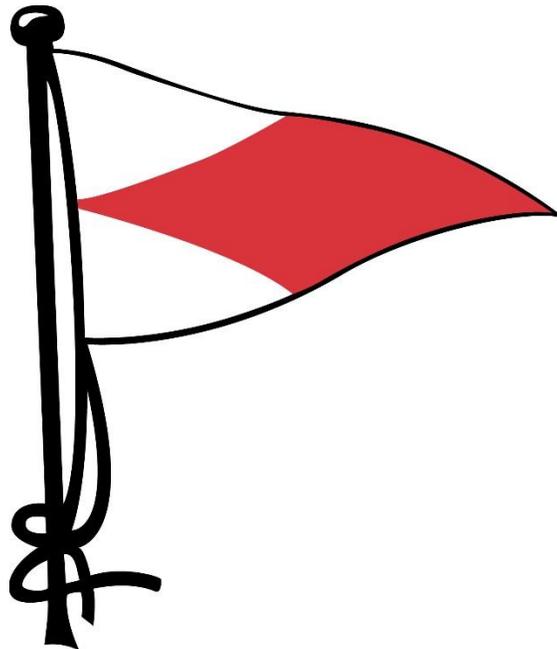


Indian Harbor Yacht Club

Junior Sailing



Handbook For Parents and Sailors 2018



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1. Mission Statement

The mission of the Indian Harbor Yacht Club Junior Sailing Program is to promote interest in sailing through education and competition while developing sportsmanship, seamanship, self-discipline, self-reliance and a respect for nature and fellow sailors. The goal is to develop in each child an appreciation and love of sailing and confidence in his or her abilities.

2. 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.

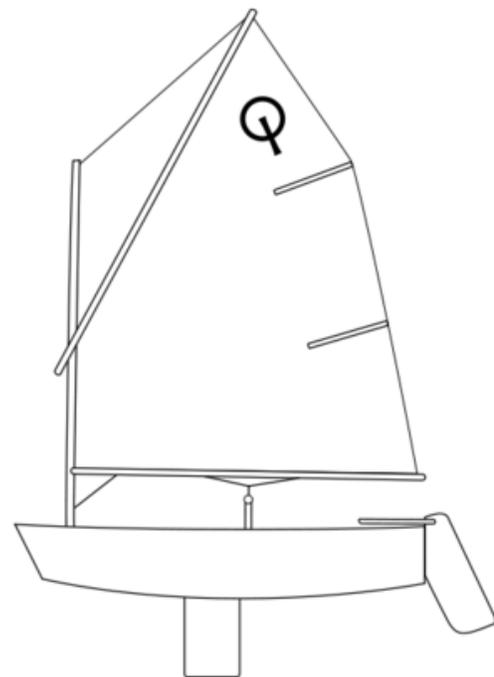
Optimist

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 singlehanded 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.

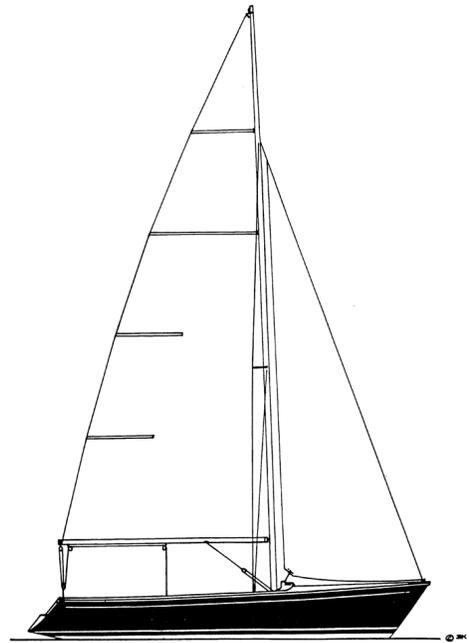
Additional information about the 420 Class Association is at www.club420.org





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

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.





3. Description of Summer Programs

The Indian Harbor Yacht Club offers an 8-week long summer program for 4-18 year-old sailors at all levels, from beginning sailing through advanced racing. Regardless of age, we have introductory and advanced courses that will match students to other students that are close in age and in a boat that is appropriate to them in terms of physical size, strength, and ability

In addition to the Waterfront Director and Sailing Director, who are both year-round employees of IHYC, the Junior program employs a seasonal Junior Program Head Instructor and a number of coaches who are matched to the different summer classes.

