



# 2010

## MBYC Junior Program Parent Handbook



### **Mission Bay Yacht Club**

**Jr. Sailing Program**  
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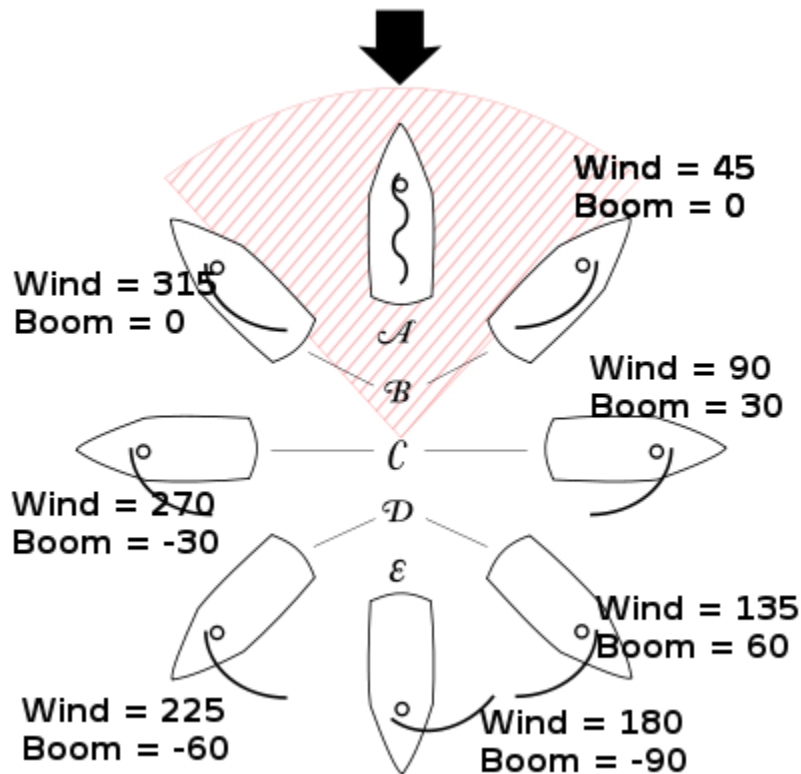
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# Mission statement

To encourage young people to have a lifelong involvement in sailing and the sailing community by: Promoting seamanship, sportsmanship and small boat sailing skills from learn to sail fundamentals through competitive racing opportunities.





# Quick Start Primer

## Advice for new parents

### The Sabot New Parent Advice Pamphlet

By Doug Paine

#### Introduction

In time I hope this web page is filled with good advice from many different sources, but for now I will attempt to hit the points that confused my wife and I so badly when started down the road as new Sabot parents. It honestly took two years to really feel that I had a handle on the information I needed to know to properly support my sons' sailing. During our learning phase (which is still continuing by the way) other parents have been kind enough to guide us and support us so that we might in turn give our children the support they needed. The parents who helped us have assured me that other parents before them in turn helped them. So be advised, your turn will come! This legacy is one of the strengths of the Sabot community. Enjoy it, take full advantage of it, make friends, and help when you are able.

Be aware that opinions abound in the Sabot world about just about everything. Take heart in the fact that if you get the basics right (basic boat set up for example) that the rest of the discussions are fine points you will not need to pay attention to for quite a while. I have divided the discussion below into the major topics as I see them.

I need to state here that what is written here is just my opinion. If you differ, please submit your own piece and it will be posted. More opinions can only enrich the knowledge available to new parents.

#### Why should your Child Spend Time Sailing?

Junior sailing is time consuming and, as your sailor gets better, requires a moderate amount of money to support. So why devote the time to sailing instead of hockey or piano lessons? My answer is that sailing provides a wealth of experiences, positive friendships over a wide age range, and a close and cooperative relationship with nature.

Sailing builds maturity and self-confidence. When a child learns to move a Sabot in the direction they intend (no small accomplishment actually), they accomplished it on their own. They are alone in the boat making decisions that directly affect the success or failure of their efforts. This is unusual for children in our society currently and, I would argue, the real foundation for self-confidence. They engage in these efforts in a supportive, physically beautiful, and safe environment. They make lifelong friends and learn to love an activity that will provide them challenges for as long as they live. It is not a sport where you play for an hour and go home. It is far more encompassing an activity than that. A sailor interacts with individuals from their home club and other clubs for the day, or the weekend, or the summer, or the year, or over a range of many years. At the advanced levels of

sailing these friendships become national and then international. Sailing can become much more than a sport, it often becomes a challenging and wholesome lifestyle.

It is the nature of sailing that the greatest success occurs when the sailor is working most harmoniously with nature not 'dominating' it. There is a good lesson to be learned by that experience.

And finally it is a venue of racing that puts girls and boys on a level playing field with equal chances of success and thereby creating an environment of mutual respect.

## What are my Responsibilities as a Sabot Parent?

As a member of the Sabot Community there are some expectations and obligations that come with the territory. Sabot sailors have gone on in disproportionately large numbers to great national and international success, in part, because of the strength and supportive environment surrounding Sabot sailing. Sabot sailing typically is not, and should not be, an environment where it is all about 'my kid'. Parents need to be supportive of the other kids from their club and of the kids sailing for other clubs also. If a child forgets a leeboard handle and another parent has a spare, they will typically lend it to the child no matter what club they might be from. Parents will get to know the other well and become friends as they spend a good deal of time together as their child(ren) continue through their years of junior sailing. The parents sitting next to each other today watching the Sabots go around will be sitting next to each other in a few years at a Laser or 420 events. It is generally a really friendly and mutually supportive group of individuals (kids and parents). We cheer for someone else's child who has been struggling and is starting to show success, and drop a kind word to the child (and parent) who had a day that was not quite so successful.

The second obligation to assume as a Sabot parent involves supporting the logistical and organizational systems that allow all of this fun racing to take place. These efforts can be as simple as helping to serve lunches at a regatta, towing boats to a regatta (this always makes a parent popular), helping organize the local or regional events, or becoming a part of one of the organizations that organize sailing. For Sabots that organization is the International Naples Sabot Association and there is a need for board members, measurers, volunteers for Nationals organization, etc. Sabot sailing is a rich activity that happens because those in the sailing community support it.

## Your Attitude is Critical to your Child's Experience

Of all of the points covered here this is by far the most important component of your child's experience. You need to be clear about what you want for your child as they participate in sailing. If your child's inclination and your goals are not aligned then they will most likely drop out of sailing.

There are a multitude of reasons that children sail. A very few young sailors are driven to win, most sail because it is fun to compete with your friends and doing well is great when it happens, and some really do not care how well they sail but really enjoy the friendships and the sun and fun. If your child is of the third type and you want wins, then the sailing experience will be frustrating for both of you. Be honest and clear about what you want from your child's sailing. As a competitive father I have had to struggle with this issue. I have had to learn that sailing is their experience, part of their life and I am there to facilitate that experience. Their wins are their wins, not mine. Their lower finishes are theirs to

accept or change as they choose. I have come close to driving one of my son's out of sailing by inflicting my expectations on him. He loves to sail, loves hanging with his sailing friends, and will probably be involved in boats and sailing for the rest of his life. It would have been a shame for me to ruin that for him. He has been successful in sailing.

Now for the tough part. Watching your child race. Your child will be brilliant one day and terrible the next two. You will see them make America's Cup style moves one day and the following weekend they will spend more time going backwards than forwards. They will be on their top form for a couple of months and then get worse for months on end. DO NOT DESPAIR. They are kids and that is what kids do. It is enough to drive a parent batty.

