

California Yacht Club



2018 Summer Junior Sailing Program Parents Handbook



CALIFORNIA
YACHT CLUB

Guillaume Rasse

Junior Director

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From the Program Director



Welcome to the Junior Sailing Program at California Yacht Club. This year is shaping up to be eventful and exciting. The Junior Committee and I have been working hard to ensure that CYC provides a fun and rewarding experience for all young sailors whether they are first-time students, returning “veterans” or a seasoned racer looking to compete at the highest level.

In 2018, we are expecting over 100 kids and teens to participate in one or more sessions at CYC. On any given day during the summer sessions, roughly 60 sailors will be taking part in one of the numerous programs available. CYC Junior Race-Teams are competing in events throughout the United States and internationally.

All our recreational and instructional sailboats and supporting assets are ready for a busy and exciting 2018 summer.

At the time of this writing, we are lining up the summer coaching staff. Many of last summer’s instructors will return and with a few additions, we have assembled a team that has a passion for sailing and teaching all age groups and abilities.

I am looking forward to another fine year at CYC.

Sincerely,

Guillaume Rasse
California Yacht Club
Junior Program Director



What is Junior Sailing?

Some sailors may feel that junior sailing is a summer time activity while others say it is their life. Sailing is many things to many people. It can be a simple, fun summer-time pursuit, or an active, year-round, competitive, highly involved sport.

Sailing fosters the development of self-confidence, commitment, an appreciation of the outdoors and nature, competitiveness, working towards a goal, teamwork, discipline, motivation and life-long friendships.

These skills are not only helpful in sailing, but are a great preparation for life experiences.

In addition to learning a new sport, or expanding skills, you will learn responsibility, self-sufficiency, independence and teamwork.

What Junior Sailing and Racing IS:

- A worldwide sport with opportunities for every kid to shine regardless of affluence, sex, or ethnicity.
- A great individual and team sport.
- Offers kids, at a very young age, true independence and freedom - learn skills, get in the boat and go...no license, no age minimums, no problem!
- A platform to introduce your son/daughter to unique life experiences and amazing, well rounded people.
- A true co-ed sport, even at the high school and collegiate levels. Not many sports offer a level competitive playing field for both women and men.
- An Olympic sport.

What Junior Racing is NOT:

- For the wealthy, for boys only or for just one ethnicity.
- Easy.
Successful sailors consistently work hard, attend practice and maintain dedication to the sport, as well as their team.
- An “occasional” sport that you can flitter in and out of and expect to maintain your kids’ high skill level and therefore interest.



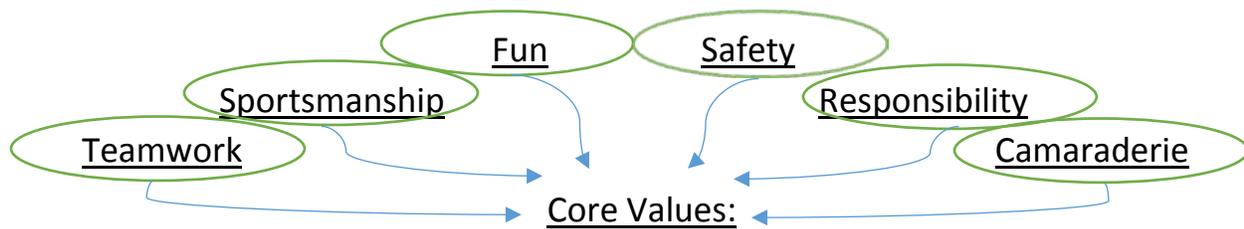
California Yacht Club Juniors

**Membership is NOT required
to take part in California Yacht Club Junior Program
Recreational Camps and Classes.**

Sailing is a special activity, if not a passion, that lasts a lifetime and there is no better way to start than with the California Yacht Junior Sailing Program.

It is our mission to encourage kids to sail. The curriculum and schedule are designed to teach and improve sailing skills in a fun environment.

The program is a culture we want our youths and parents to be inspired by.



Mission Statement:

“To uphold the CYC legacy as the new generation while instilling a healthy, mindful, team-centered, above and beyond, can-do attitude on and off the water.”

California Yacht Club's Junior Sailing Program offers year round activities, instructions and competition. The program is open to juniors from 8-18 years of age and offers beginning through advanced racing opportunities, as well as, non-competitive sailing activities.

California Yacht Club’s Racing Team Members compete on the local, regional, national and international levels. We have active Opti, Radial, CFJ and c420 racing teams which practice and race throughout the year.

2018 Summer Schedule

The program starts at 9:00AM and ends at 3:30PM.

Early drop-off is allowed from 8:45AM.

Pick-up at 3:30PM sharp.

Sessions:

Session #1 – June 25th to July 6th

Session #2 - July 9th to 20th

Session #3 – July 30th to August 10th



Key Dates:

June 8th - Participants Orientation

June 25th - First Day of Camps

August 9th – Junior Award Banquets

August 10th - Last Day of Camps

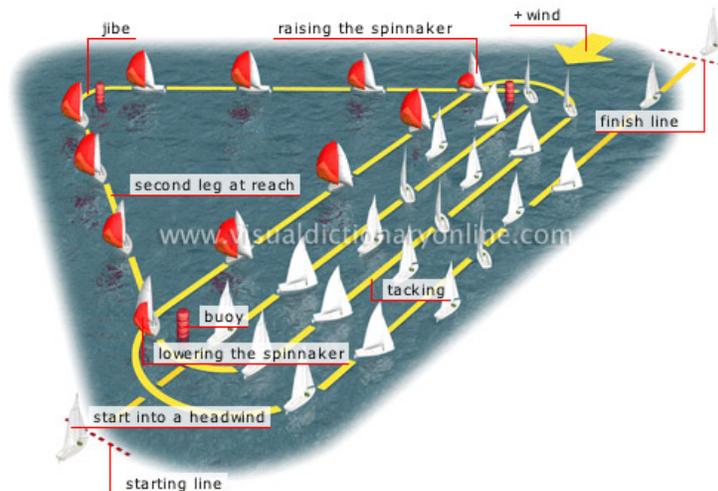


Thursday's Club Regatta

"Muddy Feet"

This is a fun race. Participation is not a requirement.

