

1. Welcome to ABYC Junior Sailing and Racing!

- a. Welcome to the ABYC Junior Sailing Program! We hope to set forth some information about the program, along with what can be expected. In doing so, we hope that you and your child will be prepared and excited for the program.
- b. Alamitos Bay is among the best venues in Southern California for sailing. The conditions here attract top sailors from around the country, as well as many beginner sailors. With this great venue, ABYC has created a long history of fostering small boat racing and making it possible for Olympians, national and international champions to come from our programs. We as a club value good sportsmanship, volunteerism, and having a fun loving community.
- c. The mission of the program is to provide a safe and fun environment for young sailors to develop a lifelong love of sailing with a focus on sportsmanship, camaraderie, teamwork, and personal development. Our goal is for each program participant to learn the skills necessary to sail a variety of boats, become confident in operating any watercraft, gain knowledge of nature and the marine environment, and to appreciate the challenge of racing against others. In addition, participants in our program earn a broader set of lifelong skills—self confidence, self reliance, teamwork, discipline, and accountability.
- d. Who is sailing for? Sailing is for EVERYONE. The enjoyment of sailing is not limited by gender, race, financial position, or geographic location. Sailors come from all walks of life. Whether people sail on the smallest ponds or across the largest oceans, they all share a love and appreciation for being out on the water and moving through the waves with the power of the wind. Sailing isn't easy—there is a lot one needs to know, and even though it can be frustrating at times, it is ultimately a challenging and rewarding sport that can be developed into either a profession or a hobby for the rest of your life. Learning how to sail can also be accomplished at any age. Our program starts at age 8, but plenty of people start sailing later as teens or as adults (we also have an adult sailing program).

- e. Like any activity, what a participant gets out of a program depends on the effort and time they put into it. Below is a description of the different steps in our program and the level of time commitment one should expect.



2. Program Goals:

- a. The ABYC junior program's classes are structured in steps within each class, there are specific goals. Once a participant achieves those goals, they then advance to the next level. Each subsequent level leads to participating in a class requiring a greater understanding of sailing as well as sailing against tougher competition. Not everyone goes through the whole program and that's ok! We want to make sure each participant experiences everything we have to offer based on their level of interest, commitment and skill.

3. Sailing Pathways at ABYC:

- a. Prior to each class, the instructor or the Sailing Director will meet with the parents and participants to go over the objectives, schedule, and provide an opportunity for any questions to be asked. Each class will have a lesson plan and will include a midterm and final progress reports for the benefit of parents and participants.
- b. The classes are offered in the Summer, Spring and Fall. [Click here for the current schedule.](#)
- c. Our entry level class is “Learn to Sail.” This class is open to potential sailors ages 8 and up. Students start by learning the different parts of the boat, the points of sail, sailing knots, and how to rig and de-rig their boat. Next, they learn how to launch, dock, and retrieve a boat. Once they know the basics, they begin sailing a basic reach drill where they learn how to tack and jibe. Depending on the progress of the class, they may start to learn how to sail upwind. Throughout the class, students learn basic water safety on the boat, including what to do in a capsize situation. The class instructor will be using a lesson plan prepared by the ABYC Sailing Director. This class uses McLaughlin Sail Cubes provided by ABYC. These are designed with beginning sailors in mind— they are easy to rig, self draining (in case of capsize) and they are nearly indestructible (for more information, see the tab “What Boats?” on page 15, 16, and 17).



- d. The next class level is “Intermediate Sailing.” This class requires the participant to have either passed the Learn to Sail class or exhibit a skill level consistent with passing that class. Students develop their knowledge of rigging, boat handling, and learn how to sail on all points of sail with proficiency. Students will be given a brief overview of the components of a sailboat race. The class instructor will be using a lesson plan prepared by the ABYC Sailing Director. This class uses either Optimists or Naples Sabots provided by the participant (for more information, see the tab “What Boats?” page 15, 16, and 17). If a boat is needed, ABYC has a limited number of boats available for charter (for more information, see the tab “Charters” on page 18).