Please remember that the real goal is to develop children that love sailing, the water, boats, their sailing friends, and the environment that surrounds sailing. Today's disaster might be the seed for tomorrow's success (though honestly it also may just remain today's disaster). DO NOT DESPAIR. What your child is doing today does not indicate what they will be doing next year or three years hence. I can name many young sailors who did not particularly stand out in Sabots who are now World Class Sailors. Sabots provide a very rich foundation for future sailing endeavors.

## The Boat

In the beginning just about anything that looks like a Sabot, has a mast, rudder, leeboard, and a sail will do. There are really only two things that must be right on a Sabot to make it sail correctly. The mast must be angled back in the boat properly and the leeboard must be parallel to the keel. There is a link to articles on how to adjust the mast angle (rake) on this website (see also the Ullman and North Sails tuning pages). This website also contains some instructions on how to check your Sabot's leeboard alignment. Trying to sail a Sabot with bad mast rake or a leeboard out of alignment is like trying to drive a Porsche with one wheel missing. You might be able to move it but it will not be fun or rewarding.

If you look at the boats sailed in the 'A' fleet you will see that they are a maze of small lines and blocks. Ignore the temptation to try to duplicate them for your beginning sailor. Your boat needs to be rigged with a main sheet (to pull the sail in and out), a vang (to pull the boom down when going down wind), a downhaul (to pull the bottom of the sail down toward the boom), and an outhaul (to pull the sail out on the boom). These do not need to be fancy. Simple is better. In fact in the very early learning stages it may be best to adjust all but the mainsheet before your child goes out so all they have to do is work the main sheet.

Until your child gains experience ignore the finer points you hear about. Ignore discussions of boat weight, sail makers, JC straps etc. Just let your child get into the boat and have fun. Fun is the key point here. As your child progresses you will get more advice than you want about how to make the boat more sophisticated. Listen to someone who has been around Sabots for a long time and follow their advice. Here I have to thank Hugh Vanderspeck and Ken Wild for their patience in mentoring me.

## The Racing

I cannot begin to explain the racing rules or the techniques that are required to race successfully here (in part because I am not qualified to do so). I highly recommend *Sailing for Dummies* written by local success stories JJ and Peter Isler. It takes you from the most basic terms to the advanced strategies. It is well done and worth the price. For a good discussion of basic sail theory and racing mechanics I suggest you use the link on this page called "A Guide to Racing Basics". It is an excellent discussion and will solve the problem of what to read at bedtime for a few days.

The Sabot sailor moves up through a series of fleets as they improve and win races. Sailors advance to the next fleet level when they win two one-day regattas or win one two-day regatta. Parents may promote their sailors up to the next class (please talk to your Club's Junior Director about this move) if they choose, but once a jump up to the next class is made that sailor may never go back down to the lower class. There are a few regattas where the level designations do not apply and these will be noted below.

## The Fleets

### C3 Fleet

The most basic level is the C3. At this level you can expect to watch kids play bumper boats, yell 'starboard' while having little knowledge about its meaning, get into irons and sail backward, and generally blunder their way around the course. This is all well and good. Sailing is a complex activity and lots of mistakes have to be made to learn how to do it well. Usually the C3 fleet is sailed separately from the other fleets in a more placid area. While coaching is allowed between races in all fleets, coaching is allowed for the C3 sailors at the back of the fleet while they are racing. Other fleets may not have any coaching (from coaches or parents) while racing.

### C2 Fleet

This is the next level up from C3. These guys can generally get the boat around the course but may not be able to do it fast and/or do not know all of the rules involved.

### C1 Fleet

These sailors have learned how to race and have a basic understanding of all of the most important rules. They are learning to look for wind shifts, how to position themselves on the course, how to make a competitive start etc. These sailors are competent racers.

### B Fleet

These sailors are fine-tuning their skills. They have the big picture strategically and tactically, they move the boat well, and they are solid on the rules and how to apply them to advantage.

## A Fleet

This is the most challenging fleet to sail in. All of the sailors are good. It is the small skill differences that make the winners here. A better roll tack, a shift seen more quickly, and a start that was aggressive but not over early can make the difference here. These sailors are the best young Sabot sailors and, perhaps in the future, some of the nation's and the world's best.

## The Regattas

My children have sailed primarily in the San Diego area so the following reflects the racing scene there. I do not know what regattas are the most suitable for the Newport/Long Beach area. Someone please help me with this so that I can include that information in this article.

### Luff-In - All the San Diego Area Yacht Clubs

A Luff-In is a low-key event sponsored by an individual yacht club. All fleets are welcome. A Luff-In is the best place to have your child race for the first few times outside of their club races. The atmosphere is not highly competitive, there are small fleets, and there are usually plenty of coaches.

### All Girls' Jam

Good fun for all fleets and levels. Boys need not apply. This is a supportive first regatta for C3 girls with none of those pushy guys on the water with you.

### Gold Cup - Alamitos Bay Yacht Club (ABYC)

This is a more competitive event than the Luff-In. All the fleets sail but they always run a separate C3 fleet in a less windy area. They have always done a wonderful job of looking out for the C3 sailors and making sure that they have shorter times on the water and are not sailing in overpowering conditions. This is a good first big regatta.

### Midwinter's

This is a more competitive regatta than Luff-Ins and appropriate for C3 sailors and above who have demonstrated their ability to sail around a racecourse at their local clubs. This is also a good first big regatta.

### Dutch Shoe Marathon - San Diego Yacht Club (SDYC)

This is a LONG race. It starts at SDYC and ends up in Coronado. The sail is about 2.5 to 4.0 hours in length and takes place in the open waters of San Diego Bay. C3 sailors who feel comfortable in their boats, and have good basic skills can complete (and do well as they start first) in this race. Be warned, there are usually well more than 150 boats sailing this event so it can be intimidating.

## Sabot II (South and North) - Various Clubs

This event is for Sabot Sailors 12 years and under of all fleets. There is no separation of fleets in this event and the top ten sailors from each event meet in the Sabot II championships. As with the Dutch Shoe, a C3 with good boat skills would be welcome but this is not a good first event for a C3 sailor.

## Sabot Nationals - Location varies by year

This is the most competitive event of the year. Each Year about 60 of the approximately 180 sailors who try to make the actual three days of Nationals racing events are eliminated but they are then invited to sail in the Cove Cup (three days of one day regattas oriented toward pure fun). New C3 sailors should not attempt to compete in this event, though C3 sailors who have competed successfully in prior events might choose to.

## Sweet Team Races - Various Clubs

Team Racing is an entirely different type of racing where the members of a team (usually 3 boats) work the rules and the other team to gain points. The teams are created by the Yacht Club Junior Director and are usually not made up of new C3 sailors because of the complexity of the racing.

## Conclusion

Those are the points that currently come to mind. I am sure I will need to add more. Please remember that kids sail because their friends sail and because it is fun. Keep the fun in their sailing and they will still be sailing at 80!



# Junior Program Sailor/Parent Handbook

Mission Bay Yacht Club 2010

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## Junior Program Sailor/Parent Handbook

### Mission Bay Yacht Club 2010

#### From the Program Director

Welcome to 2008 Junior Sailing Season at Mission Bay Yacht Club. This year, my second year as the Junior Program Director, is shaping up to be even more eventful and exciting than last. The Junior Program Board and I have been working hard to ensure that MBYC provides a fun and rewarding experience for all young sailors whether they are first time students, a returning “veteran”, or an experienced racer looking to compete at the highest levels.

