



March 10, 2008

Dear Sailors and Families,

Welcome to CYC for the summer of 2008. We anticipate a wonderful sailing experience for all of our junior sailors. We have a few changes from previous years, so please read the various class descriptions and review the updated class schedules.

This year our Beginner and Intermediate classes will have the opportunity to sail in two new Hunter 14's, provided to CYC by the Conanicut Island Sailing Foundation. These double-handed boats will be offered in addition to our existing fleet of single-handed prams. The Hunters will give CYC beginners an alternative to the solo sailing experience. Intermediates will have the opportunity to sail these boats as a team.

We have also added some informal round-the-buoy racing for Lasers on Monday and Friday evenings. Laser sailors of all ages who want to get out on the water and have fun are welcome to join in.

### Important Dates

- Registration Forms due- May 1, 2008
- Meet the Instructors – 5:30pm Thursday June 19th
- Monday June 23<sup>rd</sup> - Session I begins
- Friday July 4<sup>th</sup> – No Classes
- Friday July 18<sup>th</sup> 4:00 pm - CYC Session I Awards – Non-Racing Sailors only
- Monday July 21<sup>st</sup> – Session II begins
- Tuesday August 12 through Thursday, August 14<sup>th</sup> – NBYA Race Week
- Friday, August 15<sup>th</sup> 4:00pm - Annual CYC Junior Sailing awards

As last year, Junior Sailors whose families are not regular CYC members will be required to pay \$75.00 per session for a "Limited Junior Sailing" membership. This limited membership entitles junior sailors to participate in CYC Junior Sailing activities.

All families are requested to include an e-mail address on the registration form so we can contact you with any changes or additions during the season. ***Please note that the registration deadline is May 1st.*** We will make every effort to assign children of members to their first choice of classes if forms are in the office by the deadline. After May 1<sup>st</sup> we will fill any remaining spots with applications from non-members. A waiting list will be maintained if necessary.

For families new to junior racing, CYC has access to Optimists for charter. The cost of the charter is \$500.00 for the entire season. We will supply the boat, blades, rig, and sail. Racing sails are not included. The boats will be assigned on a first come basis. Please contact Elizabeth Gowell 401.884.0595 or [egowell@cox.net](mailto:egowell@cox.net) for more information.

If you have questions or concerns please contact Elizabeth Gowell at (401) 330-1203 or [egowell@cox.net](mailto:egowell@cox.net) or Cory Sertl at [corysertl@rochester.rr.com](mailto:corysertl@rochester.rr.com).

Thank you,

Elizabeth Gowell  
Co-Chair, Jr. Sailing Program  
CYC

Cory Sertl  
Co-Chair, Jr. Sailing Program  
CYC

## 2008 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: This introduction to sailing will be taught primarily in Vanguard prams and also in Hunter 14's.** Lessons will introduce 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. Sailors will eventually sail solo in the prams or with instructors on the Hunters. **Each class is limited to 16 sailors**

**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 including sailing backwards! Aspects of seamanship and basic racing will also be incorporated into the class.

**Class Times:**

Int. A 16 students Prams and Hunters: Tuesday, Thursday , Friday 1:00pm-4:00pm

Int. B 6 students: Monday, Wednesday and Friday (Optis only) 9:00pm-12:00pm

Int. C 6 students: Mondays and Fridays (Optis only) 1:00pm-4:00pm; Wednesday (Hunters only) 1-4

**ADVANCED in OPTI: This class is intended for the older student who has completed Intermediate Opti and wants to learn to sail well enough to get to a destination and back.** The class will expand on the seamanship and boat handling topics covered in Intermediate classes. There will be some fun racing, but racing will not be the focus of the class. Instead students will sail for the fun and get lots of "tiller time". Students who enjoy sailing but do not intend to pursue Opti racing will enjoy this class for many sessions.

**Class Times:** Adv. Opti: Tuesday, Wednesday, and Thursday 1:00pm-4:00pm

**APPRENTICE 420: This class is an introduction to sailing CYC 420's.** Students will learn to sail a two-person boat with a mainsail, jib, and spinnaker. Communication and working together as a team will be emphasized. Lessons will include rigging and de-rigging, tacking and jibing, capsize recovery and man-overboard drills. Basic seamanship lessons will be incorporated into the classes.