- A race course will be set in front of the guest dock on Thursdays
- The first warning signal is at 5:30PM – 3 races scheduled
- Modified US Racing Rules of Sailing will apply
- Trophies will be awarded afterward
- Pick up your sailor at 7:00PM



Dates:

June 28th

July 5th

July 19th

August 2nd

A Typical Summer Camp Day

8:45 – 9:00 a.m.	Drop-Off
9:00 – 9:30 a.m.	Roll Call, Morning Meeting & Equipment Assignment
9:30 – 10:15 a.m.	Lesson Focus for the Day
10:15 – 10:30 a.m.	Snack
10:30 – 11:30 a.m.	Rigging / Sailing Session
11:30 – Noon	Lunch
Noon – 12:45 p.m.	Pool Time / Games
1:00 – 3:00 p.m.	Sailing / De-Rigging
3:15 – 3:30 p.m.	Free Swimming Period
3:30 – 3:45 p.m.	Pick-Up



2018 Junior Program Lunch Menu

Ham and Cheddar Cheese Sandwich

Turkey and Swiss Cheese Sandwich

Roast Beef and American Cheese Sandwich

Peanut Butter and Jelly Sandwich

BLT Sandwich

All Lunches come with a Fruit Cup, Granola Bar,
Bag of Chips and 16oz Drink

\$10.00 inclusive



About the Camp

All CYC Juniors will be required to pass a swim test on the first day of the program and will be required to wear Coast Guard approved life jackets (PFD) while on or around the water.

A student may sign up for one or more sessions. Each session is independent, so one does not need to participate in the first session to participate in the second session.

The single handed beginning and intermediate sailing (Swabbies and Cadets) and the double handed beginning/advanced program consists of two or three weeks sessions

As each sailor masters the skills taught at each level, they will be awarded a certificate of achievement and promoted to the next level.

FAQs

Is my child cut out for sailing?

Sailing is as much as a physical sport as it is a mental sport. We've all seen kids who are natural athletes at any sport: coordinated, strong, excellent hand/eye coordination, etc. These are some of the skills that great sailors possess. However, when sailing, wits and tenacity might beat out a natural born skill 9 out of 10 times. Young sailors must rely on a combination of several learned skills, as well as natural physical abilities.

Does my child have to race?

The year round program at California Yacht Club is designed to prepare kids for racing. This includes learning the rules of racing, racing tactics, sportsmanship, boat handling and the care and maintenance of sailing equipment. Junior sailors, depending on their ability and level of commitment may participate in regattas held locally, regionally, nationally and internationally.

The first time a child races a sailboat can be a very humbling experience. If your child loves sailing, but doesn't like racing, make sure to talk with the junior director or coaches who may have been in the same situation. Sailing is a lifelong activity and there are others paths in the sailing community that your child can take.

What's the time commitment?

This depends on your child's level of interest and skills. Beginning sailors typically don't spend as much time on the water as the older, advanced sailors.

Your sailor could be practicing and/or racing most weekends, either at local clubs or traveling to out of town regattas throughout the year. Alternatively, your sailor's program may consist of summer sailing, a few Sunday sails and participation in local Marina del Rey regattas.

How long can sailing really last?

Sailing has a very long “sport lifespan”. Consider this: the average Olympic sailor is 30 years old. Some are still racing into their 90’s and most kids start sailing before they leave elementary school.

Sailing spans the life of the sailor, from beginning junior sailing, through elementary and high school, to college, and further into one’s life.

What kind of boats do juniors sail?

In 2016, Cal Yacht Club invested in a fleet of RS Teras for the recreational and Learn to Sail program.

The Optimist is the pram of choice for those choosing to race. Sailors who begin at a young age, either age out (15yrs of age) or size out (physical size) of these boats.

The double-handed CFJ and C420, accommodate kids from the age of 13. Dependent on their size and ability, they will train as a skipper and/or crew.

Experienced teen sailors also sail the single-handed laser or laser radial.

See more information on the list of equipment we use on page 12.

What is expected of the parents?

Parents fall into two groups, sailing and non-sailing, but they are the same when it comes to involvement in your child’s activities. It is imperative that all parents support the growth of their sailor and maintain consistent involvement without disrupting the ongoing sailing/racing activities

- **Leave the coaching to the coaches.**

If you are unhappy with the coaching during a scheduled practice or regatta, make sure to talk to the junior director.

If you have an idea for coaching, speak to the junior director before or after practice. During practice is not the time to express your thoughts.

- **Lending your sailing advice and expertise is sometimes (believe it or not) unwelcomed from your sailor.**

Coaching from onshore, especially during racing, is prohibited.

Remember, when observing a race, most likely, you are standing around other parents who will hear your comments. Their child is either beating your sailor or being beaten by yours, so please be respectful.

- **Just like in school, the more the parent is involved, the more the child is going to get out of it.**

Stay involved by ensuring your sailor is on time and prepared. Encourage care of equipment. Participate in team functions and attend races as a spectator.

What equipment of gear does my sailor need?

- Bailer (cut down plastic jug works well)
- Sailing clothes:
Wetsuits and spray gear are usually not necessary unless registered for the race-team program, but you may want to pack them, just in case. Definitely bring clothes and shoes that can get wet.
- Mandatory Safety Items
 - **Water bottle.** EXTREMELY important in the heat to prevent dehydration.
 - **Sun Screen Lotion** (ABSOLUTELY NECESSARY, sailors will be **REQUIRED** to apply lotion every morning and again after lunch! Consider this a safety item for your near-term comfort [sunburn prevention] and long term health.
 - **Hat and sunglasses**, with retainer straps. (ABSOLUTELY NECESSARY, these are the sunscreen for your eyeballs!)
 - **Life jacket**, USCG approved, that fits properly.
 - **Closed-toe shoes.** Our docks are made of wood = splinter. No flip-flop. Sailors are required to wear shoes throughout the day, other than when at the pool
- Personal Items
 - Waterproof watch with a countdown timer (for intermediates and advanced racers)
 - Bathing suit
 - Beach towels
 - Extra set of dry clothes
 - Notepad and pencils
- **Do NOT bring**
 - No lighters, matches or flames of any kind. Sailors who need to burn the ends of lines can ask instructors for help.
 - No skateboards, skates or scooters.
 - NO ELECTRONIC DEVICES (iPads, iPods, computers, or boom boxes). Phones are to be left in the day-bag.

