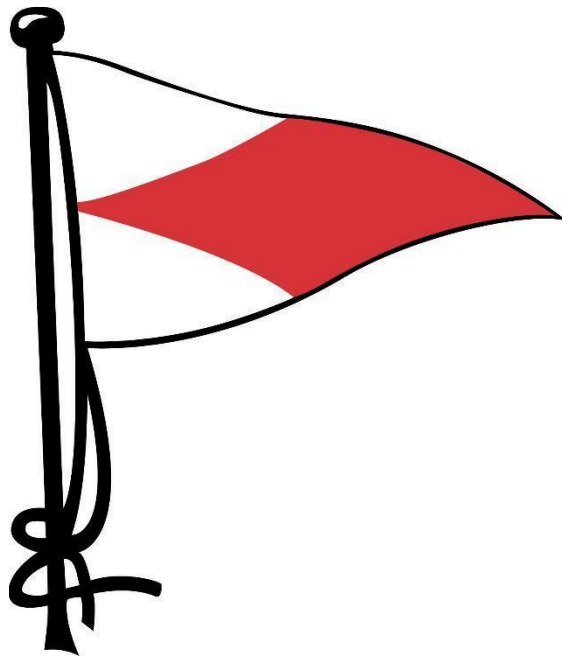


Indian Harbor Yacht Club

Quick Guide to Junior Sailing



Summer 2024

Questions? Please email jrsailing@indianharboryc.com

or

Sailing@indianharboryc.com

Registration Link: <https://theclubspot.com/register/camp/vLz6At9qhU/class>

IHJYC Website: <https://www.indianharboryc.com/junior-sailing>



DAY AT A GLANCE

PRELIM DAILY SCHEDULE - IHJYC																										
8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	
COACH MEET	JUNIOR INSTRUCTORS (9th+Graders and open to Adventure, C420s + Laser Sailors)						LUNCH	SPRITES PM						COACH MEET												
	SPRITES AM							OPTI 1																		
	OPTI 2							OPTI 2																		
	OPTI RACE							OPTI RACE																		
								ADVENTURE (Open Bics + Fevas)																		
						CLUB 420s																				
						LASERS																				
																		JUNIOR BIG BOAT (T / W / TH)								
8AM TO 9AM		9AM TO NOON					NOON TO 1PM			1PM TO 4PM						4:30P TO 5P			Plan: 6:00PM TO 8:00PM							

Please Note in Week 1 only (June 17 - June 21)

IHYC will run special, additional Afterschool sessions to accommodate any snow days that conflict with regular AM and PM sessions. This will be from 3:30 to 6:30PM.

We have a fabulous coaching staff that will be able to accommodate multiple sessions running concurrently.

This may mean we run afterschool sessions for the first portion of the week until there are no more academic conflicts, and then transitioning to the regular schedule above.



WHAT WILL A SAILOR NEED?

Personal equipment and gear required varies with the class you are enrolled in. Personal gear for summer sessions is minimal. Equipment and gear for traveling teams and winter/spring sailing can be significant. Sailing gear tends to be quite specialized and sometimes costly. There are many options at different price points available.

Mandatory Gear for all ages and classes:

Life Jacket (PFD) - Ensure that it is the correct size and comfortable fit. Must be coast guard approved (USCG). Life Jackets are worn at all times while sailing, on docks or in a motor boat. IHYC does not provide Life Jackets.

Whistle - Whistles are required at all USODA (Optis) sponsored events. Optional but encouraged for other sailors. Durable, loud plastic models are best – that can be left in a lifejacket pocket with no maintenance. The [Fox 40](#) model is popular. IHYC provides a whistle to new sailors.

Closed-toe shoes - shall be worn at all times, even when sailing, so they must be able to get wet. Good examples include: sailing boots, water shoes, old tennis shoes.

Water Bottle -

Other gear recommended to bring everyday:

- Hat
- Sunscreen
- Foul Weather Gear- we will still go sailing in the rain and cold
- Sailing gloves

Note: Each sailor is assigned a cubby in the Junior Office to store their personals throughout their session. It is highly recommended to be prepared ahead of time for variable weather by storing Foul Weather Gear AND a towel.



Meet Your Coaches!