- e. The next class is “Opti Green.” In this class participants learn the basics of racing, including boat handling, sailboat racing rules, and tactics. This assumes the participant has either passed the Intermediate Sailing Class or exhibited a skill level consistent with passing that class. Participants will race in ABYC and/or SCYYRA Carrie series regattas. The level of participation in racing events is up to the level of commitment by the student, but advancement to the next level will depend upon participation in at least six Carrie series regattas or a top five finish at any Carrie series regatta in Green Fleet. The class uses Optimists or Sabots. If a boat is needed, ABYC has a limited number of boats available for charter (for more information, see the tab “Charters” on page 18). The instructor or coach will follow a lesson plan prepared by the Sailing Director.

- f. The next class is “Opti Champ.” This class is for graduates of Opti Green or for those who have demonstrated sailing proficiency consistent with joining this class. In this class participants practice perfecting their race craft with a higher emphasis on boat handling, speed, and tactics. Participants of this class compete in ABYC and/or SCYYRA Carrie series regattas. The level of participation in racing events is up to the level of commitment by the student, but participation is highly encouraged as this is the most race focused group for Optimist sailors. The class uses Optimists or Sabots. If a boat is needed, ABYC has a limited number of boats available for charter (for more information, see the tab “Charters” on page 18). The instructor or coach will follow an objective program prepared by the Sailing Director.



- g. At some point participants in the prior classes will become old enough to consider sailing in larger boats. We offer two different class programs for this level—double handed or single handed. These classes are divided into a skills program and a racing team program. In the skills program, whether double handed or single handed, the program will provide the opportunity to sail other boats that are at ABYC, including the C420, the Tempest and the 29er (for description, see tab “What Boats?” page 15, 16, and 17).
- i. Double handed Skills Sailing: This class is oriented to junior sailors looking to transition from prams to double handed sailing, age 12 and

above. Students will learn how to rig and sail CFJs, including the use of spinnakers. The boats are provided by ABYC. The students will prepare for and participate in the SCYRRA Shadden Series (part of SCYYRA) and ABYC regattas. See “Sailing vs Racing Overview” page 8. The level of commitment in this class depends on the extent of participation in racing. Graduation to the Double Handed Race Team will depend on finishing top half in two Shadden series regattas. The instructor or coach will follow an objectives program prepared by the Sailing Director. Coaching will be provided for a fee at regattas.



- ii. Double Handed Race Sailing: This class is oriented to junior sailors who are actively competing in the SCYYRA Shadden Series or other competitive regattas of similar caliber. Boats are provided by ABYC. The students will prepare for and participate in the Shadden and ABYC regattas. The expected level of racing in this class is complete participation in every SCYYRA Shadden and/or SCYYRA Perry Series regatta. The coach utilizes an objective program prepared by the Sailing Director. Coaching will be provided for a fee at regattas.
- iii. ILCA Skills Sailing: This class is oriented to junior sailors looking to transition from prams to more advanced single handed sailing, aged 12 and above. Students will learn how to rig and sail ILCA 4s and ILCA 6s. Boats are provided by the participants, with several boats also being available for charter by ABYC. The students will prepare for and participate in the SCYYRA Frost Series and ABYC regattas. The level of

commitment in this class depends on the extent of participation in racing. Graduation to the ILCA Race Team will depend on the student's ability to perform a rabbit start and stay on a close hauled course upwind. The instructor or coach will follow an objective program prepared by the Sailing Director. Coaching will be provided for a fee at regattas.



- iv. ILCA Race Sailing: This class is oriented to junior sailors who are actively competing in the Ullman/Frost Series or higher competition regattas. Boats are provided by the participants, with several boats also being available for charter by ABYC. The students will prepare for and participate in the SCYYRA Frost Series and ABYC regattas. The expected level of racing in this class is complete participation in all Ullman/Frost Series regattas. The instructor or coach will follow an objectives program prepared by the Sailing Director. Coaching will be provided for a fee at regattas.
- v. High School Sailing Program: This class is oriented to all high school students. Sailing experience is not required. Sailing is normally an individual sport, but the Interscholastic Sailing Association does it's best to create a team environment. Boat charters and regatta coaching are all included in the cost of registration.

