



2022

# JUNIOR SAILING PROGRAM GUIDE

## **2022 Junior Handbook Table of Contents**

Mission Statement and Program Goals	4
Junior Sailing Contacts	5
Important Dates	6
Regatta Schedule	7
Communication	8
COVID-19 Policies	9
Code of Conduct	11
Guidelines for Parents	12
Class Descriptions	13
Private Instruction	14
Daily Schedule	15
Equipment	16
Optimist Safety Checklist	17
Feva Safety Checklist	18
Laser Safety Checklist	19
420 Safety Checklist	20
Resources	21
Regatta Information	22
Handbook Agreement	27

## ***Welcome to MYC Junior Sailing 2022!***

We are excited to welcome our new sailors as well as those returning to the program. We have designed a summer to appeal to both those interested in recreational sailing as well as race training. The goal is for everyone to have fun and improve their boat-handling skills.

This booklet should provide you with the basics of what you need to know about MYC Jr Sailing. We'll cover everything from COVID-19 modifications to required equipment and boat safety checklists.

Please feel free to reach out to the contacts provided if you have any questions.

Thank you!  
Marianna Erenhouse  
Junior Sailing Chair 2022

# **MYC Junior Sailing Program Goals**

## **Mission**

The mission of the Milford Yacht Club Junior Sailing Program is to develop knowledgeable youth sailors and foster in them a lifelong love of and involvement in sailing.

## **Program Goals**

1. Safety is the number one priority at all times.
2. Develop sportsmanship, seamanship, integrity, and interpersonal skills.
3. Create a fun atmosphere for sailors of all levels and interests.
4. Instill responsibility for boats, equipment, and facilities.
5. Provide high quality instruction that is tailored to the individual sailor's needs.

## **MYC Program Staff and Contacts**

### **Milford Yacht Club**

131 Trumbull Ave  
Milford, CT 06460  
(203) 783-0060

### **Junior Sailing Chair**

Marianna Erenhouse  
[mariannae@me.com](mailto:mariannae@me.com)  
203-394-7621

### **Junior Sailing Committee Members**

Bruce Scull (Fleet Captain)  
KC Cook  
Lauren Davies  
Chris Gill  
Vanessa Healy  
Doug Jones

### **Head Instructor**

David Hewitt  
[MYCSailingDirector@gmail.com](mailto:MYCSailingDirector@gmail.com)  
917-601-7078

### **Instructors**

Julianna Darcy  
Charlotte Emerson  
Attie Rowbotham  
Devyn Weed

### **Junior Buccaneers Instructor**

Marina Kydes

### **Junior Instructors**

Blake Erenhouse (Head II)  
Sylvia Franz  
Ron Talisman  
Maris Vandamme

## **Important Dates for 2022**

### **Saturday, June 18 9am-12pm**

Rigging Day - Drop your boat off at the club and have the safety inspection completed. Meet the instructors! No need to come if you are renting a boat, but you can if you like.

### **Monday, June 20-Friday, June 24**

Boat drop off and inspection for all of those who could not attend Rigging Day by appointment with Junior Sailing Staff. Contact David Hewitt at [mysailingdirector@gmail.com](mailto:mysailingdirector@gmail.com) to make your appointment.

### **Monday, June 27**

Start of the 1st session of Junior Buccaneers  
Start of the Summer sailing program

### **Friday, July 15**

Last day of 1st session of Junior Buccaneers

### **Monday, July 18**

Start of the 2nd session of Junior Buccaneers

### **Wednesday, July 27**

MYC Opti Regatta with Green Fleet  
NO REGULAR PROGRAM OR JUNIOR BUCCANEERS TODAY

### **Friday, August 5**

Last day of the 2nd session of Junior Buccaneers

### **Wednesday, August 10**

MYC Junior Sailing Banquet

### **Friday, August 12**

Last day of Jr Sailing

## **2022 Regatta Schedule**

(Tentative, based on interest)

### **Optimists**

July 9 - Opti Area C at Pequot Yacht Club  
July 10-11 Girls Opti Clinic and Regatta at Norton Yacht Club  
July 25 - Opti Area C at Stamford Yacht Club  
July 27 - MYC Opti Area C with Green Fleet  
August 1 - Opti Green Fleet at Cedar Point Yacht Club  
August 2 - Opti Area C at Cedar Point Yacht Club  
August 9-10 JSA Optimist Champs at Riverside Yacht Club

### **Feva**

June 30 - Eastern Districts at Norwalk Yacht Club  
July 7-8 - PYC Invitational at Pequot Yacht Club  
July 18-20 - Larchmont Jr Race Week at Larchmont Yacht Club  
July 25-26 - JSA Race Week at Cedar Point Yacht Club  
August 4-5 - JSA Feva Champs at American Yacht Club

