

OCEANSIDE YACHT CLUB

2010 JUNIOR SAILING PROGRAM

The OYC Junior Program develops knowledgeable and capable youth sailors and instills in them a passion for the sport of sailing, which will lay the foundation for the future of Oceanside Yacht Club and the sport of sailing.

The Oceanside Yacht Club Junior Sailing Program is a non-profit endeavor that sponsors and instructs youth sailing in and around Oceanside Harbor. Participating children will learn to sail and will have a lot of fun doing it! Basic sailing skills instruction is incorporated with fun activities, such as sailing to the West Basin Sand Bar, picnics, races, scavenger hunts, capture the flag, sailing sponge-tag and double-handed sailing. The goal of the program is to develop solid sailing skills, seamanship, sportsmanship, water safety, racing skills, and to have lots of summer fun. Young sailors will learn these useful skills and experience a wonderful sport that they can enjoy throughout their lives. The OYC Junior Sailing Program serves all of Oceanside Harbor and surrounding North San Diego County communities. Our affiliated Foundation maintains our fleet Naples Sabots, Lasers, and Collegiate Flying Juniors (CFJs).

Summer Program Overview

This year we are offering three two-week sessions. Students may sign up for one or all of these sessions. Each session is independent of the other, so one may sign up for any session as long as he or she qualifies for the experience level desired. The program is open to children from age eight to eighteen and participants are not required to be current members of Oceanside Yacht Club. Sailing instruction is done in Sabots, Lasers, and CFJs. All juniors will be required to pass a swim test on their first day. The test consists of swimming laps at the OYC guest dock, treading water, and donning a Coast Guard approved life jacket while in the water.

There are three skill levels classified by OYC. Each of these skill levels will be offered in each of the three sessions.

Level 1 Beginner - For individuals who have little or no previous sailing experience. This level is taught in Naples Sabots. It is not uncommon for a student to take the Beginner Level more than once.

Level 2 Intermediate - For individuals who have acquired the basic skills and may be ready to start racing. Level 2 racers are encouraged (but not required) to compete in the San Diego Harbor "Dutch Shoe Marathon" and the Long Beach Harbor "Beach To Bay" race. Level 2 is taught in Sabots and some students may be introduced as crew in the Club CFJs.

Level 3 Advanced - For individuals with solid sailing skills who are interested in competitive sailing.. Level 3 racers compete in the Summer Gold Cup, the Dutch Shoe Marathon in San Diego and the Beach to Bay Race in Long Beach. Level 3 sailors will sail in Sabots, Lasers and Club CFJs. Most Level 3 sailors own their own competitive sailboats.

Intermediate and Advanced (Level 2 and 3) sailors who wish to race in the Nationals must have their own measured and registered boats and properly numbered sails. (With rare exception – See Director)

All skill levels are offered during each session. Your child will be initially assigned to the skill level requested. If, after being observed by OYC instructors, that level is deemed inappropriate, the instructors will contact you and reassign your child to a more appropriate level. When a child's skill improves such that he or she is ready for the next level, the child will be advanced accordingly.

Schedule:

The program runs from June 21st through August 13th, 2010. Classes are held Monday through Friday, 9:00 am to 4:30 pm.

Requirements:

- All beginner and intermediate juniors should have a **Naples Sabot**, with all necessary gear and rigging (Fourteen Sabots are available for summer charter – please note reservation request on application.)
- Advanced Sailors must have a **Sabot, Laser or CFJ** with all necessary gear and rigging (One Laser and three CFJs are available for summer charter – please note reservation request on application.)
- All juniors must have their own **CG approved PFD** (life jacket). Vest type recommended
- All juniors must pass a simple **swim test** the first day of the program.
- Lunches should be packaged in seagull proof containers.

Discipline:

If any individual junior is unable to maintain an appropriate level of Corinthian behavior and/or safe conduct in the class, that junior may be asked to leave for the remainder of the session(s), and no fees will be returned.

Important Dates:

- 06/12/2010 Registration, Insurance Info and Tuition Due
- 06/19/2010 Parent/Child Orientation Meeting at 6:00 pm (mandatory for new students)
- 06/21/2010 **Mandatory Boat Inspection:** Your boat, including rigging, sail, and boards **must** be inspected the first morning of the program. Racks will be assigned for storage.