POSITION	COACH	BACKGROUND	ADDITIONAL INFORMATION
HEAD/ADMIN	Sailing Director, Chris Foley Asst. Sailing Director Will Florio	Joined IHYC summer of 2023 and can't wait to see familiar faces, meet new ones! Currently, CF is also the Greenwich Academy HS Coach and WF is the Head GCDS coach	
Coaching Mentor / Waterfront Coordinator	Casilda Flores	Several Years Coaching Laser Race at IHJYC, returning for the first time since 2020! Recent Grad from Mexico City University (Undergrad + MBA) Available until July 8th, when she starts her desk job at AMEX	
Laser (PM Only)	Martha Schuesler	Sails for University of Hawaii, Previous starter for GHS Sail Coached at IHJYC summer 2023 between Lasers and younger	
420 (PM Only)	Flo Peters	Sails for Cardiff University, Studying Geography Previous 3 years coaching Hayling Island SC in Greece Previous UK Feva National Champ, Previous National Coach	Seeking Member Host
Adventure Fevas + Open Bics (PM Only)	Suzannah Black	Bayside National School, Dublin, Ireland Studying to be a teacher Previous 3 years instructor at Sutton Yacht Club	Seeking Member Host
Opti Race	Catherine Pile	Sails for Oxford University, Studying Politics/Philosophy Coached Pirth's Silver Opti Fleet, among other previous coaching experience Australian native, Freddie will run practices until she starts with us on June 23rd!	Seeking Member Host
Opti 2	Ellie Cook	Several Years Coaching Opti II at IHJYC, Plans to help oversee our JI program this summer. Pioneered bringing Opti IIs to Green Fleet Regattas in 2023 Current student at BC, Currently abroad in Florence	
Opti 2	Freddie Parkin	Captain of Brunswick Sailing, Top podium finishes in I420 and Opti Worlds Originally from RYC	
Opti 1 / Sprites	Callie Hammond	Captain of Greenwich Academy Sailing, Top finishes in I420 and Opti Worlds Originally from LYC	
Opti 1	Arianna Kedersha	Former IHJYC Laser Sailor, assisted IHYC's Opti Fall Program Graduating from Notre Dame Catholic High School	
Sprites	Christian Yonati	Captain of Brunswick Sailing, Accomplished HS Team Racer and many top finishes across JSA in C420s Originally from RYC	
Sprites	Connor Keenan	Ambitious sailor fresh from Rocky Point, sailing at GHS and assisting our Sprites program in the mornings	
Additional	Gonzalo Flores	A recent grad from St. Georges HS, Currently at Mexico City University. An incredible sailing background in highschool, as well as in Optis and foiling classes. Gonzalo is just as caring and talented as his older sister. Previously, he's coached between Rye, Newport Rhode Island, and Fishers Island as Opti Coach and program leader	Seeking Member Host

*Additional Bios have been released in our Monthly Indian Harbor Logs!



Summer 2024 Price List & Schedule

Pricing:

	IHYC	non-member
Sprite AM or Sprite PM	\$435	\$650
Opti 1	\$1,849	\$2,760
Opti 2	\$3,015	\$4,500
Adventure Sailing	\$1,849	\$2,760
Opti Race	\$4,824	\$7,200
C420 Race	\$4,322	\$6,450
Laser Race	\$4,322	\$6,450
Junior Big Boats	\$603	\$900
Opti Charter (4 available)	\$100/week	\$100/week
Safe Powerboating (weekend only)	\$TBD	\$TBD

***Registration deadline: May 29** –\$100 late registration fee required after deadline.

* Except for Sprites, pricing does NOT include a boat. Sprites sail on Club provided Ideal 18s. If not providing a boat, sailors have the option to charter a limited number of boats from IHYC.

*A limited number of charter boats are available for the Opti 2. Charter prices are listed above. IHYC members have right of first refusal for charters until the end of March, at which time charters are on a first-come basis. Opti and Laser Race sailors must provide their own boats. Please contact IHYC Sailing Director [Chris Foley](#) or 203-869-2484 with any questions.

* Sailors who are not IHYC members must pay **IN FULL** by check or CC payable to IHYC prior to start of class.