4. Sailing vs Racing Overview:

- a. As you can see from our program description, the sequence of courses leads to competitive sailing. Small boat racing is at the core of this competitive racing at ABYC. That being said, the focus of each participant (and of the program) is the development of an appreciation of sailing—it should be fun, engaging, and something the participant wants to do on a regular basis. As a consequence, we have sailors who stay in a skills program and race to a lesser extent than those in the race program. This is ok! We would like these programs to offer the opportunity to sail (or crew on) all kinds of boats, including larger keel boats. The programs will also include lessons on marine environment, weather forecasting, basic navigation and other seamanship skills. We consider ourselves successful if our students find their own niche in the world of sailing.
5. For those students (and parents) interested in being more involved with sailing generally, you should consider joining ABYC. We have an active social and sailing calendar, including parties, cruises, racing, and volunteer work. ABYC is the place to be!



6. The racing programs focus on SCYYRA and ABYC local regattas. Here is a description of those:

a. Home Regattas:

i. Sailing in Long Beach, either in the Bay or in the Ocean. Viewing in the Bay can be done from the ABYC docks or patio. Viewing in the Ocean can be done from the Belmont pier or motor boat, and would require binoculars.

1. ABYC Holiday Regattas:

- a. Memorial Day regatta: held at the end of May for Memorial Day
- b. 4th of July regatta: usually on the Saturday of 4th of July weekend
- c. Halloween regatta: held on Halloween weekend
- d. Turkey Day regatta: held the weekend before Thanksgiving. Prizes are Thanksgiving themed

ii. Food is usually provided for sailors sailing in the Bay. You can usually tell if lunch is provided by the breakdown of your entry fee.

iii. Trophies are generally right after the regatta ends—same day, and/or after the series ends. Trophy presentations will take place either on the patio or upstairs.



iv. A typical racing day:

1. Rigging begins at around 9 or 9:30. Coaches may request the kids arrive at a different time based on their preferences. Let your kid rig on their own, but be available for the inevitable missing pin, life jacket, sunscreen, etc..!
2. Skippers meeting around 10:30.
3. Racing begins around 12:00 and the Bay sailors break for lunch after 2 to 3 races.
4. Boats are generally put away by 4:00. Again, let the kid learn how to become responsible by doing their own work. This is where they learn responsibility, accountability, consequence, and discipline!
5. Coaches are available to assist, especially with parents new to sailing.

b. Away Regattas:

- i. SCYYRA: Stands for Southern California Youth Yacht Racing Association. They are a not for profit designed to promote youth regattas in Southern California. They host a series of regattas for the most popular sailboat classes, and ABYC focuses on a handful of those series:

1. Carrie Series: An Opti series consisting of six regattas ranging from King Harbor to Morro Bay
2. Ullman/Frost Series: Two different series using the same series. The Ullman is for ILCA 7s, and the Frost is for the ILCA 6. Their series each consist of four regattas ranging from San Diego to Santa Barbara. ABYC hosts at least one of the regattas each year (Labor Day regatta).
3. Shadden Series: A CFJ series consisting of four regattas ranging from San Diego to Marina Del Rey. ABYC hosts the last Shadden of the series each year.



- ii. An away regatta requires travel and boat transport, which involves loading your boat on a trailer or car top. A parent or guardian may be required for each sailor participating in an away regatta. Remember that it is not the responsibility of the coach to watch sailors for the weekend. Please make arrangements with other parents if you are unable to attend.
- c. Do I have to go?
 - i. Of course not. It is a great experience though, with lots of support from other parents and coaches you'll find it's fun and easy.
- d. Do I have to tow if I go? Yes.
 - i. If you don't have a vehicle designed for towing, U-Haul has tons of trucks for rent.
 - ii. Pitch in, help lighten the load on the same parents always having to tow over and over.

