



Rush Creek Yacht Club 2022 **Summer** Sailing

<https://rcyc.org/summer-camp>



**Come Sail with us !!
Weekly Sessions June-July**

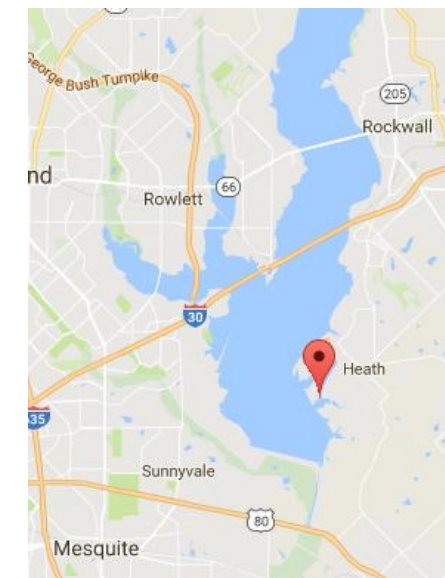
- Beginners 5-18 years
- Race Team Practice Opti, Laser, Sunfish
- C420, Sunfish and IC24

320 Rush Creek Drive
Heath, Texas 75032
Phone: 972-771-6500

SAILING Summer Camp at RCYC

Our **2022 Summer Program** at **RCYC** is open to youths with an interest in developing sailing skills and having an **awesome** experience, in an environment that fosters confidence, independence, teamwork, problem solving and sportsmanship. **This summer we will use the C420 and IC24 and are adding new games, drills and fun !!**

Sailors will receive a RCYC Summer Sailing Camp T-Shirt! Each day, participants will need to bring: Towel, Swimsuit, Change of Clothes, Closed Toe Shoes, Lifejacket, Hat/Sunglasses, Sunscreen, a Water Bottle, and Lunch.





RUSH CREEK YACHT CLUB YOUTH SAILING

2022 LASER SPRING SAILING PROGRAM

The Laser class is for sailors who have experience sailing and are interested in racing competitively. Beginner sailors older than 12 will usually start off in a C420 (double-handed) to learn about boat handling, points of sail, and sailing rules. The Laser part of the class will be focused on refining boat handling skills, introducing racing skills and strategy. The minimum age for this class is 12 years old.

We target to offer sailing clinics throughout the year, with the goal to equip our team to compete at advanced levels, we will be updating the schedule as these are confirmed.

Skill Levels	Abilities Taught
<p>Laser – Race Team - The Laser Racing Program is for sailors who are ready to race a LASER Dinghy (4.7, Radial and Full Rig) Fee: Contact VC Of Education</p>	<ul style="list-style-type: none"> • Instruction in rigging, tactics, boat handling and proper sail trim. • Perfecting maneuvers including roll tacks, roll jibes, mark roundings and starting acceleration. • Racecourse and starting strategy. Boat-on-Boat tactics.

Spring Schedule (March - April - May)

WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
4:00-7:00 Race Team Laser	4:00-7:00 Race Team Laser*	10:00-12:00 Club Sailing Laser + Sunfish	9:00-3:00 Race Team – Laser

Regattas: Texas Sailing Association (TSA)

March 12-13 at Corpus Christi Yacht Club	Changes in L'attitude
April 23-24 at Lake Canyon Yacht Club	Canyon Chaos Regatta
May 14-15 at Grapevine Sailing Club	Greg Reed Memorial Grand Prix Junior Regatta
June 4-5 at Austin Yacht Club	Road Runner Regatta

What to bring:

Your own lunch. (We gather by the club deck and pool for lunch normally at noon). Sunscreen a hat and Sunglasses. Water (We recommend 2-3 plastic bottles or a large personal water bottle) Lifejacket US coast guard approved.



Sailing Year-round



Laser 4.7
Crew 77-121lbs
SAIL AREA
4.70m²



Laser Radial
Crew 121-154lbs
SAIL AREA
5.76m²



Laser Standard
Crew 132 lbs +
SAIL AREA
7.06m²



Registration and More Information on the RCYC website: <https://rcyc.org/youth-sailing>

Membership Information at: <https://rcyc.org/membership-classes/-/benefits>



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RUSH CREEK YACHT CLUB YOUTH SAILING

OPTIMIST 2022 SPRING SAILING PROGRAM



Join our sailing program open to ages between 4 and 17 for youth with an interest in developing sailing skills and having an awesome experience, with access to opportunities for personal growth, in an environment that fosters confidence, independence, teamwork, problem solving, sportsmanship and life-long friendships. RCYC Youth Sailing program will offer advanced sailing clinics throughout the year, with the goal to equip our sailors to compete at advanced levels.

