

Corinthian Yacht Club

2009 Junior Sailing Program



PARENT HANDBOOK



PROGRAM INFORMATION



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Corinthian Yacht Club Marblehead, MA

Dear Parents and Sailors:

Welcome to the 2009 Corinthian Yacht Club Junior Sailing Program! I'm excited to be back for my eighth year working on the Corinthian waterfront and am looking forward to another great season on the water. After working as both Assistant Dockmaster and Sailing Program Coordinator, I am eager to begin my third summer managing the sailing program here at the CYC.

Over the past several years, our junior sailing program has expanded in significant and positive ways to address the demands of our vibrant sailing community. This year proves no different with the addition of Lasers to our fleet of offerings. These new boats will allow those who have aged out of Optis to continue sailing and/or racing at the CYC throughout their teenaged years and beyond. This summer, we will be offering two separate classes in Lasers: the Intro to Laser class will run in the morning and will focus on the basics of rigging and sailing a larger single-handed boat while the Laser Junior Fleet course will be taught in the afternoon and will emphasize the importance of boat speed, racing tactics, and sailing technique in getting these junior sailors ready for local regatta competition. With the addition of these classes, we hope to continue to build on the enormous success that the CYC Opti Junior Fleet had last summer. In their first year of competition, our young Opti sailors performed admirably on the race course and were rewarded for their effort and enthusiasm with fantastic results. It is our aim to keep these kids sailing in Marblehead and racing for the Corinthian for many years to come.

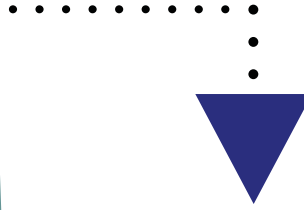
As always, we still offer a gradual introduction to the sailing environment through our traditional course offerings; Novice Navigator, Beginner, and Intermediate will continue to be taught in Vanguard prams. The Intro to Opti and Advanced Opti classes look to bridge the gap from the learn-to-sail environment of our introductory courses by providing either an alternative or stepping stone to the Opti Junior Fleet class. The building blocks of our program remain in place as we pride ourselves on a high instructor to student ratio and a high concentration teaching format with shorter sessions taught on a daily basis. We hope to maintain our reputation in the harbor and beyond as fostering a learn-to-sail program that strikes the right balance between fun and learning since it is these standards that have made the Corinthian stand out, succeed, and continue to grow.

As it is the goal of the CYC Junior Sailing Program to provide your children with an understanding of the fundamentals of sailing within this safe and fun learning environment, classes will be taught primarily on the water with some instruction ashore. Classes will be conducted in a way that incorporates a variety of on-land and on-the-water drills, games, and sailing related activities designed to introduce new sailing skills and to hone the skills that they have developed.

This parent handbook is intended to help you prepare for the Junior Sailing Program and to answer any questions that you may have regarding the program. Please take the time to read through this handbook and discuss it with your junior sailor(s) before the first day of classes.

If you have further questions, please feel free to stop by, call, or send an email to the Junior Sailing Office. I look forward to meeting all of you very soon!

Peter Stier
Sailing Program Manager



CYC Junior Sailing

The mission of the Corinthian Yacht Club Junior Sailing Program is to instill within its participants a lasting respect and appreciation for the joys of sailing. The principal aim of the CYC Junior Sailing Program is to teach the fundamentals of sailing within a safe and fun learning environment. It is the goal of the CYC Junior Program to build students' confidence on the water and to enable them to master basic sailing skills that focus on self-sufficiency afloat. The CYC Junior Sailing Program promotes ethical behavior among its sailors and encourages the teaching of life-long lessons which seek to build character, to foster teamwork and camaraderie, to strengthen respect for self and others, and to promote coastal and marine environmental awareness.



2009 COURSE OFFERINGS



NOVICE NAVIGATOR

This two-week long class is intended to introduce children to sailing and the entire waterfront experience at a young age. Classes will be taught in Vanguard Prams. The class focuses on sailing safety, preparation for sailing, and on-the-water skills. Various sailing related activities and games take place both on-shore and off-shore to assist in the learning process.

BEGINNER

This class focuses on building confidence and enjoying time on the water. It stresses the basics of rigging, boat handling, and boat maintenance. Sailors will learn to identify the wind direction, the points of sail, parts of the boat, and basic water safety. Upon completion of the class, students will be able to sail around a triangular course with minimal instructor input.

