
3. Parent conference with Sailing Director, Instructor and Student where a course of action to solve the problem will be determined.
4. Conference with the Chairman of the Junior Program, Sailing Director, Parent and Student that may result in possible dismissal from the program without refund.

It is the primary goal of the HYC Junior Program to encourage participation and provide quality instruction in a safe environment.

## THE BASICS

### Dropping off and Picking up

Sailors should be dropped off and picked up either at the front entrance or back entrance to the Junior Shack. We ask all parents/caregivers to drop off their child no earlier than 15 minutes before their scheduled class and pick up no later than 15 minutes after their scheduled class. Instructors will not leave the yacht club until all students are picked up. Students are expected to be on time each day unless there is an emergency. Late students prevent the class from getting on the water in a timely manner. If a sailor is going to be late or cannot show up for any reason it is important to inform the Sailing Director prior to 8:30AM (12:30 for PM session) on the same day so that provision can be made to accommodate the lateness or absence.

### Lunches

Full day participants will eat lunch in the junior shack at 12:00. Approximately 30 minutes will be allocated for the lunch period. Sailors will be supervised at all times.

It is possible to order lunch from the club Dockside Lounge or the sailors can bring their own lunch. A menu will be provided each morning before the start of the 8:30 session and lunch can be ordered so that it will be ready at lunchtime. If a junior wishes to order lunch he/she must have it ordered before the 8:30 session begins. Lunch can be paid for using cash or if the sailor is an HYC family member, lunch may be charged to the member account. Juniors attending only AM or PM sessions are not included in the daily lunch session.

### Weather Protection

Sailing is an outdoor sport and therefore the sailors will be exposed to the sun, waves, and possibly rain. Each sailor should bring adequate sunscreen and it is strongly advised to wear a hat and sunglasses. Being out in the elements for most of the day is dehydrating and so **it is mandatory that each student arrive with a full water bottle each day.** Caffeinated drinks and sodas are not allowed.

Please think of the environment and try to bring a Nalgene that can be reused instead of a single-use plastic water bottle.

### Supervision on the water

The instructors will be with the sailors at all times. If a sailor is in any kind of trouble, the instructor will be present to provide assistance. All sailors must follow the commands of the instructors.

All boats under the supervision of a single instructor leave and return to the dock at the same time.

### Rigging, de-rigging and clearing up

The sailors are required to rig and de-rig their allocated boats. At the end of the day the sailors are required to clean any trash out of the boats, rise off, and tie down the boats. Sails are to be properly stowed in the sail room. Sailors are responsible to leave the floating docks and the junior building free of trash.

### Valuables

The club shall not be responsible for any valuables lost or misplaced. It is strongly advised that valuables are not left in the Junior Shack. At this time the club does not have lockers for personal belongings.

### Weather

Sailing in rain is a sail you'll remember, especially if the wind is up. Safety is our priority, and we not sail in lightning/thunder or any other threatening weather scenario. Nor will we sail in winds above 20 knots. If bad weather occurs, land-based activities will go on until the weather clears up.

### Racing and Regattas

The Junior Sailing Annual Regatta will take place on Thursday June 30<sup>th</sup>.

Sailors are encouraged to compete in both local and out of town regattas. Support will be provided in the form of boats and on-the-water coaching for Opti and 420 regattas.

### Awards and Movie Night

The awards evening is scheduled for Tuesday, August 23<sup>rd</sup>, from 6:00PM to 9:00PM. This is the last Tuesday of the 8-week program and all summer program participants are invited to attend. Pizza and sodas are provided.

## Contact Information

Contact	Phone	Email
HYC Office	757-722-0711	<a href="mailto:hyc@hamptonyc.com">hyc@hamptonyc.com</a>
Arielle Darrow, Sailing Director	757-409-0170	<a href="mailto:arielle@hamptonyc.com">arielle@hamptonyc.com</a>
Tim Brow, Opti Race Coach		<a href="mailto:timothy.brow@btinternet.com">timothy.brow@btinternet.com</a>
Kelsey Guy, Sailing Instructor		<a href="mailto:kelsey.g.guy@gmail.com">kelsey.g.guy@gmail.com</a>
Oliver Ross, Sailing Instructor		<a href="mailto:Richard.ross.12@cnu.edu">Richard.ross.12@cnu.edu</a>
Kendra Walker, Sailing Instructor		<a href="mailto:kendra.w@verizon.net">kendra.w@verizon.net</a>
Mackenzie Conner, Sailing Instructor		<a href="mailto:mcgymgirl@gmail.com">mcgymgirl@gmail.com</a>
Anna Patterson, Sailing Instructor		<a href="mailto:annarpatterson@gmail.com">annarpatterson@gmail.com</a>

## **CBYRA**

### **INTRODUCTION**

The Chesapeake Bay Yacht Racing Association (CBYRA) is an organization comprised of over 75 member clubs, more than 50 classes of racing sailboats and over 1,800 individual members from Pennsylvania, Delaware, Maryland, Virginia, New Jersey, and North Carolina. CBYRA represents these clubs, classes and individual members to the United States Sailing Association. CBYRA is, in fact, one of the largest such Associations in US SAILING.

