



2023 Fall Regatta Prep & Racing Classes

Youth Sailors

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

2023 Basic Racing 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.

2023 Class Schedule: Saturdays
9/16,9/23,9/30, 10/7/23 09:15 a.m. to
1:30P.m. Tuition: 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, but if the child can sail with basic skills, we may be able to get the child ready to race if he/she is able to sail upwind well enough to get to the windward race mark.

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

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)