



2019 Corinthian Yacht Club Junior Sailing Program Handbook

Thank you for considering the Corinthian YC of Marblehead for junior sailing classes this summer! The following pages provide an overview and schedule of our class offerings, frequently asked questions, and pricing for private lessons. Please read through the descriptions to best place your sailor; and if applicable, please use your sailor's 2018 Evaluation Form's "Suggested Class for Next Year" to help decide which class to register for. As always, our programming is offered to both CYC members and the general public. If you have questions about placement after reading the material below, please email Jr. Sailing Director Noah Pasackow at: jrsailing@corinthianyc.org.

SESSION OBJECTIVES: Please note that this is a basic outline for all classes' objectives and many factors can greatly change the day's topic in addition to the scope of what is covered, including the session length, level/type of class, weather conditions, and skill level of individual sailors [i.e. if "Tacking" is listed this may be making sure the sailor always looks forward and switches the tiller behind their back in a Beginner class, but on the Opti Race Team it may be executing roll tacking and the purpose behind tacking into a clear lane]. Topics listed will be covered and reviewed in the classroom, on the dock, by instructor modeling, and or out on the water and may not be specifically covered on the days listed below. Our focus continues to be providing sailors a safe and fun learning environment at the Corinthian.

<u>Day 1</u> Safety/CYC Rules Swim & Capsize Drill Boat Parts + Knots	<u>Day 2</u> Wind Direction Rigging Body Position	<u>Day 3</u> Points of Sail Safety Position Tacking	<u>Day 4</u> Docking Jibing
<u>Day 5</u> Right of Way Rules Upwind vs. Downwind	<u>Day 6</u> Boat Handling Harbor Navigation	<u>Day 7</u> Sail Trim Tides/Current	<u>Day 8</u> FUN DAY! Costume Contest



Beginner: Sailed in Vanguard Prams. Ages 7-10.

Maximum class size: 12. Offered Sessions: 1, 2, 3, 4

This class is intended to introduce children to the world of sailing and the entire waterfront experience at the Corinthian. The class focuses on sailing safety, building confidence, and basic on-the-water skills with a partner in the sailboat. Sailors are introduced to the basics of rigging, boat handling, and will learn to identify wind direction, points of sail, parts of the boat, and basic water safety. Various sailing related activities take place on shore and on the water to assist in the learning and confidence-building process. Upon completion of the course, students should be able to tack around a figure-eight (beam-reach) course, dock successfully, and recover from capsizing with minimal instructor input; in addition, they could begin to sail without a partner towards the end of the session based on individual skill and comfort level. Not ready to commit for two full weeks? Join Beginner Session 4 to get your junior sailor introduced to sailing at the CYC over a shortened one week program at the end of the season; and to get them excited for the following year!

Intermediate: Sailed in Vanguard Prams. Ages 8-10.

Maximum class size: 12. Offered Sessions: 1, 2

This class is intended for sailors who have successfully completed the Beginner class or have similar knowledge/experience. This class will expand and build on the skills introduced in the Beginner class and will have sailors each in their own boat. The focus is on self-sufficiency afloat with an emphasis placed on boat handling and sailing upwind. Upon completion of this class, each sailor should be able to sail a windward-leeward course with controlled tacks and jibes and depart and arrive at the dock successfully with minimal instructor input. In addition, they will have a stronger understanding of the basic right of way rules associated with encountering other boats in the Harbor.





Opti 1: Sailed in Optimists. Ages 9+
Maximum class size varies by session.

Offered Sessions: 1, 2

This class is intended for sailors who have successfully completed the Intermediate class or have similar knowledge and or singlehanded sailing experience. This class will expand upon the fundamentals of sailing taught in the Intermediate class while introducing sailors to the Opti; focusing on the following skills: upwind and downwind sailing techniques; the introduction of more technical sailing terms; body position; controlled steering; and a greater understanding of navigation, wind, and tides. Upon completion of the course, students should be able to rig and sail an Opti independently, with minimal instructor assistance.

Opti 2: Sailed in Optimists. Ages 10+
Maximum class size varies by session.

Offered Sessions: 1, 3

This class is intended for sailors who have successfully completed our Opti 1 class or have at least one summer's experience sailing an Opti independently. This course looks to expand upon the basic Opti sailing techniques learned in previous years, and begin to develop the on-the-water skills needed for single-handed racing. Students will work on increasing upwind and downwind speed, understanding the use of tell-tales, recognizing the basic Rules of Sailing and Racing, holding their boat in one position, understanding sail adjustments and their purpose, and hiking and sailing in higher winds.