- 06/21/2010 through 07/02/2010 Session I
- 07/05/2010 through 07/16/2010 Session II
- 07/19/2010 through 07/30/2010 Session III
- 08/02/2010 through 08/13/2010 Session IV

Special Dates:

- 07/04/2010 Independence Day Mini Regatta
- 07/23/2010 Dutch Shoe Marathon Race SDYC/CYC (Level I sailors remain at OYC)
- 07/29/2010 Beach To Bay Sabot Race (Level I sailors remain at OYC)
- 08/14/2010 Junior Awards Banquet

OYC SUMMER SAILING PROGRAM APPLICATION 2010

Applicant Information:

Minor's Name: _____ Skill Level _____

Address _____

Date of Birth: _____ Male__ Female__ Parent/Guardian Name: _____

Telephone: _____ Cell: _____ Email: _____

Session 1, 2, 3 'ALL' _____ Member # _____ Non-Member () _____

Tuition \$ _____ T-Shirt \$15 T-Shirt Size _____ Boat Rental \$ _____ Storage \$ _____

Affiliate Junior Membership (\$75 non-member families only) \$ _____ **Total \$** _____

Liability Waiver:

OYC and its employees and volunteers shall not be liable to the minor parents, or any third party for any damage suffered by the minor's person or property arising out of the use of OYC property or arising out of participation in OYC activities. Further, the minor and parents shall indemnify and save OYC and its employees and volunteers harmless from any and all damages to persons or property to third parties which may result from the minor's activities while on OYC property or engaged in OYC activities.

Parent/Guardian _____ Date _____

Photograph Release Authorization:

I hereby consent that any photographer or testimonials, which may have been or may be taken by a photographer or writer, may be used by OYC for the purposes of advertising, promoting or publicity for Oceanside Yacht Club or its associates and affiliates.

Parent/Guardian _____ Date _____

Medical Consent:

The undersigned represents that they agree, in the event of injury or illness of the minor, providing the undersigned is unavailable:

1. To consent to furnishing the minor such medical care and attention as deemed necessary and advisable, and to authorize OYC personnel to consent to such care.
2. To pay costs of such medical care, and to indemnify and hold harmless from any liability OYC, its employees and volunteers.

Medical Insurance Co and Policy No: (attach copy of card): _____

Doctor's Name and Phone No.: _____

Please describe any medical needs or concerns: _____

Parent/Guardian _____ Date _____

Mail to: Oceanside Yacht Club
1540 Harbor Drive North
Oceanside, CA 92054
760 722-5751

Junior Chairs: Tim Gallagher

2010 SUMMER SAILING PROGRAM CLASSES

BEGINNING SABOT (LEVEL 1)

The full-day (8:30 am to 4:30 pm) 2-week program teaches children to captain their own boat on the water while under supervision. Basic sailing instruction includes boat nomenclature, knots, safety, and ocean awareness, while providing the sailor with confidence in boat handling abilities. Afternoon winds sometimes necessitate alternate, land based activities and games in lieu of sailing for beginners. (Swimming, games, movies, etc.)

2-Week Full-Day Course Fees:	\$285 (members)	\$325 (non-members)
6-Week Full-Day Course Fees:	\$725 (members)	\$875 (non-members)
8-Week Full-Day Course Fees:	\$846 (members)	\$1021 (non-members)

INTERMEDIATE SABOT (LEVEL 2)

This is a full-day, eight-week program designed to provide the sailor with more advanced boating knowledge and prepare them for the advanced class. Basic navigation and racing rules will be taught, with the continued emphasis on small boat handling and safety. Intermediate sailors will be introduced to in-harbor racing and two out of harbor regattas. Completion of the beginning level course, or equivalent instruction, is a prerequisite for this class.

2-Week Full-Day Course Fees:	\$285 (members)	\$325 (non-members)
6-Week Full-Day Course Fees:	\$725 (members)	\$875 (non-members)
8-Week Full-Day Course Fees:	\$846 (members)	\$1021 (non-members)

ADVANCED SABOT – LASER – CFJ (LEVEL 3)

This is a full-day, eight-week program emphasizing the many aspects of one design racing, including advanced racing tactics, strategy, racing rules, and good sportsmanship. Sailors who have completed the intermediate level may participate in this class.

2-Week Full-Day Course Fees:	\$285 (members)	\$325 (non-members)
8-Week Full-Day Course Fees:	\$846 (members)	\$1021 (non-members)

ADDITIONAL FEES/DISCOUNTS:

*Jr. Affiliate Membership **\$75.00** (Special includes Initiation Fee & One Full Year dues): (Not required for OYC Members' children)

*8-Week Program **includes** a one year Oceanside Yacht Club Junior Affiliate Membership. Limited use of OYC facilities, including food and beverage privileges & may be enjoyed by families of Jr. Affiliate Members when the Jr. Member is present.