In 2009 over 400 kids and teens participated in one or more sessions at MBYC. On any given day during the summer sessions, roughly 140 sailors were participating in one of the numerous programs available. MBYC junior sailors participated in events throughout the United States and also worldwide events.

I am happy to report that our Junior Sailing program is in a healthy financial position. This has enabled us to make a number of capital improvements. We have purchased a new 420, repaired many sabots and completely brought our CFJ fleet up to top class condition. Also considering our fleet of 25 healthy Sabots; you can see that our instructional sailboats and supporting coaching assets are beginning to become on par with that of any Junior Instructional program in the country. The greatest impact to the coming year was the hiring of our new coach James “Jimmer” Montgomery. I’m sure you’ll agree his first months on the job have brought a renewed sense of enthusiasm to the program.

Also new for 2009 is this Parent Handbook. Hopefully, it will make being an MBYC parent, contributor, volunteer, or student much easier. Check out our new web-site at [www.mbyc.org/juniors](http://www.mbyc.org/juniors). You will notice that we have class descriptions, regatta and summer schedules posted there. If there is any information you would like to see on the website but don’t, please let me know.

At the time of this writing, we are lining up the 2009 summer coaching staff. Many of our staff from last summer has indicated a desire to return, and there are many others who have submitted applications. As always we will strive to assemble a team that has a passion for sailing and teaching all age groups and abilities.

I am looking forward to another fine year at MBYC.

Sincerely,

Chris Wright  
Mission Bay Yacht Club Junior Program Director



## MBYC JUNIOR PROGRAM MISSION & GOALS

### Club Mission and Goals:

1. Instruct young club members in basic sailing skills and support them in learning to sail as a lifelong activity.
2. Instruct young sailors so that they may enjoy the sport of sailboat racing.
3. Coach experienced racers so that they may reach their highest levels in competitive racing.
4. Teach and encourage sportsmanship at all levels.
5. To encourage juniors to assume a stewardship towards the marine environment.

Summer Sailing Program and year-round activities can contribute to fulfilling this mission.

- 1) Level One: Beginners
  - a) Summer Program
    - i) Organized instruction & non-racing activities.
    - ii) TNT crewing opportunities.
    - iii) Sailing on larger boats with an adult, for those not ready to sail Sabots.
  - b) Year-round (summer included) Non-racing activities
    - i) Sunday fun day
    - ii) Mentor program
    - iii) Exposure to other nautical activities, such as boat care, repair, and handling, and participation in power fleet activities.
    - iv) Participation in club events.
    - v) Fun sailing and cruising in larger boats.
- 2) Level Two: Beginning Racers and Intermediate Sailors. Includes all applicable activities listed above plus the follow:
  - a) Summer Program
    - i) Instruction in beginning racing (C & B levels).
    - ii) Practice racing in light winds.
  - b) Year-round Activities
    - i) Regattas
      - (1) Coaching/instruction, including parental participation for coaching at the back of the fleet.
      - (2) Organization of travel for non-MBYC regattas.
    - ii) Training session after school and/or weekends. (minimal fee required).
    - iii) Race committee instruction.
    - iv) Crewing availability list, posted for club members.
    - v) Participation in club racing events.
    - vi) Instruction in first aid and water safety.

- 3) Level Three: Racers at A and B levels. Includes all applicable activities listed above, plus the following:
- a) Summer Program
    - i) Advanced racing instruction
      - (1) Sabots
      - (2) CFJ's
      - (3) Lasers
      - (4) 420's
  - b) Year-round activities
    - i) Skipper in TNTs and club races.
    - ii) Attend clinics.
    - iii) Participate in local, regional, national and worldwide regattas.
      - (1) Obtain financial support.
      - (2) Have coaching available at regattas.
    - iv) Challenge competition.
    - v) Exchange program.
    - vi) High school program.
    - vii) Instruction
      - (1) Sabots, Lasers, CFJ's, 420's
      - (2) Other boats
      - (3) Match racing
      - (4) Team racing
    - viii) Race Committee
    - ix) Coach training Level I Instructor.



# **Junior Program Sailor/Parent Handbook**

## **Mission Bay Yacht Club 2010**

### **Purpose of Handbook**

This handbook has been assembled to provide a guide for sailors and parents/guardians of sailors participating in the MBYC Junior Sailing Program (including high school sailing). The authors have attempted to describe how the program operates, what is expected of sailors, guidance for and expectations of parents, recommendations for gear and equipment, and much more. This handbook has information that is relevant to MBYC veterans and rookies alike.

Although the summer program continues to be the core of MBYC's Junior Program, the program operates on a year round basis. We offer spring/fall sessions for our Sabot sailors, high school sailing, coaching at midwinter events, clinics, and the list goes on. If your child is just starting out in an introductory program, already on the racing and traveling team, or anywhere in between, please read on.

A current version of this handbook will be available on the MBYC Junior Sailing website. We recommended that you keep a printed copy in a "Junior Sailing" binder for quick reference. This same binder could also be used to keep regatta Notice of Races, registration documentation, medical release form data, favorite places to stay, eat, etc.



## **Junior Program Sailor/Parent Handbook** **Mission Bay Yacht Club 2010**

# **Junior Program Operating Perimeters**

### **The Institutional Structure**

The MBYC Junior program operates within the larger structure of Mission Bay Yacht Club. All events, equipment, employees, and programs at MBYC are ultimately the responsibility of the Board if Directors. The Board hires a club manager to oversee the club operations on a day to day basis. The manager supervises all the employees, facilities, and programs at MBYC. The manager has the power to hire, fire, promote, or terminate any program or employee at MBYC.

There are two full time employees in the Junior Program. The Junior Director has the overall responsibility for all of the functions of the Junior program. Working under the direction of the Director is the Head Coach. The job descriptions for these positions are included in subsequent pages. The program hires part time employees, usually for coaching positions, on a regular basis. The part time coaches work at the direction of the Head Coach.

An unpaid parent volunteer assumes the position of Junior Program Coordinator. This individual serves at the request of the Commodore and must be approved to serve on the Board. The Coordinator acts as a liaison between the Board, the juniors and their parents, and the Director and Head Coach. One of the primary responsibilities of the Coordinator is to create the Junior Program Budget. This task is accomplished by working with the Club Manager, the Junior Director, and members of the Board.

### **The Money**

The money to operate the Junior Program comes from a number of sources. About half of the money for the program comes from the MBYC general fund. The Board must approve this sum annually. The Junior Program generates the other half of its revenue from its summer program, regattas, fundraisers, and donations.



## Junior Program Sailor/Parent Handbook

### Mission Bay Yacht Club 2010

## Parental Involvement

Parent volunteers and “Friends of MBYC Junior Sailing” are vitally important to the success of the Junior Program. Parents with sailors at all levels are highly encouraged to help. However, the level of involvement needed increases as sailor’s transition from basic sailing classes to racing teams. Areas to participate as a volunteer include: MBYC Junior Regatta support, boat/sailor transportation, chaperoning travel teams, work parties to repair and maintain Junior Club facilities, and Event/Class coordinators. For MBYC Senior Club members, some of these volunteering activities can be counted towards your annual service day requirements.

**Volunteering is a great way to get involved, meet other sailing parents, and participate in your child’s activities outside the home.**

### MBYC Junior Regatta Support

The Junior Program hosts a number of annual regattas, clinics, and major class regattas that vary year to year. These events require volunteers to help in a number of ways ranging from event organization, registration, race committee, parking management, food catering, boat measuring, safety officers, and other as needed functions. All are welcome regardless of sailing knowledge level.