Boats We Sail

All instructional sailing is conducted in RS Teras, Optimist, Lasers, CFJs and C420s. These classes represent the standard for Junior/Youth racing in the United States. Between these five boat models we can structure curriculums to suit all ages, abilities, and sizes.

RS Tera



The RS Tera is a new platform to the West Coast but widely and increasingly used on the US Atlantic Coast and in Europe for junior instruction. The boat's uniqueness makes it ideal for teaching young beginners. As of 2018, California Yacht Club owns a fleet of 12 RS Teras.

RS Tera North-America Association: www.RSTeraNA.org

Optimist

The Optimist is the largest junior racing fleet in the world and the international standard in junior instruction. The boat's uniqueness makes it ideal for teaching young beginners, while making the boat extremely challenging. CYC operates and charters a fleet of Optis for the junior program. All racers who travel bring privately owned boats for practice and racing.

Additional information about the Optimist Class Association is at www.usoda.org



Club Flying Junior



The Flying Junior (CFJ) is the most popular and versatile double-handed junior boat on the West Coast. The CFJ is sturdy and safe while providing the challenge of having a spinnaker. The boat is best suited for sailors 12-18 years of age and over 110 pounds.

CYC has a fleet of 9 Club FJs for use in the Junior Program, four of which are under three years old.

Additional information about the CFJ Class Association is at www.cfjclass.org

Laser



The Laser is the single-handed option for sailors who are too big or too old to sail the Opti. The Laser can be combined with three different sail plans, providing great versatility across a wide range of sizes. Lasers are best suited to sailors who can upright a flipped boat. All participants in CYC's Laser program must supply their own boat. Lasers are an Olympic class one-design and the primary

singlehanded boat used in youth sailing events. In 2008, the Laser Radial entered as the women singlehanded event at the Olympics. Because of this, a number of young women are now sailing in the Radial.

Additional information about the Laser Class Association is at www.nalaser.org

Club 420

The Club 420 is the most popular and versatile double-handed junior boat in North America. The 420 is sturdy and safe while providing the challenge of having a spinnaker and trapeze. The boat is best suited for sailors 12-18 years of age and over 100 pounds. CYC has a fleet of 8 competitive Club 420s for use in the Junior Program, some of which are less than 2 years old.



Additional information about the 420 Class Association is at www.club420.org



California Yacht Club

Junior Sailing

Code of Conduct

1. I will support the CYC Junior Race Team Code of Conduct, uphold the Racing Rules of Sailing and honor the spirit of Corinthian sailing.
2. I pledge honesty and integrity in general and shall not deviate from the truth, nor tolerate such behavior in others.
3. I will treat competitors, coaches, regatta officials, parents, hosts, staff members and all others with respect. I will not verbally, physically, or emotionally abuse anyone nor tolerate such conducts by others.
4. I will strive to be on time. I recognize that I may be sent home if I am late or unprepared.
5. I will be responsible for my personal gear and clean up after myself.
6. I will not use another's property without permission nor steal nor damage another's property. Designated club boats may only be used with the prior permission of CYC's Junior Director.
7. I will make my best effort to behave and dress in a manner consistent with the high standards expected of the CYC Junior Race team.
 - A. I will wear my pinnie while on the water at all times, including practices, clinics and regattas.
 - B. I will wear my team polo or race jacket at awards ceremonies.
 - C. While inside the CYC clubhouse I will be clean, dressed & dry. Additionally, I will be respectful of other members, staff and use good manners.
8. I will not arrange for private coaches at a CYC Race Team-sponsored event without notifying the Jr. Director and my coaches in advance.
9. I will follow safety instructions and procedures as presented by my coaches and other responsible adults recognizing the paramount importance of safety.
 - a. I will wear a USCG approved personal flotation device with an attached whistle any time I am on or near the water.
 - b. I will wear closed-toe shoes on and off the water during practices and regattas.
 - c. I may carry a rigging knife (or knives) as necessary for my safety, but only with parental consent. No other knives and/or weapons are allowed on the premises at any time.
 - d. Cell phones and other electronic devices shall remain inside gear bags until the completion of practices and regattas.
 - e. Any head injury, (i.e. being hit in the head by the boom) no matter how small should be reported to coaches immediately and coaches will be responsible for reporting incidents to Jr. Director and parents.
10. I will not leave the race course or site of a CYC Jr Race Team event without permission from my coach or the Jr. Director.
11. I will not use or tolerate the use by other team members of alcohol, tobacco or non-prescribed drugs. I understand that a drug-free environment is necessary to achieve individual and team success.



Parents:

- a. I will support the growth of my sailor(s) and maintain consistent involvement without disrupting the ongoing sailing activities. I recognize that having a child or children on the Junior Race Team requires each family to volunteer a minimum of 30 hours annually in support of the program. If I am unwilling or unable to volunteer the suggested hours, I will arrange to meet with the Jr. Director and/or Committee Chair to discuss alternative methods of support for the team at large.
- b. I pledge my support to my sailor and to our team but I will leave the coaching to the coaches. Coaching from onshore or spectator boats is prohibited.
- c. I recognize that rigging one’s boat is an integral part of becoming a skilled sailor and racer. I will not rig my child’s boat unless necessary for his or her timely participation in a scheduled event.
- d. I will be respectful of other parents while participating in regattas both at CYC and other clubs. I recognize that any comments I make may be heard by other parents and teammates.
- e. I value the opportunity to schedule appointments with either the Jr. Director or the Jr. Committee chair to discuss any concerns I may have involving the sailing program.

Consequences

The following procedure shall be used if any breach of this code of conduct occurs:

- 1. Reports of any alleged breach of this Code of Conduct (except those directly related to a sailor’s conduct within a race that are governed by the Racing Rules of Sailing), shall be made in person or in writing to either the Junior Director, the Junior Committee Chair or CYC General Manager (“the Contacted Party”). The Contacted Party will make every effort to speak to all involved parties before taking any actions.
- 2. If it is determined that a breach has in fact occurred and depending on the severity of the sailor’s alleged actions, any of the following disciplinary actions may be taken:
 - a. The Jr. Sailing Director may initiate a “time-out”.
 - b. The Jr. Sailing Director may recommend a temporary suspension from sailing activities following a meeting with the sailor, his/her parents, the CYC General Manager and the Jr. Committee Chair. This meeting shall identify constructive steps that must be taken to address the behavior by the Jr. Sailor.
 - c. If the problem continues after steps one and two, the Jr. Sailor’s membership on the CYC Junior Race Team may be revoked with the unanimous consent of the Jr. Director, the CYC General Manager and Jr. Committee Chair.