INTERMEDIATE

This class is intended for sailors who have successfully completed the Beginner class or who have similar knowledge/experience. This class will expand on the skills introduced in the Beginner class. The main focus of the Intermediate class is on self-sufficiency afloat with an emphasis placed on boat handling and beginning racing for those interested. Upon completion of this class, each sailor will be able to sail around a windward-leeward course with minimal instructor input and have an understanding of the basic right of way rules.

INTRO TO OPTI

This class is intended for sailors who have successfully completed the Intermediate class or have similar knowledge/experience. These classes will be offered in Optimist prams and will expand upon the fundamentals of sailing taught in the Intermediate class. In addition, there will be some preliminary work on learning basic racing skills and on applying those techniques on the water. The students should be able to rig and sail an Optimist with minimal instructor assistance by the end of their session.

ADVANCED OPTI

This class is intended for sailors who have successfully completed either our Intermediate or Intro to Opti classes. This offering looks to expand upon the basic sailing techniques learned in previous years and help develop the on-the-water skills needed for competitive racing. In beginning the week before Junior Race Week, it is intended to prepare those interested for their first Green Fleet Opti racing without demanding a summer-long commitment. Students will work on their starts, sail trim, mark roundings, and other race strategies and are encouraged to participate in Marblehead Junior Race Week.



2009 COURSE OFFERINGS



OPTI JUNIOR FLEET

This class is intended for sailors who have successfully completed either our Intro or Advanced Opti class. This summer-long offering looks to expand upon the basic sailing techniques learned in previous years and help to hone the on-the-water skills needed for competitive racing. Students will continue to work on their boat speed, sail trim, mark roundings, and other race strategies and are encouraged to participate in Junior Race Week, Junior Olympics, and other regional regattas. All Opti Junior Fleeters will also enjoy optional Friday morning sessions which will include interclub racing events, racing clinics, and other supplemental activities on the water. In addition, they will be provided coaching support for the regattas in which they choose to race.

INTRO TO LASER

This class is intended for junior sailors interested in being introduced to sailing a Laser. While Opti sailing and/or racing experience is recommended, it is not compulsory for those interested in participating in this offering. However, the short sessions are designed as an overview of Lasers for those who have aged out of Optis, so some level of single-handed sailing knowledge will be helpful to the learning process. Students in this class will be provided the fundamentals necessary to rig and sail a Laser independently and may learn some of the basics of racing depending on the class composition. However, the primary focus of this offering is on making Laser sailing an accessible and fun sport for teenaged sailors.

LASER JUNIOR FLEET

This class is intended for students who have either completed our Advanced Opti course or have sailing knowledge/experience comparable with those graduating from our Intro Laser offering. Students in this class will be learning not only how to rig and sail a Laser but will work on racing techniques and sailing tactics on the water in their development over the course of the summer. Junior sailors in this class will be considered part of the CYC Junior Fleet and will be encouraged to participate in local regattas, especially Marblehead Junior Race Week. Support will be provided for those interested in sailing in other local and/or regional regattas. Students in this class will be provided the option of a 4.7, Radial, or Full rig depending on their size, age, and experience. The CYC Laser Junior Fleeters will be regular participants in Pleon Yacht Club's Wednesday racing series as well.

Class Schedule

- All classes meet Monday through Thursday (except Junior Fleeters).
- Novice Navigators 1 meet mornings from 9:00 am to 12:00 pm.
- Novice Navigators 2 meet afternoons 1:00 pm to 4:00 pm.
- Beginners meet mornings from 9:00 am to 12:00 pm.
- Intermediates meet afternoons from 1:00 pm to 4:00 pm.
- Intro / Advanced Opti sailors meet mornings 8:30 am to 11:30 am.
- Opti Junior Fleet sailors meet afternoons from 2:00 pm to 5:00 pm.
- Intro to Laser sailors meet 9:30 am to 12:30 pm.
- Laser Junior Fleet sailors meet afternoons from 1:30 pm to 4:30 pm.

Pick-up and Drop-off

Due to the large number of junior sailors enrolled in our many offerings, we ask that you drop off and pick up your children in a prompt manner. The staff will not be available to chaperone either before or after class time due to the high volume of traffic in the classroom and on the water. As a rule, please do not drop off students any earlier than 10 minutes prior to the start of your child's class as this time is devoted to necessary lesson planning and preparations.

There will be three different sessions with a total of 25 junior sailors running in both the mornings and afternoons. In order to coordinate chalk talks, rigging, demos, class time, de-rigging, and de-briefing in the limited space that the program occupies, we ask that your child is considerate of the kids in the other program offerings. Also, we ask that you make every attempt not to leave your children unsupervised for any significant time when they are out of session either in the vicinity of the Junior Sailing Room or on the waterfront dock facilities as this may distract from the learning of their fellow junior sailors.