- iii. If you drive, drive slower—speed limit for trailers is 55.
- iv. Remember: you're not allowed in either the 'fast' lane or the one next to that – it's purely the 'slow' lane and the passing lane next to it!
- v. Towing a 1,500lb trailer can seem like a daunting task at first. Just remember to make sure you're hooked up correctly (ball size, lights, safety chain), and to take it easy—use lots of space behind people, use your blinkers, drive 55.

7. Regatta coaching:

- a. Regatta coaching will be provided for the Carrie, Shadden and Ullman/Frost series for \$75/day to participants.
- b. Coaching is designed to provide help with boat setup, racing strategy and tactics, as well as a place to store gear, and a boat to help in case of breakdown.
- c. Participants are responsible for transporting the coach boat to and from the regatta as well as any sailboats needed.



8. Instructors and Coaches:

a. Stephen Long, Sailing Director ABYC



- i. Stephen grew up sailing in Santa Barbara, and frequently sailed in Long Beach as a junior sailor. He is excited to see the next generation of sailors continue to develop their sailing skills, and hopes to help them continue on their journey through sailing.
- ii. 2013 ILCA North American Grand Prix Champion

b. Kevin Taugher, Specialty Guest Coach



- i. Kevin is the current president of the Alamitos Bay Sailing Foundation. He will also be helping out as a guest coach. Kevin has invaluable experiences from his years sailing, and would like to share those with the next generation of sailors.
- ii. 2010 ILCA Masters North American Champion

c. Noah Stapleton, Opti Race Team Coach



- i. Noah grew up sailing Optis at Cabrillo Beach Yacht Club, and recently moved to Long Beach. Noah is a very accomplished sailor, and would like to help the next generation of sailors have a similar experience to his.
- ii. 2021 CFJ National Champion

d. Jack Hanson, Single Handed Skills Sailing



- i. Jack started sailing competitively in his first year of Los Alamitos High School. Being a surfer and a sailor, Jack would like to share his appreciation for the ocean with the ABYC community that he has come to enjoy.
- ii. 2022 US Youth Championship 9th Place

9. Financial Assistance

- a. Financial assistance is available for tuition and boat charters from the Alamitos Bay Sailing Foundation.
- b. See <https://www.alamitosbaysailingfoundation.org/scholarships> for more info.

10. Boat and Chartering Information

a. What Boats?

i. Sail Cube

1. McLaughlin Sail Cubes are a plastic version of the McLaughlin Optimists. They are designed to be a self floating durable Optimist with beginning sailing in mind. These boats are very simple to rig, as there are only two control lines that need to be rigged(not including clipping the mainsheet onto the boom). The sail slides easily over the mast, and never comes off of the boom. Lastly, there are no battens and the boats are self draining, making storage and bailing easy. All of these aspects combined makes it a perfect boat for learning how to sail.



ii. Optimist

1. The McLaughlin Optimist is one of the largest, if not the largest, pram sailboat class in the world. These eight foot fiberglass boats are great for ocean or bay sailing. The sails still have the added simplicity of rolling on the boom, but unlike the Sail Cubes, Optimist sailors rig the sail by tying the sail to the mast with what are known as sail ties. This fleet is available for children under the age of 15 of all skill levels.

iii. Naples Sabot

1. Originating in the Alamitos Bay, the Naples Sabot has a long history of being a competitive racing pram in Southern California. The Naples Sabot also has active adult racers as well. The Naples Sabot has an interesting design, being made of wood and fiberglass, as well as having a leeboard. These one person boats have their national championship in Southern California each Summer.



iv. CFJ

1. The Club Flying Junior is a smaller version of the Flying Dutchman (a past Olympic class). The CFJ is the most sailed boat in west coast high school and college sailing. CFJs can be sailed with a spinnaker outside of scholastic sailing, and their national championship is held in Southern California each Summer. These two person boats are a great boat for all skill levels.



