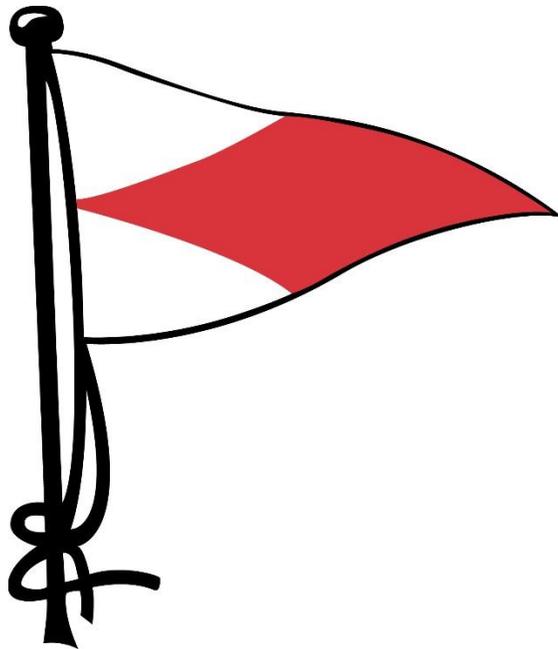


Indian Harbor Yacht Club

Quick Guide to Junior Sailing



Summer 2017

For more information contact:
Joel Labuzetta
IHYC Waterfront Director
203-869-2484 x32
waterfront@indianharboryc.com



1. CLASSES AT A GLANCE

Age	Class Name	Time	Days	Need own boat?	Pre-Requisite	Price 4-week session
BASIC						
4-5 years	Sprite 1	9-12 noon	T/TH	no	none	\$460/\$590
6-7 years	Sprite 2	9-12 noon	W/F	no	none	
8-10 years	Opti 1	9-12 pm	M-F	Charter from club	none	\$1080/\$1750
	Opti 1 PM	1-4 pm	M-F	Charter from club	None, Can add tennis in am	
INTERMEDIATE						
10-14 years	Opti 2	9-12 noon	M-F	Charter from club	Opti 1 or equivalent	
	Opti 2 PM	1-4 pm	M-F	Can Charter from club	Opti 1 or equivalent, can add tennis in am	
12-15 years	Intro to Doublehanded	9-12 noon	M-F	no	Varies, can add tennis in am	
10-14 years	Adventure Sailing	1-4:30 pm	M-F	no	Varies, can add tennis in am	
14-17 years	Junior Big Boat	6-8:30 pm	T	no	None	
ADVANCED						
10-15 years	Opti Race			Yes	See below	\$1235/\$1835
14-18 years	C420 Race			Yes	See below	
14-18 years	Laser Race			Yes	See below	



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. Therefore, when you purchase new gear, buy quality gear that will be durable and permit use for multiple seasons.

Mandatory Gear for all ages and classes:

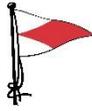
Life Jacket- Ensure that it is the correct size and comfortable fit. Must be coast guard approved (USCG). Life Jackets are worn at all times while sailing or in a motor boat.

Whistle- Whistles are required at all USODA sponsored events. Optional but encouraged for other sailors. IHYC provides whistles to all participants.

Closed-toe shoes- should 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, crocs... etc.

Other gear recommended to bring everyday:

- Water Bottle – (IHYC has filtered water-filling stations and a drinking fountain)
- Hat
- Sunscreen
- Foul Weather Gear- we will still go sailing in the rain and cold
- Sailing gloves
- Knife / multitool



Boats We Sail

Junior Sailing at IHYC is conducted in several different boats representing 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.

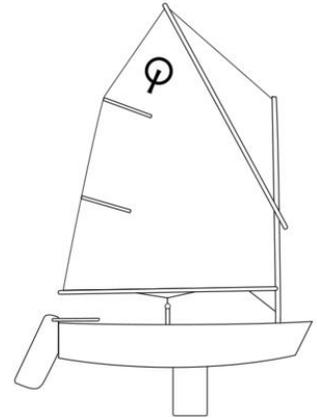
A skipper can race Optimists until December 31st in the year they turn 15. On December 31st of that year, they age out of Optimists and can no longer race the boat. To promote participation across a wide range of skill levels and ages, Optimist racing events are divided into fleets. Length Overall (LOA): 7'9", weight: 77lbs

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. LOA: 13'9," weight: 130

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.