The Head Instructor, along with the Junior Sailing Committee, is responsible for the overseeing the Junior program and its coaches. As a minimum, all IHYC coaches are US Sailing certified as Level 1, 2, or 3 Instructors. These certifications include First Aid and CPR as well as a CT State Safe Powerboating certification or the national equivalent.

The Indian Harbor Yacht Club follows US Sailing teaching methods. This curriculum is focused on safety, fun and learning, and adheres to US Sailing's standards.

The programs available at IHYC are described below. Page numbers below refer to US Sailing's [Learn Sailing Right!](#)

Introductory Programs

Sprite 1 (Ages 4 & 5)

One-week Session: Monday - Friday | 9am - 12pm

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)

One-week Session: Monday - Friday | 9am - 12pm

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 an 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)

Two-Week Session: Monday - Friday | 9am – 12pm

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)

Four-Week Session: Monday - Friday | 9am - 12pm

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.

You will be expected to know and perform all goals learned in Beginner Optimist class (see above). Page numbers below refer to US Sailing's [Learn Sailing Right!](#)

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 an 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 12 -15)

One-week Session: Monday - Friday | 1pm – 4:30pm

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 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

Safe Powerboating (Ages 14 -17)

TBD Dates - typically pre-season.

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

Introduction to Double Handed (Ages 14-17)

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

Designed for older and larger (100+ lbs.) sailors who have some sailing experience or who exhibit an interest in learning to sail and race. This course covers the basics of rigging, sail theory, boat handling, seamanship (knots, weather, etc.), sportsmanship, and water safety. Sailors in the program will develop their racing knowledge and have the opportunity to participate in the weekly Captain's Cup regatta series with their class. This class will primarily use double handed boats including the RS Feva, C420, and Ideal



18. Use of boats and equipment during class time is included in price. Students may register for multiple 2-week sessions at this level.

Advanced Programs

Feva Race (Ages 12 – 15)

Prerequisites: Prior racing experience. Own or charter a RS Feva.

Eight-Week Session: Monday – Friday | 9am – 12pm

All sailors must be present during the first week of training 6/25-29 in order to participate.

The IHJYC Feva Race team will train weekday mornings for the entire 8-weeks of the Junior Sailing Program. Those on the team will have the opportunity to participate in JSA of LIS regattas during that time.

All RS Feva XL sailors must register as a team. All sailors are expected to register individually, but will be required to identify their partner during registration. We will not be pairing sailors during the season, but can assist prior to registration by making introductions to others who may also be looking for a partner.

Use of a boat is not included in the program price per sailor. Teams are responsible for bringing their own boat. A limited number of charter boats are available through IHYC and may be reserved during registration. It is advised that sailors participating at the Race Team level have their own boat. Additional boats for charter or for purchase may be available through local retailers.

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 RS Feva
 - o spinnaker with all associated equipment (topping lift, sheets, halyard)
- learn how to use a spinnaker safely
- know how to capsize and recover with a spinnaker



C420 Race (Ages 14 - 18)

Prerequisites: Prior racing experience. Own or charter a C420.

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

All sailors must be present during the first week of training 6/25-29 in order to participate

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

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.

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

All sailors must be present during the first week of training 6/25-29 in order to participate.

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.

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

All sailors must be present during the first week of training 6/25-6/29 in order to participate.

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)



4. High School Sailing

Indian Harbor Yacht Club maintains a relationship with several local area high schools to support high school sailing programs and events. IHYC charts dock space and powerboats to the schools who provide their own sailboats and coaches.

High School sailing closely parallels the collegiate sailing format. For fleet racing, teams are divided into A and B divisions comprised of different skippers and crews for each division. Teams may substitute sailors as long as prescribed substitution rules are followed. Short courses are used, typically windward-leeward with a gate. Course completion times average 18 minutes. Except in rare cases, only 1 fleet is on the water at a time. Two races are completed and then divisions switch, and the boat being sailed by each team is rotated. This allows for coaching and a break. Boat rotation eliminates the possibility of any team having an advantage because of an inherently faster boat. With the exception of singlehanded or Laser events, boats are always provided by the host venue.

Teams also participate in Team Racing events where each team fields three boats to sail against three boats from another team. In team racing teammates work together to outmaneuver the other team so that their combined race scores are better than the other team's combined scores.

Teams training at IHYC are typically part of the New England Schools Sailing Association ([NESSA](#)) of the Interscholastic Sailing Association ([ISSA](#)). Teams participate in a number of regattas throughout the seasons, but are focused in March to May. For those teams that qualify, there is the National Fleet Racing Championship (Mallory Cup) and National Team Racing Championship (Baker Cup).

