



2010 JR. SAILING CLASS DESCRIPTIONS

All sailors must **pass a swimming test** to be admitted into any of the sailing classes.

All sailors must **bring their own Coast Guard approved PFD** (life jacket).

BEGINNER: An introduction to sailing. Beginner's will have fun with the basics of sailing - wind directions, parts of the boat, rigging, capsize and recovery, knots, points of sail, tacking, jibing, towing, and docking, as well as basic boat care. Swimming, games and knot tying will all be part of this fun-focused introduction. This class will be taught primarily in Prams and Hunter's. Students will sail with instructors in the Hunters and start out double-handed to eventually solo in the prams.

Class Times:

Beg A: Monday, Wednesday and Friday 9:00am – 12:00pm

Beg B: Monday 1:00 – 4:00pm; Tuesday and Thursday 9:00am-12:00pm

INTERMEDIATE: Intermediate sailors will build upon the skills learned as beginners to sail solo in prams and double and/or triple-handed in the Hunters. A combination of fun activities and skill-building drills will be incorporated into the class to develop a love of sailing and confidence in each child. Docking, sail trim, weight distribution, maneuvering, points of sail, getting into and out 'of irons' and sailing backwards will all be covered in class. Seamanship and basic racing will also be introduced.

Class Times: Intermediates: Tuesday, Wednesday, Thursday and Friday 1-4

ADVENTURE OPTI'S: This class is intended for the sailor who has completed Intermediates (or the equivalent). Recommended for ages 10-12. This class is for the sailor who is comfortable sailing solo. The class will expand on the seamanship and boat handling with lots of "tiller time.". Sailors will be on the water in their boats sailing for fun, exploring the Bay, learning how to sail well in a variety of conditions. Instructors will also introduce racing and encourage kids to join in the Monday evening fun races off the dock at CYC. Racing and competition will not be the focus of this class, but, all students will learn the basics of racing - what a starting line is, how to sail around a race course, signals used on a race course and basic rules. Adventure Opti. Sailors who are interested in more racing will have the opportunity to participate in the NBYA "Green Fleet" (novice) races; there will be class at CYC for those who do not want to race.

Kids are encouraged to bring their own boats, though it is not required.

Class Times: Adventure Opti: Tuesday, Wednesday, Thursday and Friday 1:00pm-4:00pm

Monday evening fun races and NBYA Green Fleet regattas, optional.

Regattas (not required, but coaching available for these events):

CYC Green Fleet Experience, July 2

NBYA Opti. #2, East Greenwich YC (GBSA), July 27

NBYA Opti. #3, Bristol YC, August 10

NBYA Jr. Race Week, Ft. Getty, August 13-15



Messing About in Boats: This class will be geared towards kids age 13 and older who may be less interested in racing and just want to “mess about in boats.” Kids who are 12 years old and weigh over 100 lbs will be considered for admittance. The class, which is taught primarily in 420s, is open to all skill levels and will focus on all aspects of becoming a competent sailor: skippering and crewing, long distance sails/harbor cruises, seamanship skills: docking, mooring, basic navigation/rules of the road, and introduction to spinnaker and trapeze. One class each session will include sailing on larger boats: J-22, J-24 and possibly larger “cruising” or racing boats. We hope to also include a cruising “overnight.” Note, that this is a class for sailors, and all students, even those who are just learning to sail, are expected to be active participants.

Class Times: Monday and Friday 9:00am-4:00pm, with lunch break.

Keel boats: This class is intended for kids 12 and older. Four sailors plus an instructor will sail three times a week on a J/22. Rigging, sail trim, weight placement, tuning, catching (and leaving) a mooring, plus general keel boat sailing and racing will be taught in this class. The expectation is that after the first week of each session, the kids (with the instructor) will race in the Wednesday night racing series at Sail Newport.

Class is limited to 4 sailors.

Class Times: Tuesday 1-4, Wednesday 4 – 7 (probably later when racing), Thursday 1-4

CYC JUNIOR RACING

Some important notes on CYC Racing Programs:

- The Optimist Racing and Laser classes require sailors to bring their own boats, including all equipment and sails. Club boats are provided for 420 racing, but sailors who own gear are invited/encouraged to bring their own boats, sails, and trapeze harnesses.
- Racing programs are for 8 weeks, plus NBYA Race Week, which will be hosted by CYC from Ft. Getty August 13-15th.
- Some regattas may be held outside of regularly scheduled class days and times. In these instances, class times and dates may be adjusted during the affected weeks to accommodate regatta schedules.
- Parents and sailors are expected to transport sailors and their boats to all non-CYC regattas. Coaches and parents will help arrange trailering of boats and carpools whenever possible.
- If a sailor chooses not to attend one of the scheduled regattas, there will not be a replacement class.
- Racers will have additional fees, which may include: Regatta entry fees, NBYA membership, US Sailing membership, Class membership, and travel expenses. NBYA membership- \$35; US Sailing Jr. membership- \$20; NBYA Regatta fees- \$15 before 7/1, \$20 after 7/1 & \$30 day of the regatta.