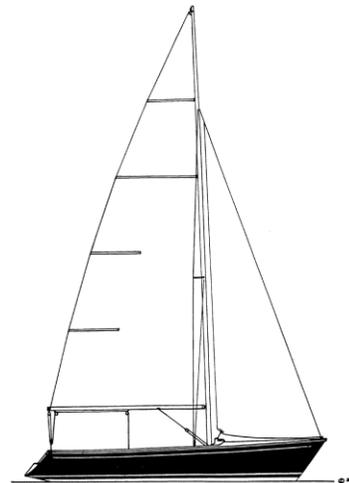
IHYC does not provide C420s. Sailors must own their own boat or can easily charter through the [Boat Locker](#) in Bridgeport, CT – charter pricing includes delivery and pickup from IHYC. Many other charter or purchase options also exist. LOA: 13'9," weight: 195

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. LOA: 18, weight: 1,350 lbs





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. LOA: 12,' weight: 140 lbs.



Hobie Getaway

New for 2016, Indian Harbor has two Hobie Getaway catamarans for Junior Sailing and member use. These fast, fun boats can be safely sailed by 1-5 people, and will be 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. LOA: 16'7," weight: 395 lbs





2. PROGRAM DESCRIPTIONS

Introductory Programs

Sprite 1 (Ages 4 & 5)

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:

- 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

Sprite 2 (Ages 6 & 7)

These popular introductory sessions are designed to introduce young sailors to fun in and around the water, as well as to build some fundamental sailing skills to carry forward into the Optimist classes. 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



Opti 1 (Ages 8 -10)

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 2 (Ages 10 -14)

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



Adventure Sailing (Ages 10 -14)

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 having fun on the water while building fundamental sailing and boating knowledge. Sailors will be able to use a variety of boats, including; Hobie Getaways (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

Intro to Double Handed (Ages 14 - 18)

Prerequisites: Prior racing experience. Own or charter Feva.

This course is for older and larger (100+ lbs) sailors who have some sailing experience but who are new to the C420. Course includes basics of rigging a 420, basic boat handling, seamanship (knots, weather, etc.), sportsmanship, and water safety. Sailors in this program will develop their racing and Club 420 knowledge and learn the use of spinnakers and when possible, trapeze. Boat ownership is required. IHYC does not provide charters. Charter boats are available through the [Boat Locker](#).

The goals of this class are to:

- know the points of sail (pages 20-23)
- 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)
- treat the person you are sailing with respect
- be able to trim the jib properly (pages 26-27)
- be able to tack and jibe safely (pages 38-46)
- know basic rules and safety (pages 52-55)
- know how to tie basic knots (page 51)
- learn how to rig a Club 420
 - o trapeze wires
 - o spinnaker with all associated equipment (topping lift, sheets, halyard)
- learn how to use a trapeze and spinnaker safely
- know how to capsize and recover with a spinnaker and trapeze



Junior Big Boat (Ages 14 -17)

This new course at IHYC is designed to provide sailors the fundamental knowledge to sail keelboats. Instruction will be done on a combination of the Club's Ideal 18s along with larger keelboats loaned by the membership. 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.

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



Safe Powerboating (Ages 14 -17)

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

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 weekend (16 hours) and students who successfully pass the course will be awarded a US Powerboating Safe Powerboat Handling Certification (NASBLA Approved).

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

Optimist Race Team (Ages 10-15)

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

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 travelling 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 (pages 20-23)
- be able to sail around a course
- know how to start a race
- know how to tie knots (page 51)
- learn how to travel to regattas and what to bring
- be able to have your boat race ready everyday fine-tuning rigging

Laser Race Team (Ages 14-18)

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

Four-Week Session: Monday - Friday | 1pm – 4:30pm or

Eight-Week Session: Monday - Friday | 1pm – 4:30pm

The Laser Race Team will refine their racing skills while competing in regattas locally, regionally, and nationally. 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)