High school sailing in the area typically uses the Collegiate 420. The boat is the same as the Club 420 with the trapeze and spinnaker gear removed. Sailors enrolled in the High School sailing program use boats owned by their high schools. High school sailors are not required to own their own boat. Color-coordinated sails are typically used for high school sailing to facilitate team racing. Contact your high school to see if you have an option to participate in this program, or you may contact IHYC for information about starting a program.

For more information or to see if your high school team can train at IHYC, contact the [Sailing Director](#).



5. For Sailors

Sailing is a lifetime sport and pastime. Some of the friends and acquaintances you will make at IHYC will turn into lifelong friendships and places visited for competitions will be visited over and over throughout life. How you act as a junior sailor will have a lasting impact. Please recognize that sailing at IHYC is a privilege and you are being provided with a fun and fulfilling opportunity. To make the most of this experience, we ask that you follow these guidelines:

- Sail for fun and the love of the sport.
- Work hard to improve your skills.
- Listen, ask questions, and watch others to see how you can better your skills.
- Learn teamwork, sportsmanship, discipline, confidence and self-control.
- Be a team player – get along with others.
- Appreciate the contribution each person makes to the learning environment.
- Learn the rules, and play by them.
- Always be a good sport and set a positive example for others.

Personal Boats and Equipment

All students registered in a racing program have the added responsibility of maintaining and caring for their boat. Each boat must be properly de-rigged and stored at the end of each day. For privately-owned equipment, please make sure that your boat is labeled prominently with your name, and that the trailer or dollies tires remain inflated. This is so that boats can be easily moved in severe weather. 420 sailors who charter a boat are responsible for ensuring the boat is properly maintained and race ready. Should there be equipment problems beyond the student's ability to repair, they should bring it to the attention of the coaching staff and/or charter company immediately.

Parents must constantly communicate with their sailor as to the condition of their boat and equipment. If properly maintained, the boats we use are very durable. However, sailboats are used in a relatively harsh environment (wind, salt water, UV) and from time to time equipment must be replaced. Boats that are constantly in a state of disrepair will limit your sailor's ability to improve and enjoy their sailing experience.

All boat owners are responsible for ensuring their boat is properly stored. Some boats are stored on racks. Coaches and classmates are available to assist sailors putting their boats on the racks. However, ultimately, it is the parents' and sailors' responsibility to ensure that boats are properly placed on the rack and tied down when necessary.

IHYC is not responsible for damage to boats as a result of high winds, thunderstorms, flooding, or other acts of Mother Nature.

Recommendations for Travel



Your enjoyment while away from home is often a reflection of your organization and planning. Whether traveling with your parent/guardian or a chaperone, you should learn to be self-supportive. Here are a few tips:

- Before departing ensure your parents/guardian are fully informed of your travel itinerary and with whom you will be traveling.
- Keep a readily accessible list of emergency contact phone numbers.
- Carry your medical insurance information.
- Pack your sailing and non-sailing clothing according to your destination.
- Bring your lifejacket.
- You are responsible for buying your meals and incidentals.
- Is your boat properly packed to be transported?
- Carry a toolkit and spare parts as necessary.
- It is easy to leave equipment behind. Before departing from the event location ensure you can account for all of your gear and belongings.

Racing and Regattas Calendar

In order to race successfully one must first be able to sail a boat well and enjoy doing it. There is a natural progression toward racing activities built into the program. Racing, within the class setting, provides an opportunity to test what one has learned and is used effectively to teach basic skills. When ready for it, racing can and should be fun. The program director will let you know when your child has demonstrated that he or she is ready to compete at a particular level (green fleet, Captain's Cup, JSA, regional or beyond). There are certain regattas, called "green fleet" regattas that are specifically for beginning Optimist sailors. In other Optimist regattas the fleet may be divided by age (these divisions are detailed in section 2 and in the FAQ section at the end)

Throughout the summer Indian Harbor Yacht Club's junior sailors will be invited to participate in a variety of regattas. IHYC instructors will be on hand at these JSA-sanctioned events and non-JSA events as designated by the Junior Program Director and listed on the IHYC Junior web site. The instructors will assist by completing the registration, be on the water to assist as necessary and coach when possible before or after races. Their responsibility is to safety first and then to coaching.

Transportation of children and their boats to and from regattas is the parents' responsibility.