OYC Junior Racing Team T-shirt (circle size): \$15/each (adult sizes also available for parents)
Child M L Adult S M L XL Qty _____ Sizes _____

Rack Storage: \$25/per month

Boat Rental: \$70 for 2-Week Program
\$210 for 6 or 8-Week Program

Times

We ask that students arrive between 8:45 – 9:00 a.m. Upon arrival, students should store their lunch and gear and begin rigging their boat. Students are required to have their boats rigged and ready to sail by 9:30 a.m. It is very important that juniors have their boats rigged and on the water on time. At the end of the day, all boats and gear must be cleaned and put away, and the guest dock clear of gear. To encourage teamwork, no student may leave until all boats and gear are properly put away. Students to be picked up no later than 4:30 p.m. (Day care will be available for early drop-offs at 8 am and late pick-ups until 5:30 pm for an additional fee. Please make a note of your desired times on application and we will contact you.)

Required Gear and Equipment

Please be sure that your child has all of the required gear and equipment on the first day of class. See Daily Schedule checklist in this manual. Please be advised that each student must have a Coast Guard approved and size appropriate PFD (life jacket).

Lost and Found

Please clearly mark all of your child's belongings. Many lunch and gear bags look alike. Please speak to you child about the importance of keeping track of all of their personal belongings. All items left on the docks or on our grounds will be placed in the Lost and Found located in the Junior Room. To encourage personal responsibility, retrieval of items from Lost and Found costs \$1.00 per item. Please check to see that your child has all of his or her belongings at the end of the day.

Daily Schedule

- 8:45 - 9:00 a.m. Parent/Guardian Check In. Boat Assignments / Begin Rigging.
- 9:00 - 9:30 a.m. Launch and Rig boats, assist fellow sailors.
- 9:30 a.m. Meet with instructor for roll call, daily information, exercises, and morning chalk talk
- 10:15 a.m. On the water
- 12:00 p.m. Lunch
- 1:00 p.m. Afternoon chalk talk
- 1:15 p.m. Back on the water
- 3:30 p.m. Return to docks, clean and de-rig boats
- 4:30 p.m. Check Out

Daily Preparation

What to wear or bring to class everyday (Required):

- Hat
- Sunglasses (with tethering system)
- Sun block (waterproof and 15 SPF or higher)
- Foot protection
- Coast Guard Approved lifejacket
- Swim shorts, swim suits OK
- Extra clothing (*Clothes will get wet!*)
- Towel
- Sack lunch required
- Plenty of water
- Any medications or health equipment (*Note: OYC instructors will not administer any medications to students unless the medication is 1) presented to the instructor by the parent, 2) is accompanied by written authorization for administration, and 3) is accompanied with written directions for administration.*)

Lunches

Students must bring their own lunch, drinks and any snacks they may want. Please make sure that you store your food in a “seagull proof” container, like a cooler or zippered bag.

Annual Awards Dinner

The summer program will conclude with the annual awards dinner (Tentatively scheduled for Saturday August 14, 2010). Festivities will include video of highlights of the summer program, awards for all levels, and the presentation of trophies. Dinner to be prepared by the acclaimed Oceanside Yacht Club galley.

Top Awards

Junior Seamanship Award is presented to the sailor who has demonstrated knowledge of the seas, wind patterns, rigging, and boat handling.

Junior Achievement Award is presented to the sailor who has demonstrated the highest achievement in sportsmanship both on and off the water.

Junior Harbor Champion Award is presented to the sailor, age 14 to 18, who has demonstrated the highest achievement in racing.

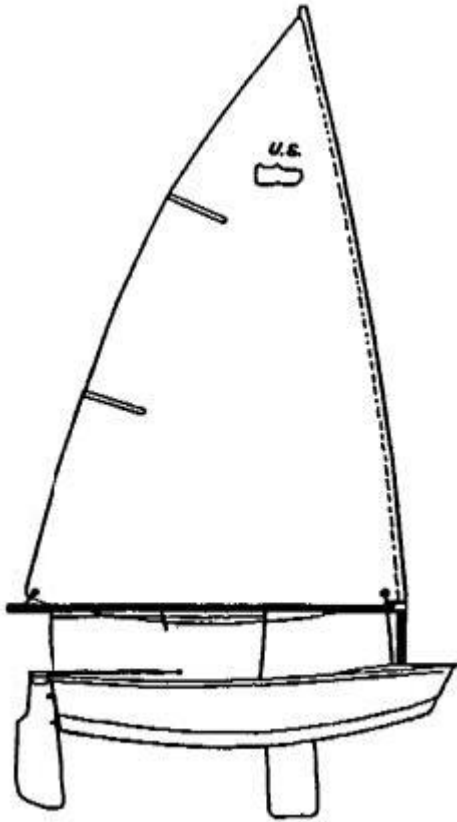
Junior Club Champion Award is presented to the sailor, age 13 or under, who has demonstrated the highest achievement in racing.