Skill Levels

Opti Beginner – Class targeted for kids that are seven (7) years old or older that want to develop sailing skills. Taught in Optimist dinghies, the most popular kid's sailing boat in the world.

Opti – Race Team – For kids that have perfected the basics of rigging and sailing their boats. Focus on tactics and racing rules will improve their racecourse results. Green Fleet will join this group, one of our club secrets!

Fee: Contact VC Of Education

Abilities Taught

- Rigging and learning the parts of the boat.
- Wind direction, points of sail, and sail trim
- Basic maneuvers such as tacking, jibing, docking, and capsizing recovery
- How to start a race and go around a racecourse
- Responsibility for equipment and teamwork.
- More focused practices to improve specific racing skills, perfect handwork, footwork, tuning and boat handling techniques.
- Sail trim, control adjustments, body placement, maximize boat speed.
- Perfecting maneuvers including roll tacks, roll jibes, quick 360's, mark roundings and starting acceleration
- Understanding wind shifts, racecourse strategy and starting strategy

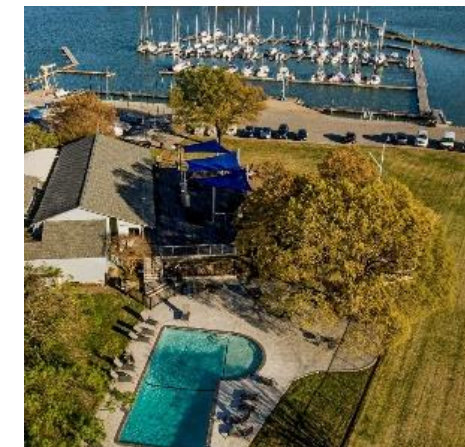
Registration and More Information on the RCYC website: www.rcyc.org
 Membership Information at: <https://rcyc.org/membership-classes/-/benefits>

Schedule (March – April - May)

TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
4:00-7:00 Beginner Opti	4:00-7:00 Race Team Opti GRWB*	4:00-7:00 Race Team Opti GRWB*	9:00-3:00 Race Team Opti GRWB* Beginner Opti

GRWB - Green, Red, White and Blue fleets

Sailing Year-round



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Contact Paul Barnes RCYC Head Coach [Contact Form](#)

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 June 4-5 at Austin Yacht Club

Changes in L'attitude
 Canyon Chaos Regatta
 Greg Reed Memorial Grand Prix Junior Regatta
 Road Runner Regatta



What to bring to practice:

Your own lunch. (We gather by the club deck and pool for lunch normally at noon).
 Sunscreen a hat and Sunglasses. Water (We recommend 2-3 plastic bottles or a large personal water bottle)
 Lifejacket US coast guard approved.



RUSH CREEK YACHT CLUB YOUTH SAILING

2021 TADPOLES SPRING SAILING PROGRAM



Join our sailing program open to ages between 4 and 6 for youth with an interest in developing sailing skills and having an awesome experience, with access to opportunities for personal growth, in an environment that fosters confidence, independence, teamwork, problem solving, sportsmanship and life-long friendships.

Spring Schedule (Mar-Apr-May)

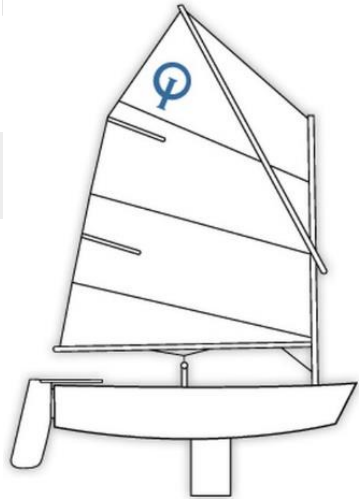
SUNDAY
12:00-3:00 Tadpoles

Class is a “pre-beginner” program designed to introduce our youngest sailors to sailing. Program is designed for children 4-6 years of age. The Tadpole program is a great way to get introduced to sailing.

Abilities Taught

- Build familiarity with the world of sailing.
- Sailing basics.
- Knot tying, learning the parts of a boat.
- Sailing on the RCYC Harbor.

Registration and More Information on the RCYC website: www.rcyc.org
Membership Information at: <https://rcyc.org/membership-classes/-/benefits>



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