

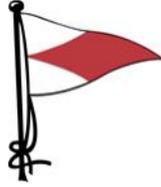
FOCUS

on

SAILING

2014





Indian Harbor Yacht Club

Dear Fellow Sailor,

Thank you for your interest in the 2014 season of Focus on Sailing! The Sailing Director and the Focus on Sailing Co-Chairs are planning a great summer of learning, racing, and social events. This brochure provides an overview of the program.

Since its inception in 1994, Indian Harbor's Focus on Sailing program has been a great way to learn to sail or to re-engage with the sport. IHYC provides a fleet of eleven Ideal 18s and a complete racing and clinic schedule. The program builds confidence and competency with an emphasis on safety and the "Corinthian Spirit" of yachting sportsmanship. The clinics teach and enhance basic sailing skills, enabling participants to take an Ideal 18 out for a family sail, lend a hand on a race committee, and appreciate the customs and etiquette dating back to our founding in 1889. For those with more sailing experience, the FOS program develops advanced skills through spinnaker handling and racing tactics clinics, on-water drills, and frequent opportunities to race against talented sailors, including some major local inter-club regattas such as YRA Sunday Series and Championships and the North American Ideal 18 Championships hosted by IHYC.

In addition to sailing, the Club offers many social and fun events for you and your family to enjoy. The Sunfish Bar is a great place to meet and socialize and has the coolest drinks and one of the best views on Long Island Sound. The food upstairs is excellent, as is the hospitality of our friendly and experienced staff.

The Focus on Sailing program is a great way to meet Club members and to make new friends. Summer Members have the opportunity to learn about the Club, and vice versa. Many of our Summer Members join the Club as Active Members after the summer. That decision is long way off, however, and depends on whether it is a good fit for both you and the Membership.

Please refer to the IHYC website (www.indianharboryc.com) and the online calendar for all sailing-related events at the Club: click on "Sailing" and then "Sailing Calendar". Each year, the composition of FOS membership is a little different, so we strive to customize the program to the participants' needs and interests. If you have any questions about the program, please contact any of the people listed at the end of this letter.

If you are an Active Member, please contact the Front Desk to sign up for FOS 2014. If you are interested in Summer Membership at Indian Harbor Yacht Club, please discuss your interest with a member who knows you and is willing to sponsor you. To be admitted for the start of the program, Summer Membership Applications must be submitted by March 31, 2014.

See you on the water!

Best Regards,
The FOS Co-Chairs for 2014
Greg Neumann (gneumann@kariscp.com) & Christine D'Amico (cdamico07@gmail.com)

Zeke Horowitz., Sailing Director
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History

Focus on Sailing

In 1994, Commodores Nye and Cummiskey established a fleet of Club-owned keelboats with the express purpose of providing all members with an affordable opportunity to pursue the sport of sailing. Through their vision and the direction of our great sailing directors, this program has become a model for convenient sailing across the U.S. Since its inception, the Indian Harbor Yacht Club has had a FOS program membership of sixty to ninety families.

The Boat

The Ideal 18 is an open keelboat with a self-tacking jib, making it easily sailed single-handed, or competitively raced with two people using its spinnaker. The boat can be sailed off the mooring in five minutes, making a one-hour sail a reality. It can seat up to four adults or two adults and several children, making it perfect for family outings.

Education

Basic Sailing

Thursday 1000-1230, Saturday (time to be determined)

Thursday Schedule: 5/29, 6/5, 6/12, & 6/19; Saturday Schedule: 5/31, 6/7, 6/14, & 6/21

Combining theory and practical skills, this course provides an introduction to sailing for the non-sailor and offers others a chance to refresh fundamentals. Taking one of these courses is a must for beginners. You do not need a partner, come as you are, and we'll pair you up so you can make new friends. Often, more experienced FOS members will volunteer to sail with beginners to provide one-on-one instruction while sailing. Many people stay for a debrief lunch after morning sessions. Thursday and Saturday are the same lesson plans, so you may alternate when necessary.