Sail-a-Thon Fundraiser

See how many laps you can complete in three hours! In this fundraising event, we set a course in Oceanside Harbor and juniors can test their upwind and downwind skills. Participants get pledges per lap and the tax-deductible proceeds go towards a worthy cause – your summer sailing program! Stay tuned for the date!

Yankee Doodle Boat Parade

Juniors create patriotic themes and decorate their boats in patriotic fashion for an around harbor parade which always perks up the denizens and tourists in Oceanside Harbor! Sunday July 4, 2010



Meet the Fleet – Sabots

Specifications

Length Overall 8 ft

Beam 3 ft 9 in

Weight 68 lbs

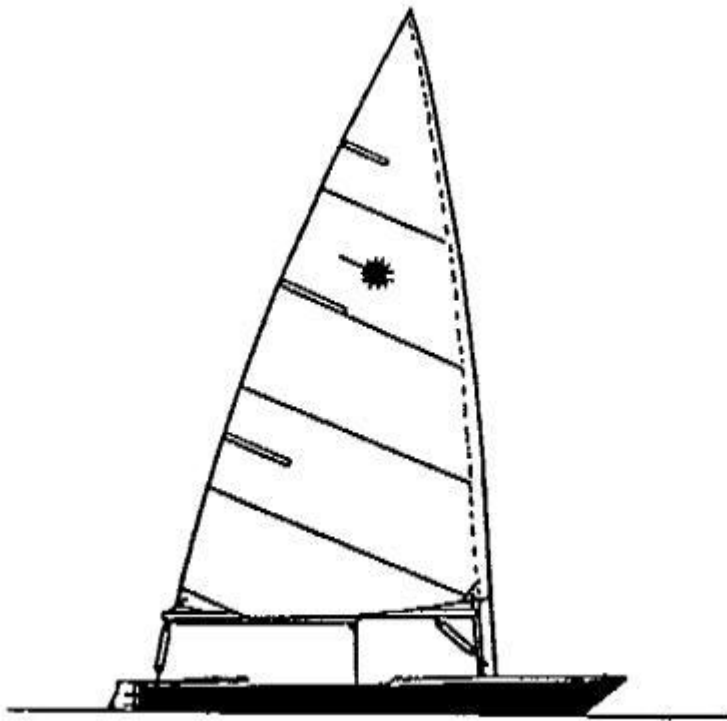
Sail Area 38 sq ft

Mast Length 13 ft 8 in

The Youth Foundation maintains a fleet U.S. Sabots.

Rigging Checklist

Hull.....	[]
Mast.....	[]
Boom.....	[]
Sail and battens.....	[]
Rudder.....	[]
Tiller.....	[]
Tiller Extension.....	[]
Leeboard	[]
Mainsheet.....	[]
Outhaul.....	[]
Downhaul.....	[]
Clew Tie Down.....	[]
Painter.....	[]



Meet the Fleet - Lasers

Specifications

Length Overall 13 ft 11 in
 Length Waterline 12 ft 6 in
 Beam 4 ft 6 in

Displacement 125 lbs

Sail Area 76 sq ft

The Laser is an internationally sailed boat and is also the United States junior single-handed training boat.

The equipment is similar to that of the Sabot, but the class rules have special specifications for all of the parts on the boat. The reason for this is to keep the boats as equal as possible and thus create a great one-design class.