* All ages are recommendations and can vary. If you have a question about the level of class for your sailor, please contact the Sailing Director.



PROGRAM DESCRIPTIONS

Introductory Programs

Sprite AM (Ages 5 - 8)

One-Week Session: Monday - Friday | 9am – noon

AND/OR One-Week Session: Monday - Friday | 1PM – 4PM

These popular introductory sessions are designed to introduce the youngest sailors to fun in and around the water. Activities will build confidence on the water and include sailing on the Ideal 18s with an Instructor aboard, paddling, arts & crafts, and games.

The goals of this class are to:

- build fundamental knowledge of the sport
- be comfortable in and around the water
- be comfortable in and around boats
- be able to tell where the wind is coming from
- be able to list the basic parts of the boat
- be able to help rig & de-rig and Ideal 18
- be able to steer the boat in a straight line
- be able to tack & jibe (no spinnaker)
- be able to tie some knots, (figure-8, square)
- know starboard vs port

Sprite Sessions		
NAME	START DATE	CLASSES
Week 1	Jun 17, 2024	Sprites - Mornings Sprites - Afternoons
Week 2	Jun 24, 2024	Sprites - Mornings Sprites - Afternoons
Week 3	Jul 1, 2024	Sprites - Mornings Sprites - Afternoons
Week 4	Jul 8, 2024	Sprites - Mornings Sprites - Afternoons
Week 5	Jul 15, 2024	Sprites - Mornings Sprites - Afternoons
Week 6	Jul 22, 2024	Sprites - Mornings Sprites - Afternoons
Week 7	Jul 29, 2024	Sprites - Mornings Sprites - Afternoons
Week 8	Aug 5, 2024	Sprites - Mornings Sprites - Afternoons



Opti 1 (Ages 8 -10)

Two-Week Session: Monday - Friday | 9am – 4PM

This course will teach the basics of rigging a boat, basic boat handling, sailing fundamentals, seamanship (knots, weather, etc.), sportsmanship, and water safety. Instruction is done in Optimists and will sometimes include two sailors/boat. Boats must be privately owned or a limited number of IHYC charters are available.

The goals of this class are to:

- be able to rig and de-rig an Optimist
- know the points of sail
- be able to label all the parts of the boat
- be comfortable steering the boat and trimming the sail
- be able to leave the dock and return
- be able to tack and gybe safely
- be able to capsize and recover
- know starboard vs. port and windward vs. leeward
- know how to tie knots (figure-8, square, bowline)

Opti 1 Sessions

NAME	START DATE	END DATE	CLASSES
Session #1	Jun 17, 2024	Jun 28, 2024	Opti 1
Session #2	Jul 1, 2024	Jul 12, 2024	Opti 1
Session #3	Jul 15, 2024	Jul 26, 2024	Opti 1
Session #4	Jul 29, 2024	Aug 9, 2024	Opti 1



Opti 2 (Ages 10 -14)

Four-Week Session: Monday - Friday | 9AM – 4PM

This course is designed for sailors who have completed Opti 1 or the equivalent. This course is for those sailors that want to continue their skill progression. Instruction is done in an Optimist, with 1 sailor/boat. By completion, sailors will be able to sail on all points of sail in most wind speeds, know all parts of the boat, and basic knots.

In addition to the Opti 1 goals, the goals of this class are:

- to get comfortable sailing an Optimist solo
- be able to rig and de-rig and Optimist solo
- know all the parts of the boats
- know and be able to sail on all points of sail (pages 20-23)
- be able to steer and trim the sail properly (pages 24-27)
- be able to leave the dock and return (page 32 and 48)
- be able to capsize and recover (page 56-57)
- have an understanding of the basic rules
 - o safety
 - o fair sailing
 - o right of way
- know how to tie knots (page 51)
- be able to sail around a course

Opti 2 Sessions

NAME	START DATE	END DATE	CLASSES
Session #1	Jun 17, 2024	Jul 12, 2024	Opti 2
Session #2	Jul 15, 2024	Aug 9, 2024	Opti 1



Adventure Sailing (Ages 13 -17)

Two-Week Session: Monday - Friday | 1:00pm – 5:30pm

This course is designed for sailors who are not interested in racing, or who would like to try out a variety of boats and skills. The course focuses on building fundamental sailing and boating knowledge. Sailors will be able to use a variety of boats, including; O'pen Skiffs, a Hobie Getaway (catamaran), Ideal 18s, kayaks and paddleboards.