If your child is going to be arriving on his/her own, please make sure to convey that timeliness is expected. You will need to sign and return a *Permission-to-Leave* form if your child will be departing on his/her own. This is still the case when students are continuing on to other CYC lessons or functions.

Important Program Dates

Monday, June 29	Start of Session 1 for Beginner, Intermediate, Intro Opti, and Intro Laser. Start of Opti Junior Fleet A.
Tuesday, June 30	Start of Opti Junior Fleet B and Laser Junior Fleet.
Thursday, July 9	Last day of Session 1 for Intro Opti.
Monday, July 13	Start of Session 2 for Advanced Opti and Intro Laser.
Thursday, July 16	Last day of Session 1 for Beginner and Intermediate.
Monday, July 20	Start of Sessions 1 and 2 for Novice Navigator. Start of Junior Race Week (Advanced Opti invited). No Intro Laser 2 classes this week.
Wednesday, July 23	Last day of Junior Race Week.
Monday, July 27	Re-commence Session 2 of Intro Laser.
Thursday, July 30	Last day of Sessions 1 and 2 for Novice Navigator. Last day of Session 2 of Intro Laser.
Monday, August 3	Start of Session 2 for Beginner and Intermediate.
Wednesday, August 5	Start of Session 3 of Intro Opti and Intro Laser.
Friday, August 14	Last day of Session 3 for Intro Opti and Intro Laser.
Wednesday, August 19	Last day of Opti Junior Fleet A.
Thursday, August 14	Last day of Session 2 for Beginner and Intermediate. Last day of Opti Junior Fleet B and Laser Junior Fleet.

*** CYC Junior Fleeters will be apprised of the regional regatta schedule in their first week of class***

Extracurricular Activities

Week 1	Ice Cream Day for Beginner 1 and Intermediate 1 .
Week 2	Big Boat Sailing for Beginner 1 . Tour of North Sails for Intermediate 1 .
Week 3	Pirate Day for Beginner 1 and Intermediate 1 .
Week 4	Hawaiian Day for Novice Navigators 1 and 2
Week 5	Tour of North Sails for Novice Navigators 1 and 2 .
Week 6	Ice Cream Day for Beginner 2 and Intermediate 2 .
Week 7	Big Boat Sailing for Beginner 2 . Tour of North Sails for Intermediate 2 .
Week 8	Pirate Day for Beginner 2 and Intermediate 2 .

The Swim Test

On the first day of classes, all sailors will be required to take a swim test in the harbor. This is an essential safety measure that every member of the Corinthian Junior Sailing Program must complete in order to participate. One purpose of the swim test is to provide the instructors with a sense of how comfortable your child is in the ocean water. The swim test will also allow students to experience conditions that they might encounter should they capsize during lessons. These conditions can include cold-water temperatures, possible waves, and tidal currents. Students will be required to swim 50 yards and tread water for approximately one minute in the area behind the CYC waterfront docks. In addition, students will be required to put their lifejackets on in the water. To ensure safety, all instructors will be present on the floats during this time. An instructor will enter the water to aid students if deemed necessary. Often the anticipation is the most difficult aspect of the swim test, so please reassure your child that he/she will be fine. Also, please make sure that your child brings a lifejacket, bathing suit, a towel, and a change of clothes on the first day.



Frequently Asked Questions

• ***Where do I drop off and pick up my child?***

Class will begin on time and it's important that sailors are not late. Students should meet in the Junior Sailing room located under the porch. Students need to be picked up just outside the Junior Sailing room at the end of their scheduled class time. If for some reason your child will be departing on his/her own, you will need to *sign and return the Permission-to-Leave form*. This grants your child permission to leave class without you, either for the entire session or on specific dates.

• ***What should my child bring to class?***

Sailing involves preparation even at this young age. Every junior must have a U.S. Coast Guard approved Type III lifejacket. Other essential items include proper footwear, sunscreen, hat, sunglasses, towel, a dry change of clothes, and a bag to stow all of these items. Please keep in mind that things are often misplaced and even though we have a Lost & Found, you may want to consider labeling all belongings.



• ***May my child bring a friend to class?***

Unfortunately due to liability, the sailing program has a no guest policy. Safety concerns ranging from medical forms, instructor/student ratio, safety boat/instructional boat ratio, lifejackets, knowledge of the water, and boat availability prohibit us from allowing guests to sail.