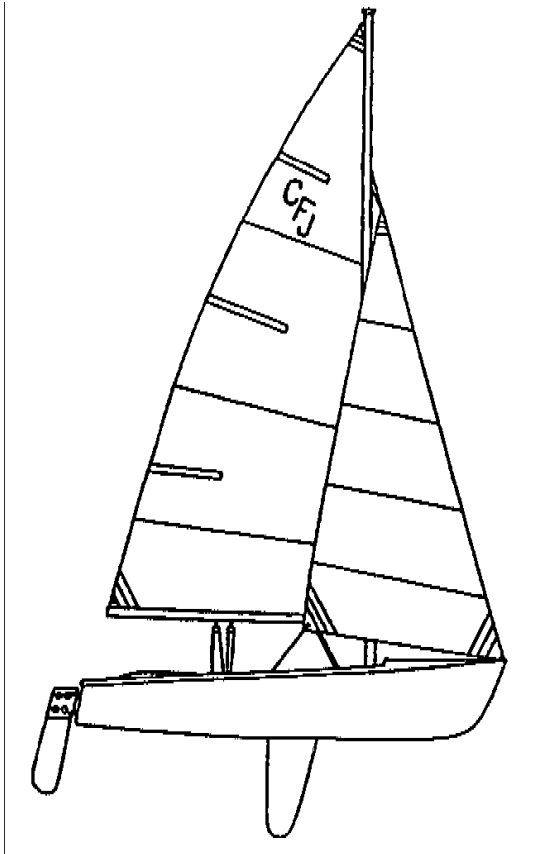
The Foundation maintains a fleet of Lasers.

Sailors in the weight range 75 lbs to 120 lbs should consider the Laser 4.7, the same hull, rudder and center

board as a regular Laser, but a much smaller sail. Juniors from 120 lbs to 150 lbs should consider the Laser Radial, same as a regular Laser, but a smaller sail

Rigging Checklist

- Hull.....[]
- Mast (Upper and lower spars).....[]
- Boom.....[]
- Sail and battens.....[]
- Rudder.....[]
- Tiller.....[]
- Tiller Extension.....[]
- Dagger Board.....[]
- Mainsheet.....[]
- Outhaul.....[]
- Boom vang.....[]
- Downhaul.....[]
- Clew Tie Down.....[]
- Bowline.....[]



Meet the Fleet - Flying Juniors (FJ)

Specifications

Length Overall 13 ft 6 in

Beam 4 ft 11 in

Displacement 270 lbs

Sail Area 100 sq ft

Spinnaker 80 sq ft

The Flying Junior is a two person training boat that is used in junior programs throughout Southern California. The Flying Junior is also used for collegiate level racing.

The Foundation has two Flying Juniors in its fleet.

Glossary

Bailer A bailer is a required piece of equipment for a Sabot. 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.

Batten Thin fiberglass or wood slats that are inserted in the leech of the sail for added support.

Block A pulley encased in its own housing. A block will help add purchase when pulling on a line, which makes it easier to haul in greater loads.

Boom Horizontal spar that supports the bottom of a sail.

Boom Vang A line that runs from the boom to the base of the mast. The boom vang helps pull the boom down.

Bowline Also called a **Painter**. The bowline is used to tie the boat up to the dock. It is recommended that the bowlines be 10 to 12 feet in length and at least ¼” in diameter.

Burgee An official flag for a particular yacht club.

Cat Boats Sailboats with only one sail. Sabots and Lasers are cat boats.

Centerboard 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 dagger board or a leeboard. A centerboard is moved fore and aft to raise or lower it. FJs have centerboards. Sabots have lee boards and Lasers have dagger boards. (See dagger board.)

Class Similar boats are grouped together to form a class.

Cleat Fitting in which a line can be secured. Cleats take many forms, such as dock cleats, cam cleats, and jam cleats.

Clew 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.

Clew Tie Down Both Sabots 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.

Dagger Board The dagger board performs the same function as a centerboard. Dagger boards differ from centerboards, in that dagger boards are moved up and down to raise or lower into the water, rather than fore and aft.

Dolly A trailer that is used to move boats for their storage place to the docks.

Downhaul A line attached to the tack of the sail that pulls the sail down.

Duct tape A heavy duty tape that works well around water.

Fall Off Turning the boat away from the direction of the wind. If sitting on the windward side of the boat, one would pull the tiller towards oneself, pulling the tiller to windward, to fall off. When falling off, the sailor should ease the sail.

Fiberglass Most Sabots, Lasers, and FJs are made of fiberglass. It is a woven material impregnated with a liquid resin that is very stiff when the resin dries.

Fleet For racing purposes, sailors are grouped in fleets according to experience. “A” Fleet is usually the most advanced group; “B” fleet is more of an intermediate level; “C” fleet is for beginner racers.

Flying Junior (FJ or CFJ) The FJ is a two-person boat used primarily by colleges on the west coast. It is also used in many junior regattas as a training boat.

Foot The bottom edge of the sail between the tack and the clew.