By signing this code of conduct I agree and understand that any violation of these rules may restrict my, and/or my sailor's participation in other CYC Junior Race Team events. The CYC Junior Race Team membership is by invitation and this invitation may be suspended or revoked by California Yacht Club for violations of this code.

Sailor Name

Parents Name

Sailor Signature

Parents Signature

Date

Date

2018 Junior Sailing Staff



Guillaume Rasse
Junior Director

Guillaume grew up in a Junior Sailing Program on the Normandy coast in France. He brings over 30 years of experience in the Junior Sailing field and continues competing on the international scene, given any opportunity. He joined California Yacht Club in early 2014. His entire

family sails and his spouse and children are all very involved with the sailing program. This will be his 5th summer as Junior Program Director.



Roberto Ayala
Race Team Coordinator & Green Fleet Coach

Roberto began sailing at the age of 7 at the Venice Boys and Girls Club. Soon after, he joined the California Yacht Club Opti Race Team. As he grew up, he transitioned to the FJs, Lasers, and Farr 40. He started coaching at CYC in 2014 and helped develop the Green Fleet. When not coaching, you will find him hanging out on sunny Venice Beach.



Miguel Andrade
International Laser Coach

Miguel started to sail Optis when he was 5 years old. Being that his father was in the Navy, he always had a special connection with the sea. As he grew up, he developed a passion for Lasers and loved the very tactical and technical aspect of the boat.

His coaching career started while coaching local teams in

Portugal and the Optimist National Team, and soon after, he moved onto Lasers full time. He taught Laser sailors from more than 15 different countries in National and International events (two of which qualified for the Olympic Games in Rio2016). He's worked within the Portuguese Sailing Federation as the Laser Olympic Coach. Two years ago, he started a company, VianaSailing, an international coaching provider for high performance, Olympic and pre-Olympic sailors. He is currently based in Viana do Castelo, Portugal. He is very professional in all the coaching he does, but he also thinks it's important to do it with passion and in a fun and creative way.



Mollie Perlman
Recreational Program Supervisor

Mollie's passion for sailing began while sailing and racing dinghies at the UCLA Marina Aquatic Center. After working as a Senior Research Analyst for Sony Pictures, Disney, and Fox Sports Network, she now has turned sailing into her career. She holds both US Sailing and ASA small boat and keelboat instructor's certifications and has taught kids

and adults for over 8 years. Last summer, she was the Boy Scouts' Sailing Director at Camp Emerald Bay on Catalina Island. Additionally, she worked with both America's Cup Television and Oracle Team USA during the 2013 America's Cup, earned the 2012 Sailing Instructor of the Year award from UCLA Recreation, and won the 2011 Rescue Award from the Association of Santa Monica Bay Yacht Clubs. While Mollie currently teaches CYC members in the Adult Learn to Sail program, she now looks forward to also bringing her knowledge, experience, and passion to the CYC Juniors program.



Thomas Petri Sylvester
Race Team Coach

Thomas grew up sailing in Brazil, mostly sailed on 420s and Lightnings where he won two Jr. World Titles with his team, Canada in 2014 and Ecuador in 2016. He is passionate about the sport, loves coaching kids, and used to be a coach in Brazil and travel with his team. He

is new to California, having just moved here a few months ago from São Paulo and is extremely grateful to be coaching at such a beautiful place. When not sailing/coaching, he enjoys adventures and discovering new places.



Will Petersen
Double Handed Race Team Coach

As a Southern California native, Will grew up in the California Yacht Club Junior Program. Will has competed on behalf of the yacht club in hundreds of sailing regattas both locally and internationally. His sailing accomplishments include winning the CFJ Nationals, being team captain of the University of Hawaii Sailing Team and winning the 2015 Trans-Pac. Will

graduated the University of Hawaii with a Bachelor's Degree in Travel Industry Management and now works as Yacht Broker for Denison Yachts in the marina. He will be coaching the CYC Juniors during the large summer events.



Manny Resano
Head Opti Coach
Manny competed for the Argentina National Optimist Team at a number of IODA championship events including two South-American & one World Championship. Subsequently, he competed in Cadet, Laser and 29er at the national level before stepping up to a coaching position. Manny, his wife Beatriz de Caso, and 3 daughters,

Valentina, Candelaria, and Maxima, live in Nicaragua. When not on the water coaching, you will find Manny with his daughters riding waves on some near or distant shores. His two older daughters are surfing bigger waves than most can dream and making their way to the pro-circuit.



Aidan Mobley
Sailing Instructor
Aidan is 20 years old and will be starting his sophomore year at Cal Maritime in the fall. He started sailing at the age of 7 in the US Sabot but quickly outgrew the boat and moved to the Laser. He lives in Playa del Rey with his family and dog. While he is not coaching, he is sailing on the California Yacht Club Race Team, racing keel boats, and campaigning his International 14

skiff. He raced in the legendary Transpac last July, sailing from Los Angeles to Waikiki. He's currently finishing his freshman year with a two month sail through the South Pacific aboard the Training Ship Golden Bear, the 500-foot training vessel of The California Maritime Academy.



Bruno Mello
International Coach
Jack of All trades
Bruno grew up sailing Optis in São Paulo, Brazil and was coached by his dad, a Laser sailor. After Optis, he went on to sailing Lasers and some double hand boats but really, he fell in love with the Snipe Class and the Star Class. After high school, Bruno

moved to the U.S. and focused on the development of the Snipe Class in Miami, dedicating his time entirely to traveling around the country with a competitive Snipe fleet. Since then, he has been coaching one design classes and racing with world-known sailors. He has a passion and a fantastic way of teaching young sailors of all skill levels. As a coach, he feels very fortunate and privileged to pass on to others the knowledge he's acquired. Bruno lives in San Diego on a sailboat with his wife, who is a professional equestrian rider, and their dog. Sailing is his life and coaching is his career.