CBYRA was founded in 1914 to promote fair yachting competition by supporting standard yacht racing and measurement rules and by coordinating racing schedules and regattas for the Chesapeake Bay area. These functions are still central to CBYRA tasks. CBYRA also provides an appellate function for protests for all sailing events in the Chesapeake Bay area. Over the years, CBYRA has taken on many additional tasks to provide various services to their members.

CBYRA conducts outreach activities to show all sailors in the Chesapeake Bay area how to become an involved in sailboat racing. Services provided by CBYRA to the network of its three major groups are:

#### **CLUBS:**

- Club competitions at the YRA level, some leading to national competition.
- A voice in government affairs affecting yachtsmen/women at the federal and local level.
- Bay-wide system of training for juniors in basic sailing and racing.
- Race Management Seminar to improve race committee skills.

#### **CLASSES:**

- Application of class rules in sanctioned events.
- Awards for class excellence.
- Coordination of scheduling that affects classes.
- Scoring records for High Points.
- Membership programs to attract sailors to racing.

#### **INDIVIDUALS:**

- A change to win CBYRA Championships and Awards.
- Entry to US Sailing Championships at junior or senior levels.
- Publications that contain information needed regarding race entries, racing rules, and appeal procedures.
- Manuals and workbooks for sailors at all levels.
- Winter Seminar Series to improve individual racing skills.
- Newsletter and Web Page to keep you informed of CBYRA events and people.
- CBYRA Race Weeks in the Northern and Southern Bays and Annapolis.

Membership information for CBYRA can be found at <http://www.cbyra.org/>.

## **US SAILING**

US Sailing develops and maintains programs for instructors, race officials, volunteers, clubs, and sailors across the country. US SAILING most likely impacts your sailing activities, whether it is through your children's junior program, the regattas you sail, insurance and other services for your club, or resources for local community sailing programs.

Being part of US SAILING will bring you a strong sense of community and contribution. Whether you race, cruise or day sail, you can take pride in knowing you are part of an organization focused on encouraging advancement, promoting integrity and serving as guardians of the sport. You will help us connect the dots to motivate the next generation of sailors, to keep the racing fair, and to enable those who might not otherwise have the opportunity to go sailing.

US Sailing offers memberships for Youth, Individuals, and Families, as well as Contributing memberships.

Membership information for US Sailing can be found at: <http://membership.ussailing.org/>.

## **NEW TO SUMMER SAILING**

We will be having Pirate Days on the first Friday of each session. For the little sailors (ages 6 to 12), we will be having dress up contests, relay races and more! You may dress up your sailor, if you would like. For the older sailors (ages 13 to 18), we will be having pirate wars with water guns. HYC will supply bio-degradable water balloons, but the sailors will have to bring their own water guns.

HYC will be having Parent Days on the last Friday of each session. Parents will get to come see how their sailors have learned so much in just two weeks! All I need are a couple of parents that have powerboats or sailboats they would take other parents out in, so everyone can watch and take pictures of their sailors. Please email the Sailing Director if you would be able to help out.

Various Wednesdays, until summer camp ends, we will host Junior Wednesday Night Sailing. Juniors (ages 6 to 18, member or nonmember) will join an instructor and race on our Sonars during HYC's Wednesday Night Race Series. No experience required; the instructor will provide helpful tactics and strategies to get around the race course. We do require calling or emailing the Sailing Director before noon on that Wednesday to guarantee an instructor. Cost is only \$15/child. Dates: June 29<sup>th</sup>, July 27<sup>th</sup>, August 3<sup>rd</sup> and August 10<sup>th</sup>, possible dates on July 13<sup>th</sup> and July 20<sup>th</sup>.

Friday Night Open Sailing will allow juniors time out on the c420s, Bics and Optis with an instructor on a chase boat. This is for any junior, ages 8 to 18, wanting to have some fun out on the water on a Friday night when Women's Sailing is occurring. This will be open from 5:30pm to 8:30pm for only \$15/child. Open Sailing does require the juniors having prior sailing knowledge (sailing upwind, knowing how to dock). Dates: June 24<sup>th</sup>, July 8<sup>th</sup>, July 22<sup>nd</sup> and August 12<sup>th</sup>.