Sailors can also attend a full calendar of regattas outside those listed on the IHYC Junior Sailing Regatta Calendar at their own discretion and with their parents' supervision. In these cases, IHYC instructors will not be available to accompany the junior sailors, IHYC will not send instructor safety boats or be responsible for registration. Arrangements should be made directly with the regatta organizers. Interested junior sailors should rely on boat class, organization or event websites for full information. Participation is up to the individual sailor and his/her parents as befits his/her level of expertise and interest.



6. For Parents

We hope that this handbook is helping you understand the full scope of our Junior sailing program and the divisions of responsibility between sailors, coaches, parents, and the other individuals that make all of this happen.

Competitive sailing teaches self-confidence, decision making, teamwork, sportsmanship, tactical thinking, organization, and sometimes humility. Sailors at any age never stop learning; there is always something to do to get better. Because of this, the IHYC program strives to push responsibility as appropriate to the sailors, but we need parental support to achieve this objective.

Activities at IHYC

A typical day at IHYC for all curriculums starts with a discussion of the agenda and lesson objectives. After rigging boats, the students launch and learn/practice the skills and objectives of the day. After students return to shore, they de-rig their boats and participate in a debriefing session.

If your child is in one of our summer session introductory or intermediate classes, your part is minimal. Please ensure your child arrives on time, is prepared to learn, and ready to have a good time. At the prescribed end of the session ensure arrangements have been made for your child to get to their proper destination. IHYC does not provide babysitting services before or after class. Our instructors use their lunch hour to eat and prepare for the afternoon classes.

Junior Regatta Support

The Junior Program hosts a number of regattas that vary year to year, most notably the Law Trophy. These events often require volunteers to help in a number of ways; ranging from event organization and chairs, registration/check-in, race committee and markset, parking management, safety officers, and other functions as needed. All are welcome regardless of sailing knowledge level, and can assist in an appropriate area.



7. Personal Equipment and Gear

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. See the FAQ section below for recommendations.

Label all of your gear with a permanent marker! Your gear will look like other sailors' items.

If you are on a racing team you will need your own boat. This can be accomplished by buying new, used, or chartering. There are a lot of quality used boats available so talk to other sailors and parents and shop around before buying, especially if this is your first year on the racing team.

When purchasing your boat don't forget about a dolly. Trailers are optional, as are covers. However, a good set of covers will protect your boat while traveling as well as provide UV protection when being stored. Often a used boat will already come with these and other extras.

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. Durable, loud plastic models are best – that can be left in a lifejacket pocket with no maintenance. The [Fox 40](#) model is popular, works well and is widely available.

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.

Other gear recommended to bring everyday:

- Reusable Water Bottle
- Hat
- Sunscreen
- Foul Weather Gear- we will still go sailing in the rain and cold
- Sailing gloves
- Knife / multitool

A more detailed list of required / recommended gear with links to popular choices is available on the IHYC website.



8. Injuries

We have policies in place to deal with injuries of varying severity. For more detailed information on our response system, please contact the [Waterfront Director](#).

Concussions are an area where the staff undergoes specific training above the standard requirements for sailing coaches. IHYC full-time staff has undergone training to recognize and react to concussions. Following our policy for any injury, parents will be notified of the occurrence, and in the case of ANY head injury, it is recommended that the injured sailor be evaluated by a Health Care Professional – in some cases this will require an exam, X-Ray, and/or MRI.

9. Junior Program Perpetual Trophies

The following perpetual trophies are kept in the main clubhouse and represent a long tradition of encouraging the ideals of our Corinthian sport. Sportsmanship, effort, care and maintenance, seamanship, and dedication are rewarded in addition to success on the racecourse. They are presented at the awards dinner.

THE YACHTSMAN'S TROPHY

The Yachtsman's Trophy was presented in 1949 by Commodore Julius G. Forstmann and is awarded to the outstanding member of the Junior Yacht club who shows, through his or her leadership in the Club and his or her performance as a racing sailor, the greatest potential for success as a future yachtsman.

THE GRIGGS FIDELITY TROPHY

This perpetual trophy was presented in 1945 by Mr. and Mrs. Robert W. Griggs in memory of their son, Robert, who gave his life in Normandy in 1944. It is awarded to the junior sailor who, by his or her dedication to sailing and commitment to the Junior Program, is judged to be most faithful to the ideals of the Indian Harbor Junior Yacht Club.