• ***What happens when it rains?***

Classes are held rain or shine. On rainy days, we will plan on sailing provided that wind and weather conditions are safe. In the occurrence of thunder/lightning or other severe weather, classes will be conducted indoors. Please make sure your child has proper rain gear to keep him/her warm and dry.

Frequently Asked Questions

• ***What if my child is going to miss a class?***

The sessions are short and will go by very quickly so we recommend that absences be kept to a minimum in order to allow the class to progress together. However, if you know in advance that your child will be missing class please notify Peter or Michelle ahead of time so that they can plan accordingly. If your child is going to miss more than one consecutive class especially at the beginning of a session, you may want to consider private lessons.

• ***What boats are the children sailing in?***

Corinthian Yacht Club owns 14 Vanguard Prams, a user-friendly, instructional design comparable to the Optimist dinghy which will be used in the learn-to-sail Novice Navigator, Beginner, and Intermediate classes. In addition to the one-person prams, we may also use the Corinthian Sonar on occasion. Students in the Intro and Advanced Opti classes as well as the Opti Junior Fleet will be sailing in the Club's 7 Vanguard Optimists. Our newest addition of 4 Lasers will be used in the Intro Laser and Laser Junior Fleet offerings and are rigged with 4.7, Radial, or Full rigs depending on the age of the sailors participating.

• ***How do I sign up for private lessons?***

If a student misses several classes or simply wants an opportunity for additional learning, private lessons are offered weekday evenings and anytime on Fridays. All private lessons are done by appointment on a first-come, first-serve basis. Appointments can be made by phone at (781) 631-0005 ext. 220 or via e-mail at pstier@corinthianyc.org. Please review the private lessons information sheet at the end of this handbook for more information.

• ***How can I follow my child's progress?***

Please do not hesitate to ask CYC Junior Sailing instructors if you have any questions regarding your child's progress. In addition, student evaluations will be mailed home at the conclusion of each session. *In order to foster the independence of the students we have found that visible parents often deter from the learning process. Therefore, we ask that parents be respectful of the staff and other children in the class and not be on the docks or in the classroom.* If you want to discuss further opportunities to watch your child sail or would like to become more involved, please call Peter at ext. 220.

Rules & Regulations

These rules and regulations are set in place to ensure the safety of all participants. CYC Junior Sailors are expected to follow the Program Rules and Regulations. Please make sure to share them with your child so that he/she understands their importance. Thank You!

1. Lifejackets must be properly fastened at all times when on the floats and on the water.
 2. Do not pass the pier house without permission from an instructor.
 3. If your boat ever capsizes, stay with it! Do not swim away from your boat for any reason.
 4. Running and horseplay are prohibited.
 5. Hoses on the floats are off limits.
 6. Avoid collisions on the water – Tiller Toward Trouble.
 7. Listen to instructors and waterfront staff.
 8. Treat all sailing program equipment with care.
 9. Treat your fellow sailors with courtesy and respect.
 10. Have Fun!
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Private Lessons

The CYC Sailing staff will be offering private lessons to those interested. All staff members conducting private lessons are at least US Sailing Level I certified. Private lessons are available to youths (ages 6 and up) and adults. Private lessons cater to individual learning styles and skill levels. These lessons yield to the scheduled Junior Sailing Program classes and hence will be available after 4:30 pm Mondays through Thursdays and by appointment only on Fridays. Scheduling arrangements may be made by contacting Junior Sailing at (781) 631-0005 ext. 220 or by email: pstier@corinthianyc.org. You may also drop by the Junior Sailing room to schedule private lessons.

Youth Lessons:

Private Pram Lesson: \$40/hr, one-hour minimum. This is a one-on-one lesson maximizing interaction between instructor and student. An excellent opportunity for beginning sailors and those involved in our program's class offerings to either get more comfortable on the water or catch up after missed classes. We also accommodate semi-private pram lessons for two juniors for \$70/hr.

Private Sonar Lesson: \$60/hr, one-hour minimum. Intended for 2-4 juniors to gain exposure sailing keelboats.

Adult Lessons (members only):

Adult Sonar Lesson: \$45/hr, one-hour minimum. A one-on-one lesson giving you the opportunity to learn to sail or hone your skills on the club-owned Sonar.

Adult Group Sonar Lesson: \$75/hour, one-hour minimum. Intended for 2-4 sailors, this type of lesson is ideal for families who want to learn together (2 adults, up to 3 children). This also provides an opportunity to learn to sail with friends.