Optimist Racing: This class is for advanced Optimist sailors who have a strong desire for racing and have demonstrated basic racing skills. Instruction will focus on racing drills, advanced boat handling, racing rules, and strategy. Optimist racers are expected to attend NBYA regattas and Jr. Race Week. There will be a CYC coach and motorboat at each scheduled regatta. Sailors must have their own boats.

Class Times: Tuesday, Wednesday and Thursday 9:00-4:00pm; sailors are encouraged to bring their own lunch as the timing of lunch may vary due to weather conditions.

Regatta Schedule:

Green Fleet Only 'Green Fleet Experience', CYC, July 2

NBYA Opti #1, Ida Lewis Yacht Club, July 6 (still to be confirmed)

NBYA Opti #2, East Greenwich YC, July 27

NBYA Opti #3, Bristol YC, August 10 (still to be confirmed)

NBYA Jr. Race Week, Ft. Getty, August 13-15

Non-NBYA Regattas (not required):

New Bedford Regatta, July, 10-11

Marblehead Jr. Race Week, Marblehead, MA, July 19-21

Optimist Girl's Nationals, Deltaville, VA, July 20

Optimist Nationals, Deltaville, VA, July 21-24

Hyannis Regatta, Hyannis, MA, July 30 – August 1

Optimist New England's, Sail Newport, August 2-5

LASERS (Development and racing): This class is designed for anyone wanting to sail/race a Laser. Instruction will focus on boat handling, sail controls and making adjustments, weight placement, technique, racing and strategy. Though the class will be geared towards racing, long distance and "fun" sails will be interspersed with drills to achieve competency and confidence. Racing Laser sailors are expected to attend the NBYA regattas and Jr. Race Week. There will be a CYC coach and motorboat at each scheduled regatta.

Class Times: Monday and Friday - 9am to 4pm; sailors are encouraged to bring their own lunch as lunch time may vary due to weather conditions.

Regatta Schedule:

NBYA Laser #1, Saunderstown YC, June 27

NBYA Laser #2, Wickford YC, July 14

NBYA Laser #3, Sakonnet YC, August 10

NBYA Jr. Race Week, Ft. Getty, August 13-15

Non-NBYA Regattas (not required):

Laser North Americans, Kemah, Texas, Texas Corinthian YC, June 23-27

New Bedford Regatta, Area A Smythe qualifier, July 10-11

Sail Newport Coastal Living Regatta, July 10-11

Leiter Cup, Coral Reef YC, July 18-23

Marblehead Jr. Race Week, Marblehead, MA, July 19-21

Hyannis Regatta, Hyannis, MA, July 30 – August 1

Youth Champs, Cabrillo Beach YC, San Pedro, CA, August 1-4

Buzzards Bay Regatta, Marion, MA, August 6-8

CORK, Kingston, Ontario, August 16 - 19

Sears, Bemis, Smythe Finals, San Diego, CA, August 14-19

RACING 420: (420 Fast Track and 420 Racing) This class is for 420 sailors who have a strong desire for racing and have demonstrated boat-handling skills. Two coaches will work with this class to accommodate experienced racers and those who are new to the 420. Instruction will focus on advanced boat handling with trapezes and spinnakers, racing drills, racing rules and strategy. Skipper/crew teams will be formed by the coaches, though requests can be made. Fees include the use of CYC boats and equipment in class and at NBYA regattas. CYC also owns a 6-boat 420 trailer that can be used for travel to away regattas with parental support.

This class will also include Team Racing. Team racing is not only an excellent means of practicing boat-handling, but is a discipline used in college sailing and throughout the world. CYC sailors will practice as a team and participate in interclub team races with local clubs, such as Ida Lewis, Newport YC and SailNewport. At the end of the season, team racers will attend the NBYA Team Racing regatta.

Class Times: Tuesday, Wednesday and Thursday 9am-4p.m. and regattas; sailors are encouraged to bring their own lunch as lunch time may vary due to weather conditions.

Regatta Schedule:

NBYA 420 #1, Saunderstown YC, June 27

NBYA 420 #2, Barrington YC, July 29

NBYA 420 #3, Bristol YC, August 3

NBYA Team Racing Champs, Bristol YC (BYOB), August 4

NBYA Jr. Race Week, Ft. Getty, August 13-15

Non-NBYA Regattas (not required):

Ida Lewis Regatta, Hingham YC, June 25-30 (already wait listing for entry)

Falmouth Regatta, Area A Bemis qualifier, July 24-25

New Bedford Regatta, July 10-11

Sail Newport Coastal Living Regatta, July 10-11

Marblehead Jr. Race Week, Marblehead, MA, July 19-21

420 North Americans, Brant Beach, NJ, July 20-23

Hyannis Regatta, Hyannis, MA, July 30 – August 1

Youth Champs, Cabrillo Beach YC, San Pedro, CA, August 1-4

Buzzards Bay Regatta, Marion, MA, August 6-8

CJ Buckley Team Race & C420 Team Race Nationals, East Greenwich YC, August 9-11

CORK, Kingston, Ontario, August 16 – 19

Sears, Bemis, Smythe Finals, San Diego, CA, August 14-19