- The *Jr. Commodore’s Regatta* is MBYC’s annual Junior Regatta. This is a multi class regatta for Sabots, and Lasers from around the Southern California area. This regatta is typically held on the first week of November.
- The annual *SDAYC Luff-in* has become a very popular regatta for all kids of various skills. This two day event is for sailors of all skill levels. The first day is for double handed sailors (C420, CFJ), and the second day is for single handed sailors (Sabots, Lasers).
- MBYC sponsors Clinics throughout the year as opportunities arise. Clinics are generally targeted for specific types of boats and skill levels, and are often facilitated by prominent coaches, Olympic aspirants, and other sailing rock stars.
- Other types of regattas hosted by MBYC from time to time include US Sailing sponsored Junior Championship qualifiers and finals, Junior Olympic events, Class championships, etc.

### Boat/Sailor Transportation

Our racing teams compete throughout the year in a number of events away from MBYC. Events range from one day local Mission Bay events to week long Nationals events in more distant locations. Because MBYC coaches are not permitted to transport sailors or private boats, it is incumbent upon parents to organize and facilitate our junior sailors’ transportation needs to participate in these events. The MBYC Junior Program also has restrictions on sailors driving to and from events which is in the towing and trailering section of this book.

Sailor transportation simply involves driving sailors and their personal gear to/from events. For local San Diego and Mission Bay events many times parents organize separate delivery and pickup arrangements thereby eliminating the need for the driver to stay all day at the event. Of course most of these events are in beautiful locations, so why not play hooky for the day and catch up on your reading? For more distant events this is not always feasible. However, there are creative ways to help out. The event and or class coordinator can help make these arrangements.

The Junior Program has a number of multi-boat trailers (two inch hitch balls) capable of being towed by average size cars, SUVs, or trucks. Some sailor's have personal trailers and some boats are car topped. Work with the event/class coordinator to determine how your boat will get to and from the event site. Additionally, due to travel arrangements and other commitments, coach boats must occasionally be transported by parent volunteers.

#### Work Parties

MBYC members are responsible for ensuring Junior Program equipment and facilities are maintained. Work parties are the first and second Saturdays of March. Junior sailors, parents, and anyone interested in supporting the Junior Program are welcome to participate. The Junior Program Director will typically announce the need for additional work parties via email.

#### Other Activities

Prior to the start of the summer program, a parent/sailor orientation barbeque is held. This orientation is mandatory. Come meet the Jr. Director, some of the instructors, other parents, show the young sailors around, and get the first hand scuttlebutt regarding the program.



# Junior Program Sailor/Parent Handbook

## Mission Bay Yacht Club 2010

### Boats We Sail

All instructional sailing is conducted in Sabots, Lasers, CFJ's and 420s. These four classes represent the standard for Junior/Youth racing in the United States. Between these four classes of boats we can structure curriculums to suit all ages, abilities, and sizes.

#### Sabot

The Sabot is the largest junior racing fleet in Southern California and the local standard in junior instruction. The boat's uniqueness make it ideal for teaching young beginners, while making the boat extremely challenging. MBYC owns a fleet of Sabots to use for the junior program. Most racers who travel bring privately owned boats for practice and racing. A skipper can race Sabots their entire life. To promote participation across a wide range of skill levels and ages, Sabot racing events are typically divided into fleets.

C3 fleet is a special fleet for beginners. C3 fleeters can be any age, and sooner or later they'll move into the C2, C1, B, A, or senior fleet depending on their age and skill set. C3 fleet typically sails relatively close to shore and on short courses. After moving out of C3 fleet, skippers sail in the C2 fleet. Skippers who improve sail in the C1 fleet. Skippers who further still sail in the B fleet, then finally A Fleet. Coaches can observe the racing from designated areas and provide feedback to the sailors at the completion of the race(s) observed.

#### Fleet advancement follows INSA guidelines:

- A. Basic Rule: In major regattas with inter-fleet competition, Naples Sabot skippers shall be advanced to the next higher classification upon having won a first place trophy.
- B. Advancement Guidelines:
  - 1. B to A advancement shall be upon winning either three events of one or two day duration with at least 10 or more starters or one two day event with 20 or more starters.
  - 2. All fleet advancements except B to A shall be upon winning either two one day events or one two day event with 10 or more starters.
- C. Definitions:
  - 1. Classifications shall be designated "A", "B", and "C" ("C1", "C2", and "C3"), in order of capability, "A" being the highest.
  - 2. A major regatta is a series of four or more races, and of more than one day duration.
  - 3. Inter-fleet competition is defined as racing where two or more fleets are represented in a class, with a total of 10 or more starters. Cases where two or more classes are combined by the Race Committee, because of an insufficient number of starters in one or more classes, do not count.
- D. Elective advancement may occur with the agreement of the Coordinator, Director, and the Parent. Moving back (once advanced) or holding back from advancement is prohibited. The class website is [www.INSA.org](http://www.INSA.org)



## Junior Program Sailor/Parent Handbook Mission Bay Yacht

### Club Laser

The Laser is the single-handed option for sailors who are too big or too old to sail the Sabot. The Laser can be combined with three different sail plans, providing great versatility across a wide range of sizes. Lasers are best suited to sailors who can right a flipped boat. All participants in MBYC's Laser Instructional program must supply their own boat. Lasers are an Olympic class one-design and the primary singlehanded boat used in youth sailing events. In 2008, the Laser Radial entered 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, something that was not as prevalent even a couple of years ago.

Additional information about the Laser Class Association is at [www.nalaser.org](http://www.nalaser.org)

### Club CFJ

The Flying Junior (CFJ) is the most popular and versatile double-handed junior boat in West Coast. The CFJ is sturdy and safe while providing the challenge of having a spinnaker. The boat is best suited for sailor's 12-18 years of age and over 100 pounds. MBYC has a fleet of 10 competitive Club FJ's for use in the Junior Program, four of which are less than 2 years old.

Additional information about the CFJ Class Association is at [www.cfjclass.org](http://www.cfjclass.org)

### Club 420

The club 420 is the most popular and versatile double-handed junior boat in North America. The 420 is sturdy and safe while providing the challenge of having a spinnaker and trapeze. The boat is best suited for sailors 12-18 years of age and over 100 pounds. MBYC has a fleet of 8 competitive Club 420s for use in the Junior Program, some of which are less than 2 years old.

Additional information about the 420 Class Association is at [www.club420.org](http://www.club420.org)

### Association Memberships/Fees

There are a few associations/organizations that your sailor should, and in some case must, join. The cost of joining is not great and the benefits to your sailor and the sailing community are wide spread. The recommended associations to join are: Your sailor's class (of boat) organization, US Sailing, and the Mission Bay Yacht Racing Association (INSA).

Each class has organizations to establish and maintain national standards/rules for the class that adhere to or are complementary to international standards and rules, facilitate class championships and events, and provide overall organization for the class. Class dues provide for the operation and administration of these associations. Sailors participating in championship events must belong to the class association. Although not mandatory for sailors participating in club or local events, it is highly recommended that they do join. One benefit of membership is quarterly newsletters that provided regatta results, tips, rules changes, schedules, and a number of other informational items. Here are the links: [www.nalaser.org](http://www.nalaser.org), and [www.USODA.org](http://www.USODA.org). US SAILING is the National Governing Body (NGB) for the sport of sailing and sailboat racing in the United States. US SAILING's mission is to encourage participation and promote excellence in sailing and sailboat racing in the United States. If you have more than one sailor in your immediate family you may be eligible for a family membership, which significantly reduces the per sailor cost.