Dane Wilson
Opti Race Team Coach
Dane's sailing skills were developed early as a kid on US Sabots and Optis, finishing 8th at Team Trials. He then moved to the 29er skiff and went to the Youth Worlds twice in 2012-13 with his brother Quinn. After that, he joined forces with his former 29er coach Willie McBride and did a 49er Olympic campaign in hopes of qualifying for the 2016 Olympics. While attending UCSD, Dane also

picked up kitesurfing and foiling. He has been competing in kiting for two years now. Dane started his coaching career in 2012 at the Santa Barbara Yacht Club. He began with Optis and then added local 29er teams, including a few at 29er North Americans the summer of 2015. That is when Leandro Spina, head of US Sailing's Olympic Development program, noticed his coaching and offered him the position as the US Sailing Team's Youth High Performance Head Coach for the US Olympic Development program. He coached the USA team at Open 29er Worlds in 2016 as well as the ODP clinics leading up to that event.



Conor Dougherty
Senior Sailing Instructor
Conor is from Venice, CA. He started sailing at the age of 7 at Del Rey Yacht Club and raced there until he was 16 years old. He is currently a student at Santa Monica College working towards a degree in Physical Therapy.



Matthew Gravett
Sailing Instructor
Matthew is 17 years old and going into his senior year in high school. He first got his feet wet here, at CYC, 5 years ago. He races on CFJs and C420s and acquired a Laser recently to build on his experience. He has been volunteering his time and mentoring younger sailors in the CYC program for 3 summers and this year will be his fourth. Having "grown-up" in the CYC youth sailing program, he feels this is by far the best program in the Santa Monica Bay.



Micah Finley
Sailing Instructor

Micah began sailing at the age of 8 in the CYC summer sailing camp. Since then he has been involved in the summer programs. He became a member of the Opti Race team at the age of 10 and graduated to C420's and CFJ's when he became too heavy. This will be Micah's third year working with the summer camps. While Micah is an avid snowboarder, his passion is sailing. He is finishing his senior

year at Bishop Montgomery and will be attending a five year engineering program with the University of Notre Dame.



Robert Bloomfield
Junior Sailing Instructor

Robert Bloomfield started sailing when he was 8 years old on his family's big boat and sailing sabots. Robert attended numerous SoCal sailing camps before joining Cal Yacht Club. Robert is a member of the junior race team competing in Laser, and also races on several big boats. While Robert enjoys racing, his real passion is sharing his love of sailing with younger sailors. He

also sails FJ's R.S Visions and Capri 14.2's and Nacra 17. This will be his 4th year coaching at the CYC Summer Camps.



Patrick Mulcahy
Junior Sailing Instructor

Patrick is a 17 year old high school student going into his senior year.

He started sailing at the age of 12 in the California Yacht Club Spring Session and turned rapidly into an avid racer traveling to local and national regattas. He races CFJs, c420s, Laser Radials, and Martin 242s on a regular

basis. Having coached at CYC last summer, this summer will be his second summer at California Yacht Club.

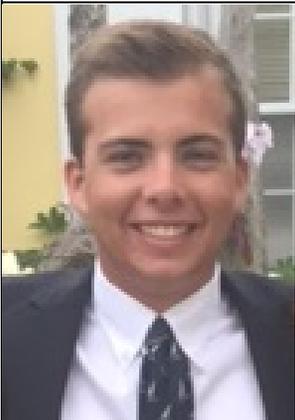


Bastien Rasse
Junior Sailing Instructor

As Current Race Team Captain on the CYC Junior Bridge, his life is about sailing.

His family has owned cruising and regatta boats his whole life. He started racing at the young age of 6 and his enthusiasm for sailing and compete has only increased. He now sail laser

radials, CFJ, and C420. This summer, while not working at CYC, he will be competing at the 2018 youth champs, Laser PCCs and Laser North Americans.



Beau Greely
Junior Sailing Instructor

Beau Greely II is a sophomore at Mira Costa High School in Manhattan Beach. He is a proud cadet of the United States Naval Sea Cadet Corps. Beau has been an enthusiastic sailor since his first sailing camp at CYC when he was 8 years old. He was in the Green Fleet and participated in Goblin Regatta in Santa Barbara. Beau advanced to CFJ when he was 13. Last summer Beau participated in the Junior Olympic

Festival in San Diego and represented the club as CIT throughout the summer. He loves working with kids and teaching them how to sail. This will be his first year as a sailing instructor. He is very excited about the opportunity.