v. Laser/ILCA

1. The ILCA, or what was previously named the Laser, is an advanced one person boat. With such a historic design, many normal boat design characteristics can be seen to be heavily exaggerated in the ILCA. As you would expect from the only boat on this list to earn a spot in the Olympics, the ILCA fleet is highly competitive, and often regarded as the most physically demanding sailboat in existence.



vi. 29er

1. The 29er is an advanced two person boat. The high performance rigging and hull design is meant to resemble the Olympic class hull of the 49er. As opposed to the 49er, the 29er only has one sailor trapezing, which makes the boat a little more user friendly. The trapeze, along with the high boat speed and asymmetrical spinnaker, make it a fan favorite boat.



vii. Tempest

1. The Tempest is a past Olympic class keelboat. The boat has a large keel and a trapeze, which is a rare combination of features. Because of the keel, the boat is very stable for anyone learning to trapeze. Being an Olympic class boat, the boat was designed to feel like a high performance racing vessel while meeting the keel requirement. The Tempest fleet is primarily used to teach our Adult Sailing classes.

b. Charter Boats:

- i. We will provide the boats for the Learn to Sail and Double Handed Skills classes, and those costs are built into the program fee. We have a limited number of Optimists, Sabots and ILCAs for charter on a first come first served basis. Current charter fees are as follows:
 - ii. Single Handed boat: \$180 with registration if used for scheduled seasonal classes, otherwise \$50 per day (\$60 per day for ILCA).
 - iii. Double Handed: \$75 per day. Due to abnormally high demand for C420s, C420s will only be available to skipper and crew program participants. Boats will be assigned a minimum of a week in advance and ABYC will do its best to accommodate an even number of coed and womens teams.
- c. Buying a boat: There are Optis, Sabots and ILCAs for sale by private parties. If you are interested, the Sailing Director can provide contacts and “pointers” for what to look for in a boat.
- d. Donations to the program: ABYC has a junior fund that supports the program. The Alamitos Bay Sailing Foundation is a non-profit that supports junior sailing in Alamitos Bay. Please consider donating to either of these! ABSF holds fundraisers from time to time which are highly entertaining and a great way to support junior sailing.

11. I signed my child up for a sailing class at ABYC. Now what?

a. What to bring?

- i. For everyone: For all classes, please plan to bring a life-jacket, sunscreen, water bottle, snacks, closed toe athletic shoes or sailing boots, and a change of clothes.
- ii. For the Opti and doublehanded classes: please bring a bailer.
- iii. For Opti, doublehanded, and singlehanded class, please bring gloves, hat/sunglasses, foul weather gear.
- iv. For Single Handed Racing class, please bring a pair of hiking pants
- v. For a list of what and where to acquire sailing gear, see this link
[☰ Sailing Gear](#)



b. Safety

i. Every student must be able to swim. We will request a certification by the parent to such effect or require passing a swim test in the ABYC basin

ii. Every student must provide parent contact numbers in case of emergency, and identify any specific health or dietary issues

c. Sailor expectations: we have a code of conduct for all of our program participants. They are expected to be: 1) on time, 2) attentive, 3) listening to the instructor or coach— following directions; 4) polite, 5) helpful to others; 6) safe. In the event a participant does not comply we will schedule a meeting with the parent.

d. Family expectations: Sailing is a commitment for parents as well as students. We will have a parent meeting before each course to review the class goals and expectations. We are always open to meeting with parents. Parents should plan to have students at ABYC at least five minutes (but not more than 15 minutes) before class begins. As with any organized sports program, we appreciate parents letting the instructor or coach do their job— if you have suggestions, raise them with the sailing director or coach after class. PLEASE don't coach your child (or anyone else's!) during class. Please don't do your child's work for them— that includes rigging and derigging the boat (a lot of what we learn about seamanship is taking care of the equipment in a responsible and consistent way). Please help your child comply with the code of conduct, and be an example yourself. Some kids will do better than others—be considerate of others feelings as well as your own.