The goals of this class are to:

- have fun on the water in a variety of different boats
- be able to safely sail your boat with 2 people
- be able to steer and trim the sails properly (pages 24-27)
- be able to leave the dock and return (page 32 and 48)
- know how to tie basic knots (page 51)
- know how to paddle a paddleboard
- know how to paddle a kayak
- be able to take a destination trip to a point of interest within Captain Harbor

Adventure Sailing will also include!

Intro to Double Handed Sailing in Fevas

Course includes basics of rigging a Feva, basic boat handling, seamanship (knots, weather, etc.), sportsmanship, and water safety. Limited charters available from IHYC.

The goals of this class are all of the above, and:

- be able to safely sail your boat with 2 people
- be able to steer and trim the sails properly
- be able to leave the dock and return
- treat the person you are sailing with respect
- be able to trim the jib properly
- be able to tack and jibe safely
- learn basic rules and safety
- learn how to rig a Feva
- know how to capsize and recover with a spinnaker

If sailors are seeking the fun and introductory regattas in the ares, Adventure sailors will have opportunities to register for these events if they align with their registered session.

If sailors seek to do a regatta that is not aligned with their session, and they've completed one full session previously, sailors can register for the beginner regattas and will be charged a charter fee and coaching day rate, all billed at cost.

Adventure Sessions			
NAME	START DATE	END DATE	CLASSES
Session #1	Jun 17, 2024	Jun 28, 2024	Adventure Skiff
Session #2	Jul 1, 2024	Jul 12, 2024	Adventure Skiff
Session #3	Jul 15, 2024	Jul 26, 2024	Adventure Skiff
Session #4	Jul 29, 2024	Aug 9, 2024	Adventure Skiff



Junior Big Boat (Ages 14 -18)
Week 2 - Week 8 (6PM to 8PM)

Depending on interest, IHYC will offer the option for sailors to learn the fundamental knowledge to sail keelboats. Instruction will be done on member-owned keelboats.

Sailors will have an Instructor and/or Junior Instructor aboard the keelboat at all times in order to ensure safe, controlled operation while learning the basic skills.

This course includes classroom time in addition to practical skills on the water.

The current curriculum plan is:

Tuesday: Classroom Navigation Instruction

Wednesday: Sail with members in the Wednesday Night Twilight Series

Thursday: Practice in the Member-Owned J/92 "Easy Red"

Some of the major points that the class will cover:

- Forecasting prevailing local weather conditions.
- Performing an inspection of running rigging, standing rigging, and hull integrity.
- Winch operation and proper procedures for clearing a fouled winch.
- Basic Knots
- Heaving a line and other line handling
- The use of these sail controls: boom vang, adjustable backstay, adjustable jib fairlead, traveler, leech line, outhaul, halyard, sheet tension and how they affect sail shape in terms of draft or camber to chord.
- Controlling the boat's course with the use of sail trim and weight placement by sailing around a predetermined buoyed without the use of a rudder for steering.
- Holding a fixed compass course on a downwind point of sail to a predetermined destination.
- Steering a close hauled course by using jib telltales.
- Identifying puffs and lulls by looking at the water and by recognizing changes in boat performance.
- Reefing while underway on a close hauled course.
- Anchoring the boat without using auxiliary power. This includes preparing the anchor, identifying a safe anchorage, dropping anchor and checking for the anchor holding fast.
- Stowing of the mainsail by two methods: rolling the sail & stowing, flaking the sail on the boom and securing.
- Correct use and deployment of docklines and spring lines.
- The influence of local weather patterns on sailing.
- Sailboat dynamics: center of effort, center of lateral resistance, and effects and influences of lee and weather helm.
- Navigation (Piloting):
- Safety and Emergency Procedures such as towing, recovery after going aground.
- Leaving and returning to the dock or mooring
- Securing the boat properly at a dock for regular and for severe weather



Advanced Safe Powerboating (Ages 15 -17)

Saturday or Sunday 8am – 5pm (TBD check calendar for available weekends)

Prerequisites and Working Towards: CT Safe Boating Certificate or NASBLA equivalent.