# Junior Program Sailor/Parent Handbook

## Mission Bay Yacht Club 2010

### Description of Instructional Programs

MBYC provides a year-round program offering instruction and coaching for youth up to 18. Instruction is available at all levels, from beginning sailing through advanced racing. We have introductory and follow on 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 and strength.

Our Junior Program Director is a full time employee of the club and a US Sailing instructional guideline participant. All MBYC instructors are US Sailing certified as well as certified in First Aid and CPR. We follow US Sailing prescribed teaching methods.

The various instructional programs available at MBYC are described below:

#### **Rock Stars**

The Rock Stars class is a course designed for kids that are between the ages of 5-7 and are in their first or second year of sailing. This class focuses on getting the kids comfortable on a boat and having fun on the water. The class teaches the very beginning parts of sailing for example: the parts of the boat, how to dock a boat, learning how to pull and let the sail out, and potentially driving the boat off and on. The class is set up where an instructor will accompany anywhere from 3-6 kids in a boat and sail around Mission Bay. This is a great class for introducing kids to sailing

#### **Lil' Puffs**

The Lil' Puffs class is a course designed on teaching kids 6-8 years old how to sail a small boat. In this class, the students will be sailing a small boat called a Sabot, which is an 8 foot dinghy, around Mission Bay. Often times the students will double up in a boat in order to feel comfortable and ease the responsibility aspect of sailing. This is a great class for first time sailors and students that are interested in racing at a young age.

#### **Beginning Sabots**

The Beginning Sabots class is a course designed for kids that are between the ages of 6-12 and are first time or reoccurring Summer sailors. This class is focused on fun and learning and is intended to introduce the kids to racing at the end of the course.

#### **Beginning Double-Handed Sailing**

The Beginning Double-Handed Sailing course is designed for kids between the ages of 12-17. This is a course designed to teach students how to sail a double-handed boat, which has two sails and is 15 feet long. The class is focused on teaching the students how to sail and generally incorporates racing at the end of the class.

#### **Beginning Sabot Racing**

The Beginning C-Fleet Racing course is designed for students that have sailed and feel comfortable in a Sabot. They will learn how to sail around a course and learn about how to tack and Jibe correctly, as well as learn more about the wind and how it shifts. This is a great course for all kids that have an interest in racing and becoming an official Mission Bay Yacht Club Team Member.

### **C Fleet Racing**

The C fleet racing class is designed for students that have already competed in regattas or are ready to compete. This class will teach the kids how to become a competitive racer. They will learn the more advanced skills and tactics of racing as well as doing drills and practice races. Students are expected to compete in some regattas as well as weekend clinics.

### **A & B Fleet Racing**

The A and B fleet racing class is for the A and B fleet sailors only. This class is the most advanced Sabot class that we have to offer. In this class students will learn the technical aspects of sailing along with doing video work. There will be classroom talks about strategy and mechanics prior to going on the water every day. Students are expected to compete in multiple regattas as well as weekend clinics.

### **Advanced Double-Handed Racing**

The Advanced Double-Handed Racing course is designed for our racing team members unless otherwise accepted. This class focuses on the most advanced areas of racing and is taught by one of our most advanced coaches. This class is designed for racers and is a tiring course.

### **Advanced Laser Racing**

Advanced Laser racing is managed via the SDAYC summer Laser program. For more information, speak with the Junior Director.

### **Recreational Program**

The Recreational Program is designed for summer program participants with a sailing aspect, and into having fun on land. This class is often occupied by students who need to be at the club in the morning and are waiting for the afternoon classes to start. The Rec Program will provide games, art project, aquatic environment educational opportunities, as well as kayak and swimming times throughout the duration of each class.



# Junior Program Sailor/Parent Handbook

## Mission Bay Yacht Club 2010

### For Sailors

Sailing is a lifetime sport and pastime. Some of the friends and acquaintances you will make at MBYC and places visited such as yacht clubs and other sailing venues will turn into lifelong friendships. How you act towards these individuals will have a lasting impact. You need to recognize that sailing 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. Enjoy yourself.
- 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.

The Sailor's Code of Conduct has been developed to let you, the sailors, know how Mission Bay Yacht Club, parents, host facilities, and coaches expect you to act while participating in MBYC sponsored programs. Appropriate behavior will allow you to become a well-rounded, self-confident sailor, and respected team member. Mission Bay Yacht Club expects the highest level of sportsmanship, teamwork, fair play, and good behavior. As a participant in this program you represent Mission Bay Yacht Club, your parents and your family. When on a High School team you are also representing your school. Your behavior, on and off the water, should be to maintain this level of sportsmanship and conduct, and make teammates proud to be a part of our program. Associated with the Code of Conduct are guidelines for Disciplinary Action to be enforced should a sailor fail to act as agreed upon. Mission Bay Yacht Club Junior Program Staff and coaches are primarily responsible for enforcing the rules and will take appropriate action as outlined in the enclosed Disciplinary Actions. While away from MBYC and under the supervision of a parent team leader, the responsibility for enforcing the rules lies with the parent team leader under advisement of Junior Program Director.

**Every sailor in the MBYC Junior Program is required to read and provide a signature to signify that you understand and will abide by the Sailors Code of Conduct. Sailors not signing or amending the Sailors Code of Conduct will not be allowed to participate in the Junior Program. Additionally, every sailor will sign the Disciplinary Actions to signify that they understand the consequences for not abiding with the rules and regulations.**



## **Junior Program Sailor/Parent Handbook**

Mission Bay Yacht Club 2010

### **Ethic Guidelines for Junior Sailors**

*“You haven’t won the race if, in winning the race, you have lost the respect of your competitors.”*

*Paul Elvstöm (Four-time Olympic gold medalist)*

### **Ethics Guidelines for Sailors**

#### Respected Sailors Always:

1. Know and abide by the Racing Rules. They promptly:
  - a. Take a penalty or retire when they know they broke a rule, or
  - b. Lodge a protest when appropriate.
2. Obey event rules, on and off the water, including club rules.
3. Are organized, prepared and responsible for their own equipment.
4. Show respect to fellow sailors and those helping to run regattas and programs.

#### Respected Sailors Never:

1. Swear at, intimidate or harass anyone, including team mates, on or off the water.
2. Steal or borrow, without permission, anything that does not belong to them.
3. Break laws related to alcohol, tobacco or illegal drugs.



## Junior Program Sailor/Parent Handbook

Mission Bay Yacht Club 2010

### Guidelines for Parents

*Parents should always:*

1. Support and promote the code of ethics here contained.
2. Place winning in the context of FUN, GOOD SPORTSMANSHIP, and FAIR PLAY. Emphasize performance goals rather than outcome goals.
3. Promote the total sport of sailing, not just racing.
4. As spectators, remain in designated areas.
5. Remember that any coaching during the race is PROHIBITED.
6. Show respect for race officials and regatta rules.
7. Be familiar with and carry out the Risk Management procedures at all times.
8. Understand that inappropriate alcohol use and illegal substances have no place at any junior sailing event.
9. Model supportive and ethical behavior, (Young people learn more from what they observe than from what they are told.)
10. Encourage their sailors to be organized, to be responsible for their own equipment and to respect the property of others.
11. Be familiar with and carry out the Risk Management procedures at all times.