THE S.V. WALKER WATCH CAPTAIN TROPHY

This perpetual trophy was presented in 1980 by Mr. Sydney V. Walker, Jr., to be awarded annually to the junior sailor achieving the highest standard of proficiency in handling offshore sailboats. The Head Instructor is to pick the winner, in consultation with others, based upon his or her seamanship, mastery of all aspects of crewing and boat handling and his or her qualities as a good shipmate with enthusiasm and dedication to sailing on all size of boats.

THE COMMODORE R.A.C. SMITH TROPHY

This perpetual trophy was presented in 1926 and is the oldest perpetual trophy for junior sailing. It was presented by Vice Commodore Robert A.C. Smith and is awarded to the best racing sailor in the Junior Program.



THE PAUL WEADOCK SPORTSMANSHIP AWARD

Presented in 1932 by Mr. & Mrs. Bernard R. Weadock in memory of their son, Paul, a member of the IHJYC, who was killed when the mast of a boat he was sailing came in contact with an electric wire. This award is presented to the junior sailor who has demonstrated the highest standards of sportsmanship and who is judged to have best upheld the Corinthian ideals of sailboat racing.

THE UNCLE MILLS TROPHY

Presented by Mills H. Husted in 1951, and is awarded annually to a member of the IHJYC who shows the greatest interest and desire to succeed in One-Design sailboat racing.

THE ELINOR & G. GORDON FISHER EFFORT TROPHY

Donated in 1982 by Mrs. Elinor Fisher, in memory of her husband Mr. G. Gordon Fisher, this trophy is awarded to the IHJYC Junior Sailor between the age of thirteen to fifteen who has put the most effort, regardless of sailing and racing ability, and has received no other award in the same year.

THE EFFORT TROPHY

Donated anonymously in 1965 this trophy is awarded to the IHJYC member under the age of thirteen who has put forth the most effort, regardless of sailing and racing ability, and received no other award in the same year.

CLIFFORD DAY MALLORY TROPHY

This perpetual trophy was presented in 1942 by Mrs. Mallory in memory of Commodore Clifford D. Mallory to be awarded to the junior member whose combined racing scores in all qualifying JSA events is the highest. This perpetual trophy follows the methodology established for the Clinton Bell Trophy, which is awarded to the outstanding junior sailor on Long Island Sound based upon cumulative scoring for all qualifying events.

CHAIRMAN'S SPECIAL RECOGNITION AWARD

Awarded by the Chairman of the Junior Sailing Program.

JUNIOR NAVIGATION AWARD

Awarded to the sailor with the highest score in the junior navigation test sponsored by the JSA.

THE McCLAVE SEAMANSHIP TROPHY

Presented in 1942 by Mrs. Donald McClave to be awarded to the junior sailor demonstrating the highest standards of seamanship in all aspects of care and handling of sailboats and their equipment.



THE WINDWARD TROPHY

The IHJYC Boys' Championship. The trophy is awarded to the outstanding boy sailor in the Program. The award may be based either on a racing competition among boy sailors or upon the judgment of the instructors and junior sailing committee based on sailing performance and racing success.

THE LAUDER TROPHY

The Lauder Trophy was presented in memory of Commodore George S. Lauder and is awarded to the outstanding girl sailor in the Junior Program. The award may be based either on a racing competition among girl sailors or upon the judgment of the instructors and junior sailing committee based on sailing performance and racing success.

THE WILLIAM A. HOGAN TROPHY

Presented by Mr. Hogan in 1947, is awarded annually to the winner of the IHJYC Midget Championship.

THE PAGE NOVICE TROPHY

Presented in 1944 by IHYC Vice Commodore Francis S. Page to be awarded, based upon a racing competition, to the outstanding Novice sailor. In recent years, the competition has been sailed in Optimists.



10. Frequently Asked Questions

Are your classes open to sailors who are not IHYC members?

Yes. Our summer program is open to any sailors ages 4-18.

Can non-member participants in the summer program access the main IHYC clubhouse and/or charge to the Club?

No. Non-IHYP participants and their parents do not have access to the main club house on a regular basis, but are invited to participate in a number of Junior events throughout the summer.

Do I need my own sailboat?

Sailors are encouraged to own their own boats. If you do not, you may choose to charter a boat when you register online IHYC has a limited number of charter boats available for a fee.

It's raining, storming, cold, etc. Is there class?

We will always put safety first but we will not cancel for inclement weather. Staff routinely monitors radar for thunderstorms, and all coaches are qualified to run classes that maximize training value based on the conditions. Class is inside during thunderstorms, but we will sail in all other weather. Come prepared!