Note: This is NOT a CT Safe Boating Certificate course. This class follows the US Powerboating curriculum and is a combination of practical training on IHYC powerboats along with classroom testing. The course is conducted over a whole day.

The class will cover:

- Engine & electrical systems
- Starting procedures
- Docking
- Close-quarters maneuvers
- Anchoring
- Steering a range
- Person in Water rescue
- Safety, preparation & weather
- Maneuvering concepts
- Vessel registration & capacities
- Equipment requirements
- Preparation & fueling procedures
- Navigation rules of the road
- Aids to navigation
- Environment regulations



Advanced Programs

Race Program Sessions			
NAME	START DATE	END DATE	CLASSES
Full Summer	Jun 17, 2024	Aug 9, 2024	Opti Race C420s Lasers

Optimist Race Team (Ages 11-15)

Prerequisites: Under 15 years old, has completed Opti 2 Course or equivalent and wants to learn how to race.

Eight-Week Session: Monday - Friday | 1pm – 5:00pm

This program requires a solid understanding of Optimist sailing and provides an introduction to racing and equipment. Coaches will cover all aspects of racing on and off the water. Sailors will have the option of traveling to regattas with a focus on local events, but with the option to travel further as well. Boat ownership is encouraged, charters are available through IHYC.

As a prerequisite you will be expected to have mastered all goals from the Opti 2 class.

In addition, the goals of this team are to:

- learn the basics of racing
- have a good understanding of the rules
- be able to sail all points of sail
- be able to sail around a course
- know how to start a race
- know how to tie knots
- learn how to travel to regattas and what to bring
- be able to have your boat race ready everyday fine-tuning rigging



C420 Race Team (Ages 14-17)

Prerequisites: Prior racing experience. Own or independently charter a C420. Have a set sailing partner (skipper or crew).

Eight-Week Session: Monday - Friday | 1pm – 5:00pm

The C420 Race Team will refine their racing skills while competing in regattas locally and regionally. As with all of our programs, there will be a focus on the Corinthian Spirit and being positive role models on and off the water. Boat ownership or independent charter is required. In addition to local events, the team will have the option of travelling for several major regattas. The C420 Race team may be combined with the Laser Race team for practices at IHYC. This will be dependent on the amount of participation on both teams.

You will be expected to know and perform all skills learned from the Optimist Race Team or the equivalent.

The goals of the C420 Race Team are

- safe use and rigging of the trapeze and spinnaker
- be able to race at a high level and travel
- have a full understanding of the rules
- learn more in depth starting and racing strategy
- learn C420-specific upwind and downwind techniques
- be able to sail in a large fleet
- have your boat race ready everyday (no breakdowns)

Laser Race Team (Ages 14-17)

Prerequisites: Prior racing experience. Own or charter a Laser or Laser Radial.

Eight-Week Session: Monday - Friday | 1pm – 5:00pm

The Laser Race Team will refine their racing skills while competing in regattas locally and regionally. As with all of our programs, there will be a focus on the Corinthian Spirit and being positive role models on and off the water. Boat ownership is required. In addition to local events, the team will have the option of travelling for several major regattas. The Laser Race team may be combined with the C420 Race team for practices at IHYC. This will be dependent on the amount of participation in both classes.

You will be expected to know and perform all skills learned from the Optimist Race Team or the equivalent.

The goals of the Laser Race Team are

- be able to race at a high level and travel
- have a full understanding of the rules
- learn more in depth starting and racing strategy
- learn Laser-specific upwind and downwind techniques
- be able to sail in a large fleet
- have your boat race ready everyday (no breakdowns)



Junior Instructing Program (rising 9th graders +)

Prerequisites: Applicants must be entering the 9th Grade or older, and apart of our Adventure, C420, or Laser programs

A new program this year, IHYC has a robust outline for Junior Instructor Candidates.