Gooseneck A hinged fitting on the mast that connects the boom to the mast.

Grommet A metal ring in a sail that allows lines to be connected to the sail. Both the clew and the tack have grommets.

Gudgeon 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.

Head The top of the sail. It is the part of the sail where the luff meets the leech.

Head Up Turning the boat towards the direction of the wind. If sitting on the windward side of the boat, one would push the tiller away from oneself, to leeward, to head up. When heading up, the sailor should trim in the sail.

Hiking Out The action of hanging over the side of a boat in order to keep it from tipping over while sailing.

Hiking Boots Boots used to help protect sailor’s feet. They also provide extra support while hiking out.

Hiking Strap A strap attached to the bottom of the boat under which a sailor places his or her feet in order to hold the sailor in the boat when he or she is hiking out.

Hull The actual body or shell of the boat.

Inspection Port A hole in the hull of the boat that allows the skipper to reach inside the hull to make repairs.

Jib On boats with two or more sails, the jib is the more forward of the two sails.

Jibe or Gybe Turning the boat away from the wind so the stern passes through the wind.

Laser A one-person dinghy designed for larger sailors.

Laser II A two-person boat with a jib and a spinnaker.

Leech The outside edge of the sail is called the leech. The leech connects the head and the clew.

Leeward The side of the boat away from the wind.

Life Jacket All juniors must wear a U.S. Coast Guard approved personal flotation device (PFD) while they are on the water. Only the vest type jacket is acceptable. These devices must be worn properly for them to be effective.

Luff / Luffing 1. The forward edge of the sail that connects the tack and the head of the sail. 2. When a boat turns its bow towards the wind the boat is said to be “luffing”. 3. When a sail is shaking back and forth as the boat is heading into the wind, the sail is said to be “luffing”.

Mainsheet The line that brings the main sail in and lets it out.

Marine Tex A putty that can be used to fix small cracks and holes in boats.

Mast The vertical spar that supports the sail.

Mast Tube A tube in the bottom of the boat in which the mast fits.

One-Design Classes of boats that have specific requirements for design of the boat, sails and equipment in order to keep the boats equal. Sabots, Lasers, and FJs are one-design boats.

Outhaul The line that pulls the sail to the end of the boom. The outhaul is connected to the clew of the sail.

Paddle A device to help move the boat in case of emergency or lack of wind.

Pintles The pins on the rudder that are inserted into the gudgeons on the stern of a boat to connect the rudder to the hull.

Port Port refers to the left side of the boat. Port also refers to which 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. Boats on port tack must give way (yield) to boats on starboard tack. The color red also indicates port.

Ratchet block Most commonly found on Lasers and FJs. Ratchet blocks are used for the mainsheet in Lasers, FJs, and some Sabots. They aid in relieving pull on the mainsheet.

Rudder Blade on the transom that steers the boat.

Sabot The Naples Sabot is a one person sailing dinghy. It is used by most youth sailing programs between Long Beach and San Diego. The hull shape is referred to as a pram. Sabots are 8 feet long and are a one-design class. Another type of Sabot, the U.S. Sabot, exists. U.S. Sabots are very similar to the Naples Sabots, except that the Naples Sabots have a lee board, while U.S. Sabots have a dagger board. Youth programs from Santa Barbara to Kings Harbor use the U.S. Sabot.

Sail 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.

Sailing Instructions At each regatta, sailing instructions are made available to all competitors. These instructions tell the sailors the schedule for each day's racing, the starting order, and any special rules for the races.

Shackle A "U" shaped hook containing a pin which is used to connect objects together.

Sheets All the ropes or lines on a boat that are used to control sails are referred to as sheets.

Silicon A liquid or gel rubber substance which when hardened is used to create a waterproof seal.

Skippers Meeting 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.

Starboard 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. Boats on starboard tack have right of way over boats on port tack. The color green also denotes starboard.

Tack 1. Changing of direction when sailing. If a boat's bow passes through the wind, 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 foot of the sail meet.

Thwart The seat in the center of a Sabot. Juniors should sit next to the thwart when sailing.

Tiller The long, horizontal piece of wood or aluminum that is connected to the top of the rudder which changes the boats direction when moved from side to side. The tiller helps you steer the boat.

Tiller Extension Hinged extension attached to the tiller that allows the skipper to steer the boat while sitting forward and hiking out. This is a must for all boats in the program.

Transom The very back edge of the boat is called the transom or the stern.

Traveler A line or track running across the boat that the mainsheet is attached to.

Windward Towards the wind