# Junior Program Sailor/Parent Handbook

## Mission Bay Yacht Club 2010

### Mission Bay Yacht Club 2009 Sailors Code of Conduct

I promise to maintain a positive attitude and to be responsible for my conduct at all times while participating in Mission Bay Yacht Club Junior Program activities and will follow these rules and regulations and any other rules given by my coach:

- I will not use, or tolerate the use by other team members, of alcohol, tobacco, or non-prescribed drugs, understanding that a drug-free environment is needed in order to achieve individual and team success.
- I will maintain appropriate behavior towards opposite gender team members, and will not tolerate unseemly conduct by other team members, understanding that the young men and women will, of necessity, often be placed in close confines at clinics, practices and regattas.
- I will respect the property of others, neither stealing, damaging, destroying or borrowing another's property without permission, nor tolerating such behavior by other team members.
- I will treat my team members, coaches, competitors, regatta officials, hosts and all others with respect, regardless of race, religion, gender, national origin or abilities. I understand that I may expect similar treatment from others.
- I will follow all safety procedures given by my coaches and other responsible adults, understanding the paramount importance of safety. I will notify a coach or other responsible adult if I feel that another sailor is in danger.
- I will not abuse my teammates, whether verbally, physically, or emotionally, nor tolerate such conduct in others, understanding that every team member has a right to enjoy their participation. I understand that swearing, in any context, is unacceptable behavior.
- I will encourage good sportsmanship from fellow sailors, coaches, and parents.
- I will strive to listen and learn from my coaches.
- I will be responsible at all times for the transportation, safe storage, maintenance, and setup of my boat and other equipment.
- I will never leave my training site or lodgings without first obtaining my coach's or host's personal permission. I understand that it is not permissible to have another person convey a member that I am leaving, and that I am solely and personally responsible for obtaining prior consent.
- I will behave and dress at all times in a manner consistent with the high standards expected of my yacht club, team, of my country, and of myself.

Sailors Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



# Junior Program Sailor/Parent Handbook

## Mission Bay Yacht Club 2010

### Mission Bay Yacht Club 2009 Disciplinary Actions

Mission Bay Yacht Club Junior Program employs a zero tolerance policy with regards to prohibited activities during program hours, on program premises and during travel events. This includes the use of illegal drugs, alcohol, tobacco, inappropriate use of controlled substances, and the carrying of firearms. Violation of the zero tolerance policy could result in immediate dismissal from the program. There will be no refunds or pro-ration of fees for suspensions or expulsions in connection with misconduct.

The MBYC Junior Program Director, staff, and coaches are responsible for enforcing certain rules and may discipline MBYC Junior Program participants, in accordance with the MBYC Board, when rules are broken at practices or while coaching at regattas. When a sailor is under the supervision of a parent team leader, the parent team leader has been provided guidelines to enforce rules and regulations consistent with the MBYC Junior Program Disciplinary Action contained herein. In all cases the decision of the MBYC Junior Program Director, acting on behalf of the board, is final.

#### The guidelines are as follow:

- Level 1 Infractions - Disciplined at coach discretion and may include limiting practice time, isolation, exercises, or other testing.
- Level 2 Infractions - Review for suspension from one or more future program days.
- Level 3 Infractions - Possible removal from practice and review for expulsion.
- Level 4 Infractions - Removal from practice and review for expulsion.

#### Level 1 Infraction:

- Failure to obey coaches' instructions, with respect to the code of conduct.
- Failure to display good sportsmanship including foul language.

#### Level 2 Infractions:

- Failure to obey coaches directions after repeated (more than two) warnings, with respect to the code of conduct.

#### Level 3 Infractions:

- Verbal abuse or intimidation.
- Purposely damaging or destroying property of others.
- Repeated incidents of behavior unbecoming a member of MBYC.
- Lying to Judges or Jury about Racing Rules of Sailing violations.
- Behavior or conduct which reflects poorly on MBYC. These behaviors could include, but are not limited to: Bad treatment of, or talking back to; judges, coaches, regattas officials, hosts, my team members' or other competitors.

#### Level 4 Infractions:

- Stealing.
- Physical intimidation and / or assault.
- Using drugs, alcohol, tobacco or non-prescribed drugs.

Sailors Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



# Junior Program Sailor/Parent Handbook

## Mission Bay Yacht Club 2010

### For Parents

It is hoped that this handbook is helping you understand the full scope of the Junior Sailing Program at MBYC 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 MBYC program strives to push responsibility as appropriate to the sailors, but we need parental support to achieve the complete objective.

What do you as a parent need to know and do? The answer varies depending upon the specific curriculum your sailor is participating in. Generally, the more advanced and the more traveling your child does, the more there is to know and do. However, there are a few things that every sailor either needs or be able to demonstrate.

#### Personal Gear

Every sailor needs a lifejacket that is sized properly and fits comfortably. There are jackets specifically designed for sailing that provide the proper flexibility and are Coast Guard approved. The remaining personal gear depends upon the season, the class of boat sailed, and the level at which your child is sailing. For recommendations on appropriate gear, please speak with the Jr. Director. All personal gear should be labeled (name or sail number) with a permanent marker.

#### Swim Check

Every child participating in a summer session must demonstrate that their lifejacket fits appropriately and are comfortable swimming.

### Responsibility of Maintaining and Caring of Boats

All students registered in a racing program have the responsibility of maintaining and caring for their boat. Each boat must be properly de-rigged and stored at the end of each day. Personal boats may be stored on the MBYC lot during the time they are registered in a junior program subject to paying the appropriate storage fees (subject to Port Captain approval). Sabot, CFJ, Laser, 420 sailors who charter a club boat are responsible for ensuring the club 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 immediately. Sabot and Laser sailors must supply and use their own boat. Both skipper and crew are expected to maintain the boat.

All boat owners are responsible for ensuring their boat is properly stored. Some Lasers and Sabots are stowed on racks. Instructors and classmates are available to assist sailors stow their boats on the racks. However, ultimately it is the parent's/sailors' responsibility to ensure that boats are properly placed in/on the rack. Any boat stored on a top rack MUST be tied down.

**MBYC is not responsible for damage to boats that take flight during high winds, thunderstorms, flooding, or other acts of Mother Nature.**



## Trailers and Trailering

In order for young sailors to sail at sites other than MBYC their boats need to be transported to the remote venue. The transport of any boat to a regatta is the responsibility of the sailor or the sailor's parent. Mission Bay does not assume any responsibility for the transport of any boats to any event.

Having said that, Mission Bay Junior Program does facilitate this transport by providing trailers that parents can tow to the events, and it often helps to coordinate the movement of the boats. Mission Bay also usually provides the MBYC coach with a coach/safety boat that also needs to be towed to the venue.

### **Logistical / Etiquette Concerns**

Any and all parents of junior parents can request space on a trailer to transport their child(s) boat to an event. Space on the trailers is allotted on a first come first served basis. Parents are responsible for loading and securing their boats on a trailer.

Parents who choose to tow are volunteering their time, their vehicle's wear and tear, and their money to support junior sailing at MBYC. They deserve every consideration and support. Toward this end parents loading boats on trailers need to:

Be sure to load the trailers prior to the time the person towing wants to leave. This may be a day or two before an event if the towing parent lives at a distance from MBYC.

The responsibility for securing the boats on the trailers belongs to the owner or parent of the sailor in the regatta. It is not fair, nor is it wise, to rely on the person towing to secure all of the boats on the trailer.

MBYC will provide each individual who intends to tow with a towing booklet containing the registration information for all of the trailers, emergency numbers, towing safety checklists, etc.