CYC Opti Race Team: Ages 10+.
Maximum class size varies by session.

Offered Sessions: 1, 2

Cost does not include regatta registration or potential associated membership fees, or transportation to or from events.

The CYC Opti Race Team is intended for sailors who have completed our Opti 2 course; or have at least two seasons of previous independent Opti sailing experience that is comparable, have a strong desire and interest in racing, and Coach/Sailing Director approval. It is expected that sailors will be able to rig an Opti without instructor assistance and have mastered the necessary skills needed for racing. The Team will focus on starting sequences, techniques for different race courses, tactics and strategy for upwind, reaching and downwind sailing, boat speed, Rules of Racing, and general regatta preparation. Sailors will participate in a local regatta series

[BEC – Boston, Eastern, Corinthian], as well as regional regattas in the Green and Championship Fleets based on their Coach's recommendation. Parent involvement will be necessary in terms of transportation, regatta fees, etc. as needed by the CYC Coaches.

Please Note: This class is open to members and nonmembers alike. Furthermore, CYC Race Team sailors use CYC Optis at the regattas, and have the support of CYC coaching during each event.



Sonar: Sailed in Sonar keel-boats. Ages 10+.
Maximum class size varies by session. Offered Session: 3

This course offers students an opportunity to sail with up to five junior sailors in the same boat as a US Sailing Certified Instructor; and depending on interest, the use of two boats is available based on a class size of 8-10. The Sonar is a very stable and safe 24-foot keel boat, with a mainsail and jib that can easily be sailed in a variety of conditions. This class requires no prior sailing experience and will introduce sailors to the



Sonar and the Harbor (and beyond!) in a fun and safe way, through a variety of activities and sailing adventures. Emphasis will be put on learning how to identify wind direction and current/tides, boat parts/rigging, points of sail, use of the tiller and jib, and sailing confidently as a group.

FULL DAY CLASSES

- Pick up and drop off times are fixed and it is imperative you are able to make these times.
- Sailing experience is a definite plus, but not necessary, although comfort in/on the water is required.
- Children may be on the water the entire day. Please dress your child appropriately for the forecasted weather conditions.
- Each child is expected to provide themselves snack, water, and a lunch.
- Each child should bring a change of clothes, life jacket, and closed toe shoes or sandals with straps.
- Children are strongly encouraged to bring sunscreen, a hat, and or sunglasses.

SAILFISH: Sailed in Sonar keel-boats. Ages 10+.

Maximum class size varies by session.

Offered Sessions: Preseason, first week of 3, 4

Looking to spend the day on the water? Join renowned local angler Randy Sigler and his crew for a day for fishing, marine biology and ocean exploring, while also setting sail with the CYC. Pick up and drop off will be at the Corinthian YC flagpole.



SUPNSAIL: Sailed in Sonar keel-boats. Ages 10+.

Maximum class size varies by session.

Offered Sessions: Preseason, second week of 3, 4

Sailors can enjoy the calm waters of Marblehead Harbor/Riverhead on stand up paddle boards provided by SUP East Coast Style. They will be competing in relay races, doing yoga, and cruising around with an instructor, while also enjoying the sea breeze of Marblehead summers sailing from the CYC. Please note the different drop off and pick up locations on the subsequent page.



FREQUENTLY ASKED QUESTIONS

For a more detailed list of FAQs, please access the Jr. Sailing website at www.corinthianyc.org/jrsailing.

Where is the Jr. Sailing Classroom?

The CYC Junior Sailing Classroom is located under the porch on the Harbor side of the Club, near the flagpole/cannon. You can access the classroom from either side of the Club, by passing the Canteen and the Pool and going under the dining room, or by the side of the Club and passing the pier and stairwell. 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 CYC staff will not be available to supervise 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.

What should my child bring to class?

Every sailor must have a U.S. Coast Guard Type III lifejacket. Other essential items include proper footwear (no flip flops), sunscreen, hat, sunglasses, towel, a dry change of clothes, and a bag to stow all of these items. A change of clothes is especially encouraged for the first day of classes. Please keep in mind that things are often misplaced and even though we have a Lost & Found on the wall outside the classroom, you should consider labeling all belongings. Younger students find it helpful to have a snack, but we do not always have time to eat.



What happens if it rains?

Firstly, it never rains at the Corinthian; and classes are held regardless of the weather. On less sunny days, we will sail, 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 and a change of clothes.