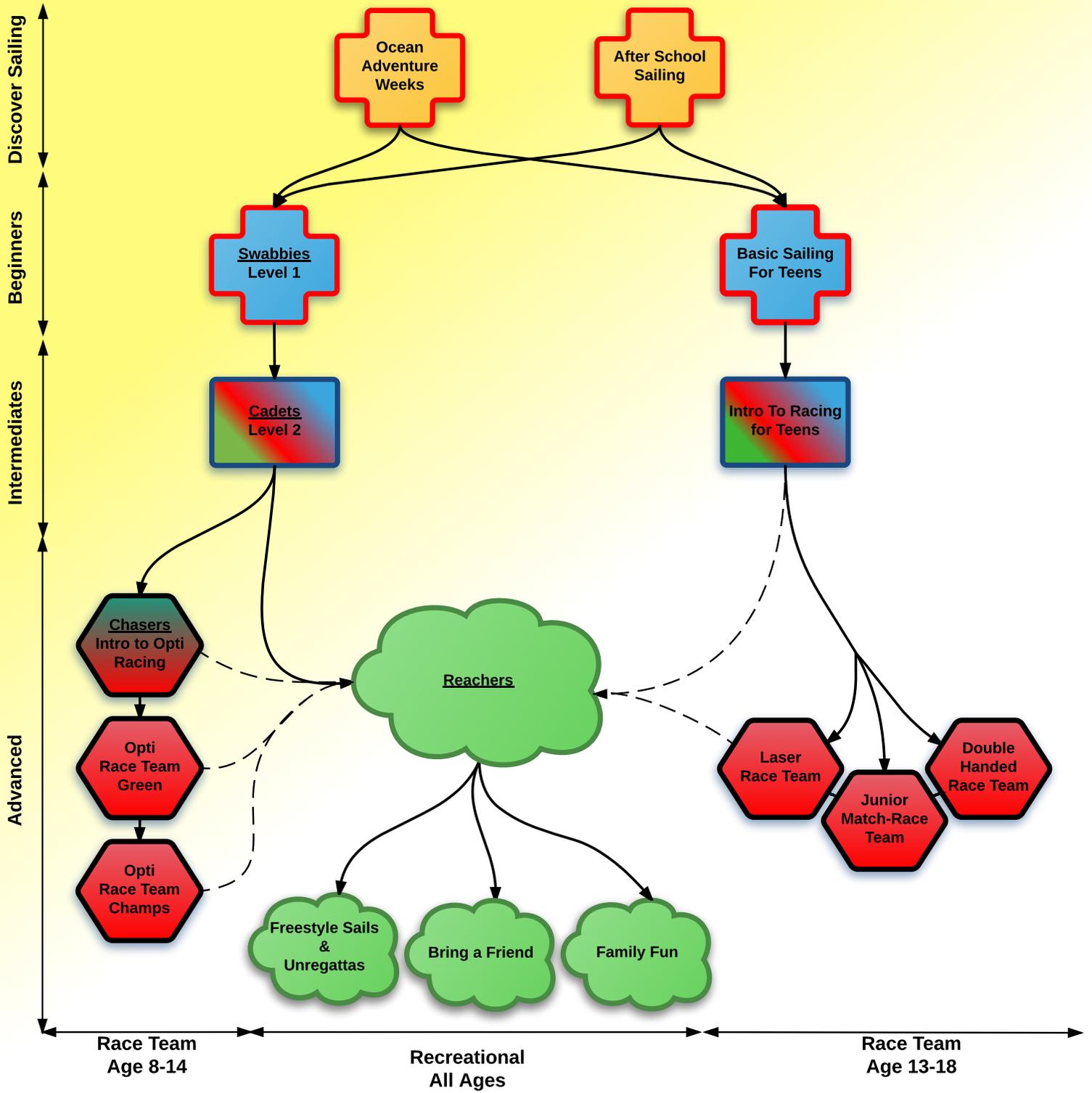


Ryan Janov
Junior Sailing Instructor

Ryan is 17 years old and has been racing sailboats for 11 years now. He is about to graduate from Malibu High School and will be attending George Washington University this fall. He started in the CYC Junior Program when he was 7 years old racing Optis, Lasers, CFJs, and c420s. Ryan currently races with his brother in the 29er skiff and with his family on the J70 Minor Threat.

Ryan has grown up at CYC and is looking forward to being an instructor this summer.

CYC Juniors Sailing Track



-  Entry Points / Beginners
-  Intermediates
-  Racing Teams
-  Reachers

-  Discovery
-  Learn To Sail
-  Recreational
-  Racing





AFTER SCHOOL SAILING – 3:30PM – 6:30PM

This is a FUN after-school program divided into 2 seasons: From March 12 to May 22 (Spring) and XXXX to XXXXX (Fall). Closed on school holidays and breaks

Wednesdays

(Age 8-12)

First Sail / Discover Sailing. This gives you a place to start. A great way to learn sailing in Marina del Rey. Classes are taught in RS Teras often with two sailors in each boat. For Children with little to no experience. Sailors learn the basic parts of a boat, how to sail straight, turn, dock and capsize and upright their boats safely. Activities include various games to get familiar with sailing terms.

Thursdays

(Age 12-18)

CFJs with Spinnaker. This is the perfect program for 12 year olds and up! Come down to the club and learn to sail a CFJ with a Spinnaker. If you can't make it on time, don't worry, we'll see you when you get here.

Fridays

(Age 8-18)

Super Sail. Open to all level and age youth sailors enrolled in a current program. From beginner to advanced racer, there is a spot for you to join! Come down to the club and come sail! Enjoy this energetic and fun-filled afternoon.

SWABBIES (Level 1)

Spring / Fall - Sundays, 11AM-3PM.

Summer

(Age 8-11)

Classes are taught in RS Tera / Opti, often with 2 sailors in each boat.

Sailing Fundamentals. For Children with little to no experience. Sailors learn basic skills needed to sail confidently on their own.

"FUN" is emphasized while sailors learn the challenges of piloting their own boat and deepens their understanding of rigging, boat handling, safety and fundamental seamanship skills.

CADETS (Level 2)

Spring / Fall - Saturdays, 11AM-3PM.

Summer

(Age 8-11)

Classes are taught in RS Tera / Opti

Boat Handling. For children who have successfully completed the Swabbies class or are able to sail by themselves. Sailors will refine their skills so they can sail anywhere in the marina and tune their boats properly to the wind. They will learn proper weight placement, practice tacks, jibes and safety position. Passing this class grants access to the *Reachers Programs*.



CHASERS (Level 3)

Fall - Sundays, 10AM-3PM

Summer

(Age 8-11)

Classes are taught in Opti

Learn to Race. Open to intermediate and advanced sailors, this class is designed to prepare sailors for the Opti Racing Team. The curriculum introduces the basics of going around a racecourse, the Racing Rules of Sailing and covers sailing in more challenging conditions. Sailors will practice starting and race course management. Practice may take place in the ocean

Participants will have the opportunities to be involved in coached regattas later in the season.

California Yacht Club maintains a fleet of charter boats available on a “first come, first serve basis”

BASIC SAILING FOR TEENS

Spring - Sundays, 11AM-3PM

Summer

(Age 12-18)

Classes are taught in CFJ and C420

Intro to Double Handed. This class is designed for the teenagers who have completed the Swabbies/Cadets classes and for size or age reasons should move into larger boats. This course will focus on intermediate skills, but a beginner group will be available for those without experience. The curriculum includes introductions to teamwork, skipper/crew dynamic as well as new boat-handling skills such as capsizing recovery, spinnakers and trapezes. The goal of the class is to make sure students have fun while gaining skills to become confident sailors. Sailors will learn both the role of skipper and crew. Passing this class grants access to the *Reachers Programs*

REACHERS (Age 10-18)

Open to intermediate sailors (or higher) not solely focused on racing. Now that you have demonstrated your skills and are familiar with the CYC Junior Sailing program, the activities below are available to you.

Freestyle Sailing

Spring / Fall - Saturdays, 11AM-3PM.

Summer

This class explores RS Teras, Optis, CFJs and C420s. Sailors will develop their boat handling and overall sailing skills in the context of adventure sailing and “un-regatta” style racing while having fun on the water. This is an inspired alternative to the conventional racetrack route that will prepare sailors for other classes and build a foundation for lifelong sailing. The curriculum exposes participants to activities such as beginner marine navigation skills – charts, weather, docking, rules of the road.



