



# 2022 Fall Regatta Prep & Racing Classes

*Intermediate/Adv.  
Youth Sailors*

SAILING IS A SPORT THAT CAN REMAIN WITH A CHILD THROUGHOUT A LIFETIME.

## 2022 Intermediate/Adv. Sailing Classes and Pirates of the Corinthian Regatta Preparation.

The DCYC intermediate sailing class is open to youth sailors who have a demonstrated some sailing proficiency. Suggested ages: 8 to 13 years old. (Exceptions considered on a case-by-case basis).

### Improve Racing & Boat Handling Skills:

- Upwind or close-hauled precise steering with proper air flow over the sail
- Luff tension, vang, sprit halyard tension, foot tension, mainsheet trim, cunningham use
- Reading and reacting to the wind shifts and velocity changes. Surfing waves downwind.
- Improving reach & run boat speed; centerboard positioning for each point of sailing
- Hiking out & body positioning for different points of sail
- Maximizing a lift; tack on header
- Roll tacking & gybing
- Sailing by the lee and heeling to windward
- Starting line position, starting on-time, finding clear air, practice starts
- How to restart after OCS (over early)
- Mark rounding with overlapped boats
- Fast mainsheet trimming using both hands while still holding tiller
- Starting signal sounds & flags

- Good sportsmanship on the race course
- Penalty turns such as 360-degree turn after touching a race mark
- 720-degree penalty turns; calling out: Protest!
- On the water practice of basic racing rules and sailing instructions
- Crossing the finish line
- Committee boat (RC) actions
- Tactical actions such as safe-leeward position, luffing another boat; establishing an overlap, covering
- Multiple practice races
- Bailing when underway
- Windy condition boat handling
- Basic Racing Rules
- Racing Signals & Flag ashore and afloat



Classes are scheduled to be sailed in Optimist Class prams, but we may occasionally use both Optis and our RS Teras for some variety.

## What to Bring to Class?

- Registration paperwork and payment to DCYC
- Change of clothes
- Sunblock – we will encourage kids to reapply throughout the day.
- Closed Toe Shoes
- Hat and Polarized Sunglasses
- Life Jacket (PFD)
- Please pack your child a lunch.
- Towel & Swim Suit
- Dinghy Sailing Apparel (Optional) - See below
- A water reusable bottle.



Tentative 2022 Class Schedule:  
Saturdays 9/17,9/24,10/8/22 0900-1320

Class Fee: TBD

Your child's participation in these classes will afford an opportunity to take his/her sailing skills to a higher level; the class' focus will be on racing and boat handling proficiencies. This class is not for beginner youth sailors. See [www.dcy.org/youth](http://www.dcy.org/youth)

Our Sailing Instructor(s) and Youth Sailing Coach are expert dinghy and keelboat racers with considerable youth sailing training experience.

Contact: Coach Ed, 2022 Youth Sailing Coach: [kw1720cc@gmail.com](mailto:kw1720cc@gmail.com)

Class pre-qualification will be determined by DCYC youth sailing management and coach. Please contact us to pre-qualify your youth sailor for this sailing class. Targeted class size is dependent on number of Optimist Prams available - three youth sailors minimum to form class.

*Suggested Optional Sailing Gear: Foul weather sailing gear such as spray top and dinghy trousers; sailing gloves; sailing boots; padded hiking pants (Ask Sailing Coach for details and suggestions)*