**Class Times:** Monday and Friday 9:00am-4:00pm, with a one-hour break for lunch.

**APPRENTICE LASER: This class is designed for beginning Laser sailors in the 4.7 and/or Radial rig.** All sailors must provide their own boat. The focus of the class will be on boat handling, tuning the rig, and having fun on the boat. Apprentice Laser sailors are invited to join the informal round-the-buoy racing on Monday and Friday nights.

**Class Times:** Monday and Friday - 1:00 pm to 4:00 pm.

Racing optional from 5:00 to 7:00 pm.

## CYC JUNIOR RACING

### Some important notes on CYC Racing Programs:

- Racing sailors are encouraged, but not required, to register for both sessions.
- All CYC Junior Racing Programs, except the 420 program, require sailors to bring their own boat, including all equipment and sails.
- Some regattas may be held outside of regularly scheduled class days and times. In these instances, class times and dates will 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.
- If a sailor chooses not to attend one of the scheduled regattas, there will not be a replacement class.

**RACING OPTI (ENTRY) – GREEN FLEET: This class is intended for novice Optimist racers.** Instruction encourages fun on the water with sessions that combine racing drills and recreational sailing. Opti racers are expected to have met a minimum skill level, including the ability to tack, jibe and control their boats in varied wind conditions. The class will teach fundamentals of racing and racing rules. Students are expected, but not required, to participate in local regattas on Narragansett Bay, including race week, as part of the Green Fleet. These races are typically short and designed to encourage the beginning racer. The Green Fleet includes sailors of any age with entry-level racing skills.

#### **Class Times:**

Monday, Wednesday, and Friday - 9:00am-4:00pm

Sailors are encouraged to bring their own lunch as lunch time may vary due to weather conditions.

**RACING OPTI (ADVANCED) – CHAMPIONSHIP FLEET: This class is for advanced Opti 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. Opti Championship Fleet racers are expected to attend all Narragansett Bay Yachting Association (NBYA) regattas and other local and regional Opti regattas of interest.

#### **Class Times:**

Tuesday, Wednesday and Thursday 9:00-4:00pm

Sailors are encouraged to bring their own lunch as lunch time may vary due to weather conditions.

**RACING 420: This class is for 420 sailors who have a strong desire for racing and have demonstrated boat handling skills.** Instruction will focus on advanced boat handling with traps and chutes, racing drills, and racing rules and strategy. As the season progresses, students will be encouraged to develop skipper/crew teams. Each team will be assigned a particular boat and it will be the responsibility of the team to help maintain this boat throughout the season.

Racers in this class will have access to a CYC boat for scheduled regattas, and all Racing 420 sailors are expected to attend the Narragansett Bay Yachting Association (NBYA) regattas, Race Week, and other local and regional regattas of interest.

#### **Class Times:**

Tuesday, Wednesday and Thursday 9:30 am-4:30pm

Sailors are encouraged to bring their own lunch as lunch time may vary due to weather conditions.

A tuition discount of \$100/session is available for sailors who bring their own 420.

**RACING LASERS: This class is for Laser sailors who have a strong desire for racing and have demonstrated boat handling skills.** Instruction will focus on advanced boat handling, racing drills, rigging for speed and control, and racing rules and strategy. Racing Laser sailors are expected to attend the Narragansett Bay Yachting Association (NBYA) regattas, Race Week, and other local and regional Laser regattas of interest.

**Class Times:** Monday and Friday 1:00 pm to 4:00 pm.

Racing optional from 5:00 to 7:00 pm.

2008  
Conanicut Yacht Club "Limited Junior Sailing Membership"

Registration Form

Date: \_\_\_\_\_

Sailor's Name(s): \_\_\_\_\_

Parent or Guardian: \_\_\_\_\_

Summer Address: \_\_\_\_\_

Winter Address (if different): \_\_\_\_\_

Summer Phone #: \_\_\_\_-\_\_\_\_ Winter Phone #: \_\_\_\_-\_\_\_\_\_

E-mail: \_\_\_\_\_

Please sign my child(ren) up as "Limited Junior Sailing Member(s)" for **session 1** (\$75.00 per child)\_\_\_\_, **session 2** (\$75.00 per child)\_\_\_\_, **both sessions** (\$150.00 per child)\_\_\_\_ for the 2008 season.

Number of children \_\_\_\_\_

X

Number of sessions \_\_\_\_\_

Total \_\_\_\_\_

X \$75.00 = \_\_\_\_\_ Check # \_\_\_\_\_

**NOTE: First time participants will be accepted into the program on a space available basis. You will be notified by May 31<sup>st</sup> of the status of your application.**