Bring a Friend to Sail

2nd Sunday in April, May, June, September and October 12PM-3PM.

Want to introduce your passion to your friends? This is the perfect format to get them on the water safely and show them the ropes.

Family Fun Day

3rd Sunday in April, May, June, September and October 12PM-3PM.

Interested on taking mom and/or dad on a spin around the marina? There is a limited amount of boats available. Reserve ahead of time!

INTRO TO RACING FOR TEENS

(Age 12-18)

Fall / Summer

Classes are taught in CFJ and C420

Intro to Racing. This class is for sailors who have passed our Basic Sailing and want to continue their sailing experience with hopes of becoming part of the year-round race teams. The curriculum covers the racing rules of sailing, in depth sail trimming skills, practice starting and race course management. Practice may take place in the ocean.

Participants will have the opportunities to be involved in coached regattas later in the season.

Option to learn to race Laser by providing your own boat.



CYC Race Team Overview

California Yacht Club's Junior Race Team is active year round.

Sailors race competitively in the Opti, CFJ, C420 and Laser fleets; representing our club on the local, regional, national and international circuit.

California Yacht Club's Opti Race-Team participates in the SCYYRA Carrie Series, Harken Challenge, US Sailing Junior Olympics (when class is included), USODA regional qualifying events, USODA Team Trials (when qualified) and Orange Bowl. Practices and regional clinics are scheduled to provide consistent training to compliment the race schedule.

Sailors must own their own boat and equipment and it is imperative they attend all practices to ensure a positive experience at regattas.

California Yacht Club's Double-Handed Race-Team participates in the SCYYRA Shadden Series (CFJ), SCYYRA Perry Series (C420), CFJ Nationals, C420 Nationals, US-Sailing Junior Olympics Festival, US-Sailing Junior Women's Double-Handed Championships, US-Sailing Youth Champs (when accepted) and Orange Bowl (C420). CYC maintains six CFJ's and four 420's for the Racing Team.

California Yacht Club's Laser & Radial Team participates in the SCYYRA Ulman/Frost Series, US-Sailing Junior Olympics Festival, Nationals and Orange Bowl.

Club practices and clinics provide the basis for training. Sailors are recommended to apply for the SCYYRA Advanced Racing Clinic (fall) and the CISA Advanced Racing Clinic (spring).



Travel regattas require advanced coordination involving entry, fees, boat transport (or charter), coaching support, and tailoring to a variety of conditions unique to each venue. Each competitor must complete his or her own entry.

California Yacht Club provides Optis, CFJs, C420s and Laser trailers for club member's use. Loading, transporting and unloading these trailers is the responsibility of the sailors and parents. All CYC trailers have a 2" ball. The speed limit when towing in California is 55mph and lane restrictions apply. CYC requires all drivers to be at least 21 years of age and provide proof of insurance.

Regatta venues vary greatly. Although some current flow rates may be predictable based on the tides, wind conditions can be unpredictable and at times extreme. Each club provides a race committee which typically is made up of experienced volunteers. In extreme conditions races may be postponed or cancelled, either on the water or on land. Ultimately, it is the responsibility of each sailor (parents if a minor) as to whether or not to launch and compete.

California Yacht Club provides coaching at all regattas the team(s) attend. Coaching may be arranged by the Junior Director and/or Head Coach in conjunction with other yacht clubs to ensure all CYC sailors coaching needs are met.

All California Yacht Club's Race Team members and their parents must adhere to the CYC Race Team Code of Conduct.



Parents to Junior Program Relationship

Role of Junior Activities Director vs. Junior Committee

It is the Junior Activities Director's role within the organization of the yacht club to manage a successful racing and learning program, with eyes towards racing results, asset management, break-even planning, and management of a staff of instructors. The Junior Activities Director reports directly to the General Manager of the Yacht Club.

The Junior Advisory Committee is there to help the Junior Activities Director with issues that impact on his ability to accomplish the above.

Coaches

All coaches are US Sailing Level 1, CPR, and First Aid certified.

Coaches are there to help your sailor prepare for future regattas. They do what is in the best interest of each sailor and their team to allow for the most success. This includes assisting in preparing their boat, on the water and land coaching, and ensuring the safety of each sailor. Therefore, it is crucial for each sailor to listen and respect their coaches. The coaches report to the Junior Activities Director.

Parent Volunteers

Regattas require involved, dedicated parents.

From the time boats are loaded on the trailer, until the boats are unloaded upon return from the regatta, parent support is very much in need and appreciated. Parents ensure sailors have the proper gear and nutrition, are supervised, and accounted for at overnight events. Parents are encouraged to take pictures, which can be used on the club website and our monthly club magazine, The Breeze.

California Yacht Club Membership

All racing team sailors are members of the yacht club.

We encourage families to join the club as regular family members. Special Category Junior Memberships are available for sailors wishing to become an active part of the racing team. With this title comes the privilege of racing under the California Yacht burgee and participating in team practices. As a Special Category Junior Member, sailors MAY NOT compete under any other yacht club burgee and must be 100% dedicated to the racing team at CYC. If a sailor does not adhere to this, his/her membership will be revoked.

Glossary

<u>ASMBYC</u>	Association of Santa Monica Bay Yacht Clubs.
<u>Bailer</u>	A bailer is a required piece of equipment for an Opti's and FJ's. It is used to "bail" out water after capsizing. It is easy to make a bailer out of an old bleach bottle. Simply cut out the bottom and make sure the cap is tightly fastened.
<u>Batten</u>	Thin fiberglass or wood slats that are inserted in the leech of the sail for added support.
<u>Block</u>	A pulley that is encased in its own housing. A block will help to add purchase when pulling on a line.
<u>Boom</u>	Horizontal spar that supports the bottom of a sail.
<u>Boom Vang</u>	A line that runs from the boom to the base of the mast. The boom vang helps pull the boom down.
<u>Bow line</u>	Also known as a painter. The bow line is used to tie the boat up to the dock. It is required that bow lines be a floatable 24' foot line.
<u>Burgee</u>	The flag for each yacht club.
<u>Centerboard</u>	A blade projecting through the bottom of the hull in the center of the boat. This blade helps to keep the boat from going sideways in the water. It serves the same purpose as a daggerboard or a leeboard.
<u>CFJ</u>	The Club Flying Junior is a double-handed dinghy used in junior regattas with a spinnaker and in college and high school competition without a spinnaker.
<u>Class</u>	Similar boats are grouped together to form a class.
<u>Cleat</u>	A fitting in which a line can be secured.
<u>Clew</u>	The outermost lower corner of a sail is the clew. It is where the foot and the leech of the sail meet. The outhaul is attached to the clew.
<u>Clew Tie Down</u>	Both Optis and Lasers have a small line that goes through the clew of the sail and around the boom. This line holds the sail to the boom.
<u>Dolly</u>	A trailer that is used to move boats from their storage place to the docks.
<u>Downhaul</u>	A line attached to the tack of the sail that pulls the sail down.