Where do I get sailing clothes?

The [Dinghy Locker](#) or [West Marine](#) in Stamford, CT offers a wide range of Junior sailing apparel, as does the [Boat Locker](#) in Bridgeport, CT. [Annapolis Performance Sailing](#) offers a video "[What to wear guide](#)" for new sailors and parents to reference and offers online sales.

Do you have a carpool set up?

We do not organize carpools, nor can we give out personal information of other families in the program. Members are encouraged to use the IHYC directory to help organize their travel. Alternatively, you can contact other parents during the Junior Commissioning and on the first day of class.

Are classes prorated if I have to miss part of a session?

No. We operate on a first come, first served basis, and cannot prorate our class times and fees.

What about supervision before and after class?

Please be on time dropping off and be prompt picking up at the end of the session. We do not offer supervision outside of our normal class times.



I want to keep sailing, what are my options?

Members of IHYC and children enrolled in the summer program are welcome to sign up for private lessons with an IHYC instructor outside of regular class times. Payment is done by club charge, and the rate varies by instructor. Contact the [Sailing Director](#) for more information. Lessons are scheduled online at the Indian Harbor website.

Can I stay and watch my child sail?

Parents are welcome to watch from a distance. Our experience has shown that most young sailors learn best without the distraction of a parent. All of our coaches are trained to run safe and fun classes and appreciate being able to do so without parental input during class. Please ask the [Sailing Director](#) if you have any questions.

I lost my... did you find it?

We have a lost and found in the downstairs of the Junior Clubhouse. Please label everything very clearly with your name. Our lost and found is very full by the end of the summer. Unclaimed items are donated to Goodwill or discarded at the end of each season.

What do I bring?

Every day, sailors need to bring closed-toe shoes (e.g. tennis shoes, neoprene sailing boots), a US Coast Guard (USCG) approved life-jacket, i.e. Personal Flotation Device (PFD), sunscreen, and a water bottle. It is also recommended that sailors bring a towel, snack, and change of clothes. There's a good chance that sailors will get wet every day.

Is there swimming?

Sailors will need to pass a short swim test on their first day. This is done in our protected harbor while wearing a PFD and shoes. This is to ensure sailors are comfortable in the water. Capsize recovery will be learned and/or reviewed as early in each class as is practical.





Indian Harbor Yacht Club Junior Sailing Sailing Equipment List

Required Equipment:

- Lifejacket, i.e. PFD (Personal Floatation Device)
 - Needs to be Coast Guard (USCG) approved and non-inflatable. Recommend USCG Type III. [Example shown here](#). Ensure you're not purchasing a "Floatation Aid," which has less floatation than a USCG-approved life jacket and is not allowed for use in IHYC programs.
 - USCG-approved life jackets are clearly labeled on the interior.
- Closed-toe shoes / sailing boots
 - Regular sneakers are fine, or [Sperrys](#) or similar [sailing-specific shoes](#). They will get wet. Flip-flops, sandals, or bare feet are not allowed.
- Refillable water bottle
 - No glass containers

Sailors' clothing will get wet during practice. Change of clothing for ride home is recommended. Bring layers. Label everything clearly in sharpie with sailor's name!

Recommended Equipment:

- Spray gear (pants/top)
 - A raincoat or windbreaker is OK, but [sailing-specific clothing](#) will work best. We will sail in rain and cold weather, so bringing layers is important. Huge variety available in style and price.
- Digital watch. Needs to have countdown feature.
 - As we learn about racing, sailors will need to be able to time their starts. [Timex Ironman](#) or similar works well and is waterproof/durable.
- Sunglasses
- Hat: baseball cap and beanie for cooler weather
- Gloves
 - Many models are available, recommend trying on. [This model](#) or similar is a good option and is also available at hardware stores. [Traditional sailing gloves](#) also work well.
- Sunscreen

Sources:

- [The Dinghy Locker at Landfall Navigation](#). Immediately off of I-95 exit 6. One-stop-shop for sailing gear in the area.
- [West Marine](#). Also in Stamford, CT. Good selection and some different brands than the Dinghy Locker.
- For mail order: [Annapolis Performance Sailing](#), based in Annapolis, MD.
- For new families, APS's "[what to wear guide](#)" can be really helpful.

IHYC does not provide any sailing gear or PFDs. Being prepared and comfortable on the water will make for a better experience. Extra clothing / bags can be left in the IHYC classroom during practice.