Intermediate Sailing

Thursday 1000-1230, Saturday 1000-1230 or Saturday 1430-1700

Thursday Schedule: 6/26, 7/10, 7/17, & 7/24; Saturday Schedule: 6/28, 7/12, 7/19, & 7/26

The Intermediate Clinic is designed for graduates of the Basic Sailing Clinic to continue to develop their skills. Those who have sailed before, but whose skills are a little rusty, can join at this point to catch up.



Ideal 18 Racing Clinics

**Saturday Mornings,
August 9, 16, 23, 30**

These clinics develop more advanced skills for those who have graduated from Intermediate Sailing. Topics include spinnaker handling and racing tactics.

May Tune-Ups

**Saturday May 17 and
Saturday May 24**

These tune-ups are refresher sessions for returning FOS sailors who are a little rusty after the winter! The Sailing Director will adapt the tuition to the needs of attendees. Drills may include mooring practice, mark rounding, spinnaker handling and starting strategies.

Fleet Racing Practice

**Tuesday Evenings, July 1 to
September 9, 1800-2000**

Tips, tactics and racing strategy sessions with the Sailing Director. Practice courses are set and sailors practice drills. On-the-water practice is followed by a tips and tactics chalk talk at the seawall afterward.

The Racing Rules of Sailing

May and July, dates to be determined

If you're going to race, you need to know the rules! The May session is designed as a brush-up on the Racing Rules for returning FOS sailors. The July session will be an introduction to the Racing Rules of Sailing for those who are new to racing.

Private Lessons

Private lessons are available by appointment with the Sailing Director (sailing@indianharboryc.com)

Social Sailing

Women's Sail Around Sundays (WSAS)

**Sunday Mornings, June 8 to August 24,
1000-1200**

This is non-competitive women's sailing and/or racing without scoring. WSAS is a great way to practice at your own pace and to meet new people. All are welcome. One person on board must be an approved FOS skipper. Anyone who is not comfortable as skipper will be paired with someone that has experience. Participants meet for lunch together afterwards.



Racing

Member-Guest Regatta

Saturday, May 10

This first Ideal 18 regatta of the season is a fun way to introduce people to racing.

Wednesday Twilight Series

Wednesday Evenings, May 14 to September 3, first start 1900

Learn from your peers! All FOS members are encouraged to take part in this competitive, yet FUN, learning-oriented racing environment. Mixing up the crews, with multiple starts and friendly rivalry, this series runs all season, with a post-race barbecue and party each week. Racing may include boats from Old Greenwich Yacht Club, Belle Haven Club and Riverside Yacht Club.

Friday Night Premier League Racing Series

Friday Evenings, May 16 to August 29, first start 1900 (except CHFNS dates)

Experienced sailors qualified by the Fleet Captain and Sailing Director will be invited to participate in a more competitive Ideal 18 racing series.

Sunday YRA Series

Sunday, May 18 to September 21, first start 1430

The Yacht Racing Association of Long Island Sound (YRALIS) organizes this season-long competition. Using spinnakers and with longer courses, these events provide a higher level of competition for Ideal 18 sailors from IHYC, Old Greenwich Yacht Club, Belle Haven Club and Riverside Yacht Club. YRA racing includes other local one-design classes such as Etchells, Lasers and Vipers.

Captain Harbor Friday Night Series

Friday Evenings, June 6, June 20, July 18 and July 25, first start 1700

Racing with all four Captain Harbor clubs. Each club takes a turn at hosting the others for a gigantic party after the racing. Even if you don't race, the parties are not to be missed!





Thursday Night Racing at Riverside Yacht Club

Thursday Evenings, May to August

RYC Ideal 18s race on Thursday nights, and IHYC sailors are invited to participate. When the tide is low the races are in the harbor, which is convenient for IHYC boats

Old Greenwich Yacht Club Solstice Regatta

Sunday, June 22

Celebrate the Summer Solstice with this qualifying event for the Sally Finkbeiner trophy.

Belle Haven Ideal 18 Invitational

Saturday, July 19

The Belle Haven Invitational is always a popular event, with awards in multiple classes, including non-spinnaker. One of three qualifying events for the Sally Finkbeiner trophy.

YRALIS Championships

Saturday, August 2 and Sunday, August 3

The premiere one-design championship in Western Long Island Sound, and the principal qualifier for the Sally Finkbeiner trophy.