Program will start Week 2, June 24th after IHYC has hosted the Junior Instructing Certification course that prior weekend (6/22+23)

Junior Instructors to assist when available, Monday - Friday, 8:45 am to Noon

Program Goals

- Use the skills and experience of older junior sailors to mentor IHYC's youngest sailors
- To give the JI an opportunity to give back to the program and inspire younger sailors
- Prepare IHYC junior sailors for possible future employment as Sailing Instructors
- Use the “extra hands” provided by the JI’s to ensure the safe and smooth running of our sailing program
- Foster greater team spirit and program unity through all age groups

Aspects of the programming:

- Register for the US Sailing Junior Instructor Certification Course to be hosted at IHYC on June 22 and 23
- Link here: <https://www1.ussailing.org/Enrollment/ViewPrereq.aspx>
- JIs will receive a stipend for their assistance
- They'll be required to communicate their schedule with the Head Instructor and/or Sailing Director
- JIs will also have access to a certified motor boat instructor to enhance their motor boat proficiency
- JIs will be significantly on their way to developing their coaching skills, getting them ready for US Sailing Level 1 certification courses in their future!



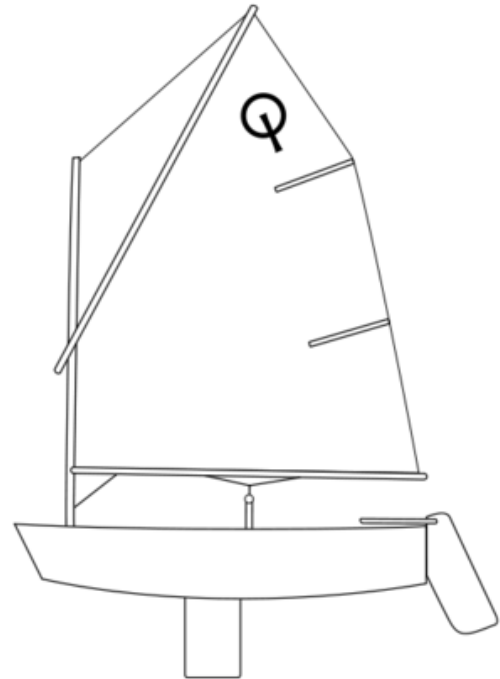
Boats We Sail

Junior Sailing at IHYC is conducted in several different boats. These include Optimists, C420s, Lasers, Laser Radials, Ideal 18s, and a variety of other dinghies and keelboats. These main classes represent a standard for Junior/Youth racing in the United States. Between these classes of boats we have curriculums to suit all ages (4-18), abilities, and sizes.

Optimist

The Optimist is the largest one design racing fleet in the world and the international standard in junior instruction. The boat's simplicity and stability make it ideal for teaching young beginners, while the popularity of the Optimist class makes the boat extremely challenging for pre-teen racers. IHYC owns a fleet of 16 Optimists to charter for use in the program. Racers are encouraged to bring privately owned boats for practice and racing.

A skipper can race Optimists until December 31st in the year they turn 15. On December 31st of that year, they age out of Optimists and can no longer race the boat. To promote participation across a wide range of skill levels and ages, Optimist racing events are divided into fleets. Green fleet is a special fleet for beginners. Green fleet sailors can be any age up to 15. A green fleet might have skippers who are as young as 6 and as old as 15. Green fleet typically sails relatively close to shore and on short courses. Sailors may be coached during racing. Green fleet focuses on keeping sailors having fun and not as much on competition.



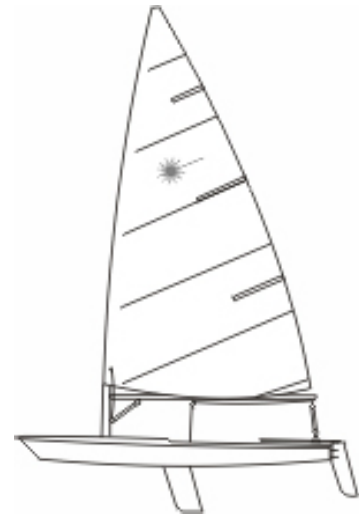
After moving out of green fleet, skippers who are 10 or under sail in the white fleet. Skippers who are 11 and 12 sail in the blue fleet. Skippers who are 13, 14, or 15 sail in the red fleet. In all fleets, the determining date is the skipper's age on the first day of the regatta. Skippers move up to blue fleet on their 11th birthday and red fleet on their 13th birthday. At most regattas, the red, blue, and white fleets all start at the same time and race on the same course. Coaching for the red/white/blue fleets is permissible before and after, but not during individual races. Coaches can observe the racing from designated areas and provide feedback to the sailors at the completion of the race(s) observed. The class website is www.USODA.org