MBYC will conduct trailer-towing classes to parents who intend to tow. These classes will cover the trailer hardware, hooking up properly, the use of safety checklists, and instruction and practice in backing a trailer.

### **Legal Concerns**

Any person towing needs to be aware of the legal ramifications of an accident that results in injury or property damage. The following information is advisory only. Policies vary and the only way to be sure of your liability and property damage exposures is to talk to your agent. Again, check with your agent before towing and be very aware of the liability risks you are assuming and how those liabilities will be handled if things go wrong. When talking to your agent be certain that there are no distance restrictions on your policy that might create a liability risk because the event is outside of the covered area.

### **Liability Issues**

As of the time this article was written, the person transporting the boat is liable for all that happens as a result of the transport of boats using any MBYC trailer. That liability, less the deductible, may or may not be covered by the towing individual's automotive insurance policy. Some policies (AAA for example) view the MBYC trailers as commercial and will not extend liability coverage to the driver because of this. Other policies do

cover this liability. Check with your agent to ensure coverage. The best advice I have found concerning this issue was written by an agent in a Scuttlebutt forum that focused on this topic. It was written by Glenn T. McCarthy, a sailor and an insurance industry professional.

### **When it comes to club trailers being towed by a member's car:**

Step 1 - the club member needs to contact their personal insurance company, explain they are towing a commercially owned trailer, describe if they are being paid, or reimbursed for any expenses and see if their underwriter will approve this tow.

Step 2 - Add any and all trailers that are designed for "over the road use" owned by your club as a vehicle on your club's automobile policy.

Step 3 - Make sure your club has "Hired and Non-Owned Liability coverage, if not, add it." ( As of this date MBYC currently investigating this option)

Step 4 - if the club's trailer is carrying boats that the club does not own (member's boats, for example), the club should purchase a Cargo policy. "(As of this date MBYC currently investigating this option)

In the event of an accident and subsequent claim the driver would need to provide the deductible. While this is not a policy, in fact MBYC has dealt with these cases on an individual basis and has, on occasion, paid the deductible.

### **Property Damage**

In the event of an accident where the boats on the trailer are damaged the individual homeowner's policy of the boat owner usually covers the cost of repair/replacement less the deductible. Damage to any MBYC trailer will be dealt with by MBYC. The individual towing the trailer is not responsible for replacement or repair costs for the damage done to any boats on a trailer they are towing. This provision is part of the agreement signed by each parent prior to placing their boat on a MBYC owned trailer. Again, check with your agent to be clear on what is covered and what is not covered. Insurance policies that insure small boats are available and inexpensive. They are recommended.

### **Breakdowns**

It will be the responsibility of MBYC to repair/retrieve any trailer made inoperable by a malfunction of the trailer so long as the trailer is in the normal Southern California area. Calling the Head Coach or the Director can start the necessary wheels in motion to affect the assistance a towing parent might need.



# Committees

Committee consists of Jr. Parent Advisor and up to 7 volunteers. Extended committee members will be expected in to assist in key activities in line with MBYC's spirit of volunteerism. Topics will range from maintaining and updating the long term plan, ad hoc issues, trailer, boats, dolly plans, regatta support, fund raising, parent handbook, work parties, etc. Committee is expected to meet quarterly and report to the Jr. Program Director.



## **MBYC JUNIOR PROGRAM DIRECTOR JOB DESCRIPTION**

**Job Title:** Junior Sailing Director

**Job Summary:** A full time position that requires professional and organized running of a year round sailing program.

**Supervision Received:** Report to Club Manager

**Supervision Exercised:** Assist in oversee of instructional staff (one to four – year round, and up to twelve summer staff)

### **General Duties:**

The Junior Sailing Director (JSD) is responsible for managing the year round sailing program for juniors aged 6 - 18 yrs. The JSD responsibilities include scheduling and staffing Summer Sailing Programs, after school sailing, regattas and high school sailing activities. The JSD ensures that the MBYC Junior Program Fleets of Sabots, CFJs, 420s and Lasers are maintained and in seaworthy condition. The JSD is responsible for the maintenance of all MBYC Junior Program support equipment, resources and grounds. The JSD is responsible for the management of the Junior Sailing Program budget and for the hiring of all coaching staff in conjunction with the MBYC Club Manager. The JSD must possess excellent verbal and written communication skills. JSD is responsible for the supervision of coaches and trailering responsibilities for all regattas. JSD is responsible for ensuring that all club sponsored events are staffed and that race committee duties are covered. This position requires extensive interaction with both adult and junior membership, MBYC Staff, Fleets Captains, and Board of Directors. JSD is responsible for representing MBYC to relevant sailing organizations and class associations. The JSD is responsible for the recruiting, development and promotion of all MBYC Sponsored Sailing Program.

### **Specific Duties:**

- Determine high level program direction to include instructor/student materials, skills tracking and feedback mechanisms
- Under supervision of club manager, determine staff requirements and make staff hiring decisions
- Ensure that event/regatta planning and coordination occur - travel, housing, equipment
- Manage Junior Sailing Program Budget and track actual spending against goals
- Ensure that MBYC Club Boats are in proper working order, to include coach/safety boats
- Travel/Attend events, meetings, etc as required
- Enforce policies of MBYC, escalate as needed
- Organize travel racing team, prepare calendars, schedule coaches and organize travel equipment
- Maintain MBYC Junior website
- Communicate regularly with Sailors, Parents and other interested parties
- Communicate/Interface with staff from other yacht clubs
- Develop and track individual performance metrics for all junior coaches
- Logistical and informational communications
- Parent Handbook creation/updates
- Recruitment of new sailors and families into MBYC Junior Programs
- The supervision of all staff working for the MBYC Junior Programs
- Organize and supervise all regatta, fundraisers, and other events sponsored by the Junior Program
- Coordination of all committees related to the Junior Program
- Representation of the Junior Program to the MBYC Junior Parents, Long Term Planning and Ad Hoc Committees, Fleet Meetings, JIB, SDAYC, SCYRA, PCISA and INSA meetings
- Maintenance of an orderly appearance of all grounds and facilities utilized by the Junior Program
- The coordination and supervision of all High School programs utilizing the MBYC facilities
- The maintenance of a safe environment in those facilities and programs under the Junior Program supervision

### **Experience:**

Minimum 4 years experience as a coach/instructor or junior director. Experience with the successful operation of a sailing program preferred. Must have excellent communication and organization skills. Working knowledge of small sailboat operation, maintenance and repair is required. US Sailing Level I and Level II Instructor training required.



## **MBYC JUNIOR PROGRAM SAILING COACH JOB DESCRIPTION**

**JOB TITLE:** Head Sailing Coach

**JOB SUMMARY:** A position which requires professional and organized coaching of a year round junior sailing program and race team.

**SUPERVISION RECEIVED:** Report to Junior Sailing Director.

**SUPERVISION EXERCISED:** Assist in the orientation and supervision of assistant coaches (one to four - year round, and up to twelve summer staff.)