Ideal 18 North Americans

Saturday, September 27 and Sunday September 28

This bi-annual competition is the largest and most prestigious event of this one design fleet.

Rookie Regatta

Date to be determined—check calendar

Our annual regatta for first-season Ideal 18 sailors! Stay tuned for more information.

Indian Harbor Club Championship

Saturday, October 4

Top IHYC sailors compete in Ideal 18s for the honor of being named Club Champion.

FOS Championships

Date to be determined—check calendar

Top FOSers will be invited to compete in this one-day event to see who will be crowned the Focus on Sailing Champion.



Women's Racing

Sailing is a sport where women and men participate on an equal basis. Long Island Sound also offers women's competitions, for which the Club fields a strong IHYC Women's Sailing Team.

Western Long Island Sound Supper Series

Tuesdays, 1800-2100, May 20 at IHYC, May 28 at AYC, June 10 at LYC, June 18 at RYC, July 8 Finals at IHYC

The more competitive women racers compete against other clubs in Ideal 18 fleet racing. Races are hosted by IHYC, LYC, AYC and RYC. A small per person charge includes racing and dinner afterwards. See the calendar.

Women's Ideal 18 Invitational Regattas

Events include the American YC Invitational, the Mendez Trophy at Larchmont YC, the Queen's Cup, the YRALIS Women's Championship, the Pequot YC Invitational and the Morgan Cup. See the calendar.

Team Racing

Team racing is a lot of fun! Experienced racers who know the rules well compete in teams of three boats. The best aggregate score wins, but—unlike fleet racing—boats can act to slow down the other team.

Summer Solstice Team Racing Series

Tuesday Evenings, June 3, 10, 17, 24

Team racing series against other Western Long Island Sound clubs. Check calendar for details

Riverside Yacht Club Annual Team Racing Regatta

Date to be determined.

RYC's second annual team racing regatta.

Glencairn Team Racing Championship

Saturday, October 18 and Sunday, October 19 at IHYC

The premier team racing championship in Western Long Island Sound.

Team Racing Practice

Thursday Evenings, May 15 to August 28

Classroom chalk talks and on-water practice for this exciting and popular format.



Match Racing

IHYC Higgins Cup Match Racing Championship

Saturday, October 4

One-on-one racing—the format used in the America's Cup.



Other Ways to Get Involved

Big Boat Racing

The big boats of IHYC are often looking for crew for our Wednesday Night Series. If you make the right impression you may be invited to crew on one of the frequent distance races held in Long Island Sound during the season! Experience helps but is not always a requirement. Crewing is a great way to broaden your sailing experience and to meet other IHYC members. On Wednesdays, come down to the Sunfish Bar by 6pm and ask a few boat owners and crew if they have any space on their boat for the evening. People are always looking for crew.

Race Committee Volunteering

The Indian Harbor Race Committee team is always looking for extra help when the club hosts events. Contact the Regatta Committee Chairperson or the Sailing Director to get involved. Experience not necessary—you have a ringside seat at the racing and learn on the job!

One Design Fleet Days

Several fleets race locally and will host FOS sailors to try out the boats and potentially join their fleet as crew or as a boat owner. The Etchells fleet, Laser fleet, Shields fleet, Viper fleet are all potential ways for you to expand your sailing experience here at Indian Harbor Yacht Club.





Sailing Curriculum

Basic Sailing

- Nomenclature, parts of the boat, orientation
- Rigging terms; running rigging, standing rigging
- Pre-sailing preparation
- Keel and the Center of Lateral Resistance (CLR), Rudder
- Wind awareness; direction, No Go Zone/Luffing Arc, In-irons
- Different types of rig
- Parts of a sail
- Aerodynamic effect of sails, Bernoulli's Principle of lift, push/pull theory
- The Points of Sail
- Steering a boat, helm vs. crew, working the controls (trimming/easing),
- Stopping/starting, Heaving-to
- Getting out of irons
- Tacking vs. Gybing
- Introduction to upwind vs. downwind sailing
- Beam reaching, figure eight course
- Sailing a windward/leeward course
- Sailing a triangular course
- Improve upwind sailing
- Basic upwind mooring approach, alternate mooring departures/pick ups
- Preparation to be towed, under-tow basics
- Meteorology (elementary), understanding weather forecasts
- Tides (elementary)
- Knot tying (figure 8, bowline, round turn and two half hitches, clove hitch, square knot)
- Rules of the Road (The Top 3)
- Basic buoyage
- Intro to charts
- Destination sailing