What if my sailor is nervous about the swim test?



On the first day of classes, all sailors are required to take a swim test, which consists of a 50 yard swim in sheltered water behind our main floats, tread water while telling a joke or singing a song, then putting their lifejacket on while still in the water. This is an essential safety measure that every member of the CYC Junior Sailing Program must complete in order to participate. The main purpose of the swim test is to provide the staff with a sense of how comfortable your child is in ocean water. The swim test allows students to experience conditions that they might encounter should they capsize during lessons. To ensure safety, instructors will be present on the floats during this time. An instructor will enter the water to aid students if deemed necessary. Please note the swim test will be the only time your child will be without a lifejacket while on the dock, boats, or in the water.

2019 SCHEDULE OF CLASSES

The days of the week that classes are held vary greatly due to regattas and holidays impacting our schedule, so please read the following page carefully to ensure your child can attend all class dates for your selected session and class! Make-up classes are not available due to the intricacy of the schedule. Following the dates of each session are the specific classes offered each session, and specific start and end times for each class. To best serve all sailors, please remember to drop-off and pick-up your child promptly at these times. Thank you!

Preseason: 6/24-6/28

SUPNSAIL, SAILFISH

Session #1: 7/1-7/3 and 7/8-7/12

Beginner, Opti 1, Intermediate, Opti 2, Opti Race Team

Session #2: 7/15-7/26*

Beginner, Opti 1, Intermediate, Opti Race Team

**Beginner, Intermediate & Opti Race Team meet: 7/15-7/18 and 7/22-7/25*

**Opti 1 meets: 7/15-7/19, 7/22, 7/25, 7/26*

Session #3: 7/29-8/8*

Beginner, SUPNSAIL, SAILFISH, Sonar, Opti 2

**Beginner, Sonar & Opti 2 meet: 7/29-8/1 and 8/5-8/8*

**SUPNSAIL meets: Week 1 only - 7/29-8/2*

**SAILFISH meets: Week 2 only - 8/5-8/9*

Session #4: 8/12-8/16

SAILFISH, SUPNSAIL, Beginner

CLASS TIMES

Beginner – 8:30-11:30
Opti 1 – 9:00-12:00
Sonar 1 – 12:30-3:30
Intermediate – 12:00-3:00
Opti 2 – 12:30-3:30
Opti Race Team – 12:30-3:30

SAILFISH
9:00AM – 3:00PM Drop off and pick up at
Corinthian YC flagpole
SUPNSAIL
9:00AM Drop off at SUP East Coast Style at
Riverhead (back of harbor)
3:30PM Pick up at Corinthian YC flagpole



COST FOR CLASSES

\$450 – ½ Day 2 Week Classes: Beginner, Intermediate, Opti 1, Opti 2, Opti Race Team, Sonar

\$650 – Full Day 1 Week Classes: SAILFISH, SUPNSAIL

\$250 – ½ Day 1 Week Class: Beginner Session 4

**CYC Members receive a \$50 discount from all classes*

Please keep in mind that registration is not a placeholder; that is, you cannot reserve or hold a place. When you submit your registration, you will be fully charged for the session. Our cancellation policy is to return money, given the class has not filled and the cancellation occurs at least four weeks prior to the start of the class. If the class fills, and or the cancellation is within four weeks of the start of the class, we do not refund money, except under special circumstances.

We appreciate your understanding.

PRIVATE & GROUP LESSONS

The CYC Jr. Sailing Program offers private lessons to all those interested. All instructors conducting private lessons are at least US Sailing Level 1 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 3:00pm Mondays through Thursdays and by appointment only on Fridays and weekends.

Scheduling arrangements may be made by contacting Jr. Sailing Director Noah Pasackow at: jrsailing@corinthianyc.org. You may also drop by the Junior Sailing room to schedule private lessons. We appreciate at least 48 hours in advance for scheduling purposes.

YOUTH LESSONS: Private Pram or Optimist Lesson: \$50/hour, one-hour minimum. This is a one-on-one lesson maximizing interaction between instructor and sailor. An excellent opportunity for beginning sailors and those involved in our program's class offerings to either get more comfortable on the water, catch up after missed classes, or to further advance their skills.

We also accommodate Semi-Private Pram or Opti lessons for two juniors for \$90/hr.

Semi-Private Sonar Lesson: \$75/hour, one-hour minimum; intended for 2-5 juniors to gain exposure sailing keelboats.