e. For students in the skills and racing programs, a number of the regattas are away from ABYC. These are wonderful opportunities to build camaraderie and to meet kids from other programs.

f. Finally, there are PLENTY of opportunities to help out with the program—social events, driving to regattas, etc.

g. Pick-up/drop off

i. sign-in/sign-out

ii. Parking at ABYC parking lot is for members only

h. I need to pick my child up early. Can I do that?

i. Yes. ABYC will do its best to accommodate participants scheduling needs, but this may mean that a participant will not sail that day, and may participate by watching from the coach boat with the coach or instructor.

i. I missed a class? Now what?

i. Classes are priced and scheduled with a bulk discount. We understand that not everyone will attend every class, and some participants may only attend once or twice. Missing classes is completely fine. Please let the coach and/or sailing director know so they can help convey information that was missed.



12. Racing Guide

a. Frequently sailed regattas

- i. [Carrie Series](#) (link to SCYYRA below)
- ii. [Shadden Series](#) (link to SCYYRA below)
- iii. [Ullman/Frost Series](#) (link to SCYYRA below)
- iv. ABYC Holiday Series
- v. [High School Regattas](#)



b. Regatta checklist:

	A	B	C	D	E	F	G	H	I	J	K
1	<u>ILCA/OPTI</u>		<u>CFJ/C420</u>		<u>GEAR</u>		<u>CHARTER ILCA/OPTI</u>		<u>HOTEL STUFF</u>		<u>TRAVEL</u>
2											
3	Hull		Hull		Lifejacket		Traveler		Inflatable Mattress		Passport
4	Sails		Bailer		Booties		Traveler Block		Sleeping Bags		ID
5	Centerboard		Sails		Gloves		Towline		Pillows		Credit Card
6	Rudder		Spinnaker		Shorts		Centerboard Shock		Reservation Confirmation		Hostest Gift
7	Control Lines		Spinnaker Pole		Spray Top		Centerboard Tape				Phone
8	Tiller/Extender		Main Sheets		Hiking Pants		Mast Retainer				Chargers
9	Mast		Jib Sheets		Rash Guard		Outhaul Shock		<u>TOOLS</u>		Headset
10	Boom		Spin Sheets		Watch		Boom Vang Shock				Cash
11	Seitechs		Spin Halyard		Towel		Contrrol Lines		Leatherman Tool		
12			Topping Lift		Harness		Sail		Screwdriver		
13			Rudder		Skiff Pants		Centerboard		Sharpie		<u>SPECTATING</u>
14			Tiller/Extender		Spray Pants		Rudder		Packing Tape		
15			Mast		Wet Suit		Tiller/Extender		Electrical Tape		Chairs
16			Boom		Hat		Hiking Strap?		Super Glue		Binoculars
17			Seitechs		Sunglasses						Umbrella
18					Sunscreen						Camera
19									<u>SPARES</u>		Radio
20											
21									Tiller Extender		
22									Control Lines		
23									Stern Plug		
24									Ring dings		
25									Blocks		
26											

- i. This list is to be used as a reference, and is by no means a requirement or exhaustive. If this is your personal boat or chartering from ABYC, please make sure you have everything on the left two columns. Other items are optional and recommended. The charter boat section is for charting from a charter company because usually you will only be given a hull and spars (but please check with each charter company before making travel arrangements).

c. Resources:

- i. ABYC Website: www.abyc.org
- ii. SCYYRA Website: <https://www.scyyra.org/calendar/2022>
- iii. High School Sailing Website:
<https://pcisa.hssailing.org/schedule-results/current/2022/2023/pcisa-s>
- iv. ABYC Regattas: <https://www.abyc.org/regatta-registration>
- v. ABYC Sailing Director: sailingdirector@abyc.org (562) 434-9955