Laser

The Laser is the single-handed option for sailors who are too big or too old to sail the Optimist. The Laser can be rigged with three different sail plans, providing great versatility across a wide range of sizes. IHYC offers instruction in both the Laser and Laser Radial configuration. Lasers are best suited to sailors 13 years of age or older, over 125 pounds, and focused on racing. All participants in IHYC's Summer Laser program must supply their own boat.

Lasers are one of the largest one-design classes in North America and a primary single handed boat used in youth sailing events. In 2008, the Laser Radial debuted as the Women's singlehanded event at the Olympics. Because of this, a number of young women are now sailing in the Radial. It is not atypical to see a significant number of female sailors at Laser Radial events.



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

Club 420

The C420 is the most popular and versatile double-handed junior boat in North America. The boat is durable, easily transported by car-top or trailer and can provide many years of training and racing for sailors 12-18 years of age and over 100 pounds. This is also a popular boat for Collegiate programs, making many of the skills learned in the C420 easily transferable to college sailing. The main difference is that Collegiate dinghy racing does not use the trapeze or spinnaker. IHYC does not provide C420s. Sailors must own their own boat or can easily charter through the [Boat Locker](#) in Bridgeport, CT – charter pricing includes delivery and pickup from IHYC. Many other charter or purchase options also exist.

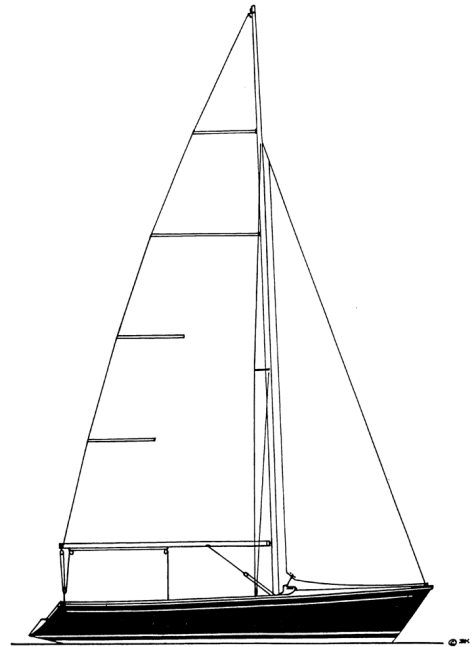
Additional information about the 420 Class Association is at www.club420.org





Ideal 18

The Ideal 18 class sailboat is a very popular racer/daysailer in the Long Island Sound and surrounding area. It is an 18 ft-long keelboat typically sailed by two people. Its dinghy-like steering and handling, relatively small overall size, and large cockpit make it ideal for learning to sail with 3-4 younger sailors. The non-overlapping, self-tacking jib makes for easy boathandling. For additional performance and challenge, a spinnaker can be used. IHYC owns 10 Ideal 18s that are used by both our junior program and the adult Focus on Sailing program.



RS Feva XL

In 2016 the RS Feva XL had their debut North American Championship at the Indian Harbor Yacht Club. This fast, fun, two-person dinghy has a plastic hull and asymmetrical spinnaker, along with a self-draining cockpit – all sailor-friendly features that have helped this class grow in popularity in the US over the last few years. Without using the spinnaker, the boat is suitable for younger sailors getting into a two-person boat for the first time. The addition of the spinnaker along with the possibility of large fleets at regattas can also make the boat challenging for racers.





Hobie Getaway

Back for 2024, Indian Harbor has one Hobie Getaway catamarans for Junior Sailing and member use. These fast, fun boats can be safely sailed by 1-5 people and primarily used in our Adventure Sailing class, but all Junior sailors will have the opportunity to try them out throughout the season. They are equipped with a roller-furler jib for easy sail management, have a mast-head float to prevent turtling, and have a unique mainsail system that eliminates the boom completely.