Adult Group Sonar Class: \$200/session, 5 weeks, 1 night/week from 5 to 7:30PM. Whether you are interested in being introduced to the sport of sailing for the first time or are looking to hone your skills out on the water under the tutelage of our instructional staff, we will tailor each session's curriculum to the skill level and sailing experience of those participating. Limited space still available— contact Peter for details.

Instructional Staff

Michelle Tariverdian



Michelle grew up sailing Opti's, 420s, and Lasers at Pleon Yacht Club. She received her Level 1 instructor, CPR and First Aid certifications in June of 2006. Michelle graduated from Bishop Fenwick High school in 2007 and just completed her second year at Boston University. Sailing on the Women's Team at BU, Michelle qualified and competed in Women's Nationals which was held in Newport, RI. This is Michelle's third year working at the Corinthian and she is very excited about returning as Head Instructor and coaching the Laser Junior Fleet!

Trevor Burd



Trevor grew up learning to sail and race at Pleon Yacht Club in Marblehead. Throughout high school, he sailed 420s and other dinghies in New England and beyond as a member (and captain) of the Marblehead High School sailing team. He now races 505s, multihulls, and Etchells. Trevor just completed his freshman year at Boston University where he competed on their sailing team. Holding his US Sailing Level 1 certification, Trevor will be coaching the Opti Junior Fleet classes this summer.

Katie St. George



Katie is from Marblehead and learned to sail down the road at Pleon. She then sailed competitively on Milton Academy's sailing team for four years. She has been sailing mostly in FJs but has also sailed in 420s. She has continued her sailing career at Connecticut College racing for their team as a freshman. Katie completed her Level 1 certification at the beginning of last summer and is very excited to begin a great season of CYC Junior Sailing. She will be teaching the Beginner, Intermediate, and Novice Navigator classes.

Instructional Staff

Laura Walsh-Rogalski



Laura just finished her freshman year at the University of Vermont where she was on the sailing team. Laura has been sailing since she was an infant and is experienced in a variety of boats from 420s and FJs to Sonars and even larger cruising boats. She started sailing here at the CYC in the very first year of the program before moving on to the Pleon Yacht Club where she was on the 420 and Laser race teams. She has been a junior instructor at the Eastern and Pleon Yacht Clubs and is excited to be coming back to the CYC for another fun summer on the water!

Tripp Crosby



Tripp has sailed competitively all his life, beginning in Optis at Pleon. He sailed 420s for the past five summers including some time on the Marblehead High School sailing team. He attended Roger Williams University for the last two years where he raced competitively and is now in the process of transferring to George Washington University for his junior year. Tripp has earned his Level 1 certification and is First Aid / CPR certified. He has worked in both the Nahant and Marblehead Recreational Sailing Programs over the years. Tripp has spent every summer at the CYC as a kid and is excited to give a little back!

Kim Kaul



Kim just graduated from Marblehead High, where she was captain of the sailing team for two years. She has grown up at Pleon racing Optis and 420s in the summers. She has sailed competitively in the fall and spring for the past four years. She intends to continue racing on the sailing team at the University of Vermont this fall. She is Level 1 certified, as well as trained in First Aid and CPR. Kim can't wait for another summer at the CYC to start!

Instructional Staff

Ashley Noble



Ashley grew up sailing at Pleon Yacht Club where she worked as a Junior Instructor for the past two years before becoming an instructor at the Corinthian Yacht Club. She recently graduated from Phillips Academy Andover and is looking forward to joining the sailing team when she starts at Brown University in the fall. Ashley has raced 420s for the past four years and competed in regattas all over New England. She received her Level 1 certification and First Aid/CPR this year and is looking forward to teaching the Adult Sailing class this summer!

Tucker Tyrrell



Tucker grew up sailing in Marblehead at the Pleon Yacht Club where he sailed Optimists for five years and was on the Opti race team for two. He was also a member of the PYC 420 race team for two years until joining the CYC staff as a junior instructor in 2007. Last spring, Tucker earned his Level 1 certification and First Aid / CPR certification. He also recently completed his third year at Tabor Academy where he sails for the Seawolves. He is looking forward to coming back to work for another summer at CYC!

Adam Esposito



Adam is rejoining our junior sailing program for his third summer as a junior instructor. He began sailing at the age of eight in the first year of the CYC's junior sailing program! Adam is entering his senior year at Marblehead High School and is a member of the lacrosse team. He is devoted racer who has competed in Rhodes 19 Nationals as well as East Coast Championships. He has also raced in Marblehead Junior Race Week and Junior Olympics several times in both Optis and 420s. He looks forward to a great summer of sailing!