Intermediate Sailing

- Sailing terms (review)
- Points of sail (review)
- Triangular course, windward/leeward course
- Lay-lines and sailing angles
- Wind and current strategies
- Mooring release/pick-up, bailout plan (review)
- Crew overboard recovery methods
- Docking, coming alongside
- Hull design, Archimedes' Principle, displacement vs. planing hulls
- Sail controls, tell-tales
- The 5 Essentials (sail setting, balance, fore & aft trim, CLR, course sailed)
- Upwind improved, compensating for heel
- Downwind improved, sailing fast
- Steering with sail trim and weight placement
- Light wind strategies
- Meteorology
- Tides (fundamentals)
- Rules of the Road (fundamentals)
- Anchoring
- Reefing a mainsail
- Introduction to racing tactics

What to Wear & What to Bring Sailing

For those of you who are new to sailing, below are some pointers on how to plan, what to wear and what to bring with you:

- Visit the [IHYC website](#) before coming to the Club to check the weather and wind speed. Check the weather forecast, as it might help you decide if you should bring a rain jacket or rain pants. As long as safety is not an issue, we will have class in the rain.
- Life Preserver: the boats have life preservers but you may want to purchase one that fits well and is sporty. Talk to the Sailing Director for catalogue names and website names.
- Sneakers or sport sandals with white soles or boat shoes are appropriate (black soles mark up the boat)
- Layers (t-shirt, long-sleeve shirt, sweat shirt, wind breaker, shorts or pants). The temperature and weather may change unpredictably throughout the day, and it is often 5 degrees cooler on the water than on shore. Dressing in layers will help you to be comfortable with weather changes.
- Baseball Hat or other hat (to shade your face from the sun)
- Sun Glasses (the glare from the sun can make it difficult to see)
- Sunblock (SPF 15 or higher)
- Sailing gloves are inexpensive protection for your hands
- Water Bottle (hydration will help you enjoy your day in the heat)
- (Optional) VHF Radio for launch communication and weather report



Social Events

Sailing has to be one of the most social sports there is. No sailing event is complete without drinks or dining afterward. Some of the post-race parties are enormous! Indian Harbor Yacht Club also organizes many purely social events, ranging from informal events like bar nights and family movie nights through to formal events like Commissioning and the Christmas Ball. The following list provides a sample of typical events. Consult the Club calendar for a full listing. Please note that events are open only to Members and their guests.



Commissioning

Saturday, May 3

Commissioning is the formal start to the sailing season. The ceremony is followed by dinner.

Wednesday Night Barbecues

Wednesdays, May 14 to September 3

Both the Ideal 18 fleet and big boats race on Wednesday evenings. Their crews, families and friends come together after the racing for a barbecue on the seawall. This is a popular and family-friendly event, and a great opportunity to meet other people.

Captain Harbor Friday Night Parties

June 6, June 20, July 18, July 25

The four Captain Harbor yacht clubs—Riverside, Indian Harbor, Belle Haven and Old Greenwich—each take a turn in hosting a combined party, featuring banquets, music and dancing—not to be missed!

Classic Yacht Regatta

Friday, September 12 and Saturday, September 13

Once of IHYC's signature events. Classic wooden yachts from all over come together for this premier event. Friday night features a Country and Western party, and there is a post-race party on Saturday.

125 Anniversary Party

Saturday, July 19

All-day events to celebrate the Club's 125th Anniversary.

Holiday Parties

Easter, Memorial Day, Labor Day, Mothers' Day, Fathers' Day, Christmas

Every major holiday is celebrated by a party at IHYC. Very popular with families.

Family Events

See calendar for dates

In addition to the holiday parties, IHYC hosts Bingo nights, movie nights, a clambake and croquet on the East Property and other family events.