<u>Fleet</u>	For racing purposes, sailors are grouped in fleets. Some fleets are assigned by ability, while others are by the sailor's age.
<u>Foot</u>	The bottom edge of the sail between the tack and the clew.
<u>420</u>	Double-handed racing dinghy with a single trapeze sailed by Juniors with spinnakers and in college regattas without spinnakers.
<u>Gooseneck</u>	A hinged fitting on the mast that connects the mast to the boom.
<u>Grommet</u>	A metal ring in a sail that allows lines to be connected to the sail.
<u>Gudgeon</u>	A "U" shaped fitting on the back of a boat used to connect the rudder to the hull. Most sailing dinghies have at least two gudgeons.
<u>Head</u>	The top of the sail. It is the part of the sail where the luff meets the leech.
<u>Hiking Out</u>	The action of hanging over the side of a boat in order to keep it from tipping over while sailing.
<u>Hiking Boots</u>	Boots used to help protect sailor's feet. They also provide extra support while hiking out.
<u>Hiking Strap</u>	A strap attached to the bottom of the boat under which a sailor places his/her feet in order to hold the sailor in the boat when he/she is hiking out.
<u>Hull</u>	The actual body or shell of the boat.
<u>Inspection</u>	Port A hole in the hull of the boat that allows the skipper to reach inside the hull to make repairs.
<u>Jib</u>	On boats with two or more sails the jib is the forward of the two sails.
<u>Jibe (Gybe)</u>	Turning the bow of the boat away from the wind so the stern passes through the wind and the boom switches sides.
<u>Leech</u>	The outside edge of the sail is called the leech. The leech connects the head and the clew.
<u>Leeward</u>	The side of the boat away from the wind.
<u>Life Jacket</u>	All Juniors must wear a U.S. Coast Guard approved Personal Floatation Device (P.F.D.) while they are on-the-water. Only the vest type jacket is acceptable. These devices must be worn properly for them to be effective.

<u>Luff / Luffing</u>	<p>1- The forward edge of the sail that connects the tack and the head of the sail.</p> <p>2- When a boat turns its bow toward the wind the boat is said to be "luffing."</p> <p>3- When a sail is shaking back and forth when the boat is heading <u>into the wind, the sail is said to be "luffing."</u></p>
<u>Mainsheet</u>	The line that brings the mainsail in and out.
<u>Mark/ buoy</u>	Floating ball or cylinder for practice or racing. Used to set up the racecourse and/or start/finish line.
<u>Mast</u>	The vertical spar that supports the sail.
<u>Mast Step</u>	A tube in the bottom of the boat in which the mast fits.
<u>One-Design</u>	Classes of boats that have specific requirements for design of the boat, sails and equipment in order to keep the boats equal. Sabots and Lasers are one-design boats.
<u>Outhaul</u>	The line that pulls the sail to the end of the boom. The outhaul is connected to the clew of the sail.
<u>Pintles</u>	The pins on the rudder that are inserted into the gudgeons on the stern of a boat to connect the rudder to the hull.
<u>Port</u>	When facing the bow, port refers to the left side of the boat. Port also refers to a tack the boat is on. If a boat is on port tack then the wind is coming over the left hand side of the boat. The color red also indicates port.
<u>Ratchet Block</u>	Ratchet blocks are used for the mainsheet. They aid in relieving pull on the mainsheet.
<u>Rudder Blade</u>	Located on the transom and is used to steer the boat.
<u>Sail</u>	The part of the boat's equipment which is usually made from cloth and which is attached to the mast and is the primary reason for movement.
<u>Sail Ties</u>	Small line to tie the sail to the mast and boom.
<u>Sailing Instructions</u>	At each regatta, sailing instructions are made available to all competitors. These instructions tell the sailors the schedule for the day, the starting order, and any special rules for the races.

<u>SCYA</u>	Southern California Yachting Association.
<u>SCYYRA</u>	Southern California Youth Yacht Racing Association.
<u>Shackle</u>	"U" shaped hook containing a pin, which is used to connect objects together.
<u>Sheets</u>	All the ropes or lines on boats that are used to control sails are referred to as sheets.
<u>Silicon</u>	A liquid or gel rubber substance which when hardened is used to create a waterproof seal.
<u>Skippers Meeting</u>	All regattas begin with a skippers meeting. This is a time where special instructions will be given to the competitors. Competitors will also be able to ask questions to clarify uncertain topics.
<u>Sprit Pole</u>	Diagonal part of the rig, keeps the sail up.
<u>Starboard</u>	When facing the bow, starboard refers to the right side of the boat. Starboard also refers to the tack the boat is on. If the wind is coming over the right side of the boat, then it is on starboard tack. The color green also <u>denotes starboard</u> .
<u>Tack</u>	<ol style="list-style-type: none">1. Changing of direction when sailing. If a boat's bow passes through the wind and boom switches sides, then it is said to be tacking.2. The direction the boat is sailing (see starboard and port).3. The lower front corner of the sail where the luff and the foot of the sail meet.
<u>Tiller</u>	The long, horizontal piece of wood or aluminum that is connected to the top of the rudder, which changes the boats direction when <u>moved from side to side</u> . The tiller helps you steer the boat.
<u>Tiller Extension</u>	Hinged extension attached to the tiller that allows the skipper to steer the boat while sitting forward and hiking out.
<u>Transom</u>	The very back edge of the boat is called the transom or the stern.
<u>Traveler</u>	A line or track running across the boat that the mainsheet is <i>attached to</i> .
<u>Windward</u>	Towards the wind.
<u>Wind Pennant</u>	Little flag on a pin that shows the wind direction