**STARTING SALARY:** negotiable

**BENEFITS:** Medical, Dental, and 401.k savings, paid vacation as earned

**TIME REQUIREMENTS:** This is a full time salaried position.

### **GENERAL STATEMENT OF DUTIES:**

The Head Coach will execute a year round sailing program for juniors aged 6 - 18 yrs. They are responsible for the daily operations and tasks associated with the sailing programs and will be the head travel coach for all events, including summer and year round. They create, promote and maintain curriculum under the supervision of the Jr. Director, with the training of new instructors, and assist with general maintenance projects of the Junior Program owned equipment. They must also provide a very high level of coaching to the top Junior sailors in Southern California. Represent the interest of the MBYC and the MBYC Junior Program with parents, sailors and sailing community at large in a Corinthian and responsible manner. The Head Coach to be a role model for the Junior sailors and a leader in the local, regional, and Sailing policy and programming. A key success factor in this position is to be a mentor and leader for the children. Consistency, honor, and the ability to be the 'go to person' in meeting the children's sailing needs will be expected.

### **MAJOR DUTIES:**

1. Prepare and manage sailing programs including planning program concept and curriculum, and training staff, securing equipment and facilities, and conducting feedback surveys. Primary programs to include, but not be limited to:
  - Nine weeks summer program
  - Fall, Winter and Spring sailing program consistent with Junior sailor needs and availability.
  - Seasonal racing clinics.
2. Assist in the organization of the travel racing team, preparing calendars, and organizing travel equipment.
3. Travel to selected events and be lead instructor for the team of MBYC coaches.
4. Enforce proper coaching techniques and those guidelines explained in the MBYC coaching policies (US sailing guidelines).
5. Assist with management of Junior facilities, equipment maintenance, capital acquisitions and improvements.
6. Enforce policies of MBYC , and if necessary default to MBYC Junior Director.
7. Attend events, functions, and meetings as directed.
8. Ensure safety for all program activities.

**EXPERIENCE:** Minimum 4 years working as a coach / instructor in a sailing program. Experience with the racing rules and racing on variety of sailboats at variety of competition levels is preferred. Should have working knowledge on the operation of powerboats, rigging and fiberglass repair, and general boat maintenance. Must possess excellent communication, organization, and mediation skills. Individuals should be enthusiastic, diplomatic, flexible, trustworthy, self-motivated, creative, and able to take the initiative and follow through. Must be a US SAILING Certified, Level I (Level II encouraged) Instructor with current First Aid and CPR certifications.



## Parents Guide to Beginner Sabot Racing

Thoughts by Ken Wild

Having learned to sail a Sabot as a child, it was a new experience when I had children and revisited my Sabot experiences. I tried sailing their sabots and found out that racing one is not an easy task. In the process I gained some insights on the boat.

First of all parents should understand that a Sabot is not a boat as much as an activity and experience for a child. Lost parts, broken masts and occasional collision damage are part of the learning experience.

Juniors sail a lot and usually their Sabots need more maintenance or repair than they receive from busy parents. Many of the challenges that young sailors have when learning to race can be attributed to basic boat problems.

A fast, well tuned Sabot will almost sail itself! If you can sail reasonably well, sail your child's Sabot on a regular basis to insure that everything works as it should. Alternatively have one of the "A" Skippers try the boat out- especially if you child is having difficulty with sailing/racing.

Most of the Sabots our kids sail are very old and require constant attention. Ten of the more common beginning sailor problems and the usual fixes follow:

1. Child sits too far back in the boat– probably needs a longer tiller and or extension
2. Does not pull in the main when going to weather in a breeze- mainsheet run through the ratchet block backwards, ratchet block turned off, no ratchet block, insufficient purchase or too small a mainsheet for small hands to hold.
3. Always pinches going to weather and frequently ends up in irons- generally too much mast rake.
4. Cannot seem to stay on the wind, ends up reaching- generally not enough mast rake.
5. Child sails better on one tack than the other- check the leeboard alignment with the keelson strip on the bottom of the boat.
6. Difficulty getting rudder on when beach launching- pintles bent or both same length (having bottom pintle a bit longer helps).
7. Sail seems to have a hard leech in a breeze- mast too stiff for sail luff curve.
8. Outhaul out too far, vang too loose etc- use limit knots in control lines so that sailors cannot release control lines beyond their optimal limits.
9. Difficult trimming sail on various courses- no tell tails on sail.
10. Boat swamps before sailor can bail it out- missing bailing bucket or bailer is too small to be effective.

Items to bring to regattas: duct tape, pliers, wrench, screw driver, extra leeboard handle, extra goose neck bolt, extra clothes, short wet suit, extra lunch and snacks. Leave binoculars home! That way all you can say when they come in is "did you have fun?" rather than something critical like, "why did you go left on the second beat in the third race- couldn't you see the rest of the fleet going right?" Finally, have fun with your child.



## REFERENCE MATERIALS

YACHT CLUB	EMAIL ADDRESS	PHONE NUMBER
<a href="#">Alamitos Bay Yacht Club</a> 7201 E. Ocean Blvd. Long Beach, CA 90803	<a href="mailto:jrprogram@abyc.org">jrprogram@abyc.org</a>	(562) 434-9955
<a href="#">Bahia Corthian Yacht Club</a> 1601 Bayside Drive Corona Del Mar, CA 92625	<a href="mailto:info@bcyc.org">info@bcyc.org</a>	(949) 640-2402
<a href="#">Balboa Yacht Club</a> 1801 Bayside Drive Corona del Mar, CA 92625	<a href="mailto:sailing@balboayachtclub.com">sailing@balboayachtclub.com</a>	(949) 673-3515
<a href="#">California Yacht Club</a> 4469 Admiralty Way Marina del Rey, CA 90292	<a href="mailto:forrest.gay@calyachtclub.net">forrest.gay@calyachtclub.net</a>	(310) 823-4567
<a href="#">Coronado Yacht Club</a> 1631 Strand Way Coronado, CA 92118	<a href="mailto:cycjuniors@coronadoyc.org">cycjuniors@coronadoyc.org</a>	(619) 435-0522
<a href="#">Dana Point Yacht Club</a> 24399 Dana Drive, Dana Point, California 92629	<a href="mailto:juniors@dpyc.org">juniors@dpyc.org</a>	(949) 496.2900
<a href="#">Lido Isle Yacht Club</a> 701 Via Lido Soud Newport Beach, CA 92663	<a href="mailto:lidosailing@roadrunner.com">lidosailing@roadrunner.com</a>	(949) 673-5119
<a href="#">Mission Bay Yacht Club</a> 1215 El Carmel Place San Diego, CA 92109	<a href="mailto:juniors@mbyc.org">juniors@mbyc.org</a>	(858) 488-0121
<a href="#">Newport Harbor Yacht Club</a> 720 West Bay Ave Balboa, CA 9266	<a href="mailto:racing@nhyc.org">racing@nhyc.org</a>	(949) 673- 7730
<a href="#">Oceanside Yacht Club</a> 1950 Harbor Drive North Oceanside, CA 92054	<a href="mailto:oceansideyc@earthlink.net">oceansideyc@earthlink.net</a>	(760) 722-5751
<a href="#">San Diego Yacht Club</a> 1011 Anchorage Lane San Diego, CA 92106	<a href="mailto:juniors@sdyc.org">juniors@sdyc.org</a>	(619) 758-6320
<a href="#">Southwestern Yacht Club</a> 2702 Qualtrough Street San Diego, CA 92106		

HOTELS	EMAIL ADDRESS	PHONE NUMBER
Ayres 325 Bristol St Costa Mesa, CA 92626	<a href="http://www.ayreshotels.com/costamesa">www.ayreshotels.com/costamesa</a>	(714) 549-0300
Hampton Inn 2401 Seal Beach Blvd Seal Beach, CA 90740	<a href="http://hamptoninn.hilton.com/">http://hamptoninn.hilton.com/</a>	(562) 594-3939