### **C420**

June 30 - Eastern Districts at Noroton Yacht Club  
July 7-8 - PYC Invitational at Pequot Yacht Club  
July 18-20 - Larchmont Jr Race Week at Larchmont Yacht Club  
July 25-26 - JSA Race Week at Cedar Point Yacht Club  
TBD - JSA Laser/C420 Champs

### **Laser Standard, Radial, and 4.7**

June 27-28 - Law Trophy at Indian Harbor Yacht Club  
June 30 - Eastern Districts at Norwalk Yacht Club  
July 7-8 - PYC Invitational at Pequot Yacht Club  
July 18-20 Larchmont Jr Race Week at Larchmont Yacht Club  
July 25-26 - JSA Race Week at Cedar Point Yacht Club  
TBD - JSA Laser/C420 Champs

## **Communication**

Routine communication will be done in the form of email to parents. Parents will receive weekly email updates regarding general activities and events within the program. Additionally, the calendar on the MYC Jr Sailing website has an updated list of all events. In the event of an emergency or a time-sensitive matter we may reach out to you by phone or text message.

It is routine practice for the instructors to communicate with older children(12+) via text message. Matters discussed would be program-related such as communicating about regattas or asking a child if they'd like to volunteer to help with something. If you do not wish to have instructors contact your child in this way please let the Junior Sailing Chair know.

Voicing Concerns: Any serious concerns should be discussed over the phone or in-person with the Head Instructor. If unresolved, the Junior Sailing Chair should then be contacted. Ideally a meeting time with all parties should be arranged.

The instructors report to the Head Instructor. Parents should not interrupt classes or address serious concerns with them. Instructors are available immediately after each class for brief questions only. Please be respectful of the break between the morning and afternoon classes. That is the instructors' only opportunity for a break and planning.

The junior sailing program maintains both a Facebook and Instagram page. We invite you to "Like" them! Pictures taken throughout the season are posted on these pages as well as congratulations and birthday wishes. Additionally pictures of the sailing program in action are taken throughout the season for the annual yearbook. If you do not wish to have your child's picture taken please let the Junior Sailing Chair know.

## **MYC Jr Sailing COVID-19 Policies for Summer 2022**

The goal of our MYC Junior Sailing is to continue to conduct the program in a safe and fun manner. We recognize that we are presented with a unique set of circumstances and challenges this summer. In order to keep the program running we will need everyone's cooperation with the new guidelines. As the summer continues we may need or be able to make adjustments to the policies. Your participation in the program is an acceptance of these policies and any changes that may be made.

**All of our policies are made in accordance with guidelines from the CDC, the JSA, US Sailing, and state and local governments. They may be changed at any time without notice.**

### **Participation in the Program**

1. By participating in the Program, parents and guardians acknowledge their acceptance that their child's participation in the Program may expose the child to COVID-19.
2. Participation in the Program is voluntary "opt-in." The Program cannot guarantee that the child will not be exposed to risk.
3. The JSA waiver remains in full force and effect, and COVID-19 is considered a "Loss" as per the definition of the term within the waiver.
4. The Program reserves the right to request a secondary waiver from parents or guardians prior to the commencement of the Program.
5. The Program will not be responsible for monitoring the health of participants, but requests that all be forthright and vigilant to known/unusual symptoms.
6. The Program reserves the right to conduct non-contact temperature checks on any child or instructor at any time. The Program will have a thermometer on-site. A child or instructor with a temperature in excess of 100.4°F will be dismissed for the day. Parents are requested to pick up a dismissed child immediately. The parent or guardian is requested to confirm temperature at home. A temperature below 100.4°F for 72 hours (without any medicinal effects, e.g. fever reducers) or a negative COVID test is required in order to return to the program.
7. A child who tests positive for COVID-19 should isolate for 5 days from the positive test or onset of symptoms, whichever is first. They may return to the program after the 5 days as long as their symptoms have improved. They must wear a mask when on land or not alone in their own boat for a further 5 days.
8. If a child, instructor, or family member becomes infected with COVID-19, decisions on how to continue, pause, or cancel the Program will be made at that time. Parents and guardians acknowledge that there are too many scenarios possible to predict a single response to this possibility.
9. Cancellation: Should the Program be cancelled while in session by events or directives outside the control of the Program, or due to a COVID-19 infection within the Program, a prorated refund for Program Fees (less a \$175 fee, which will defray the operational expenses of commencing the program which include t-shirts, instructor training, and similar

expenses) and Boat Charter Fees (if a boat is chartered from Milford Yacht Club; exclusive of any privately-made charter agreements) will be made to all participants.

10. When traveling to other clubs for regattas all sailors and instructors will be required to abide by any masking and social distancing policies of those clubs.

## **Milford Yacht Club Junior Sailing Program Code of Conduct**

- All sailors will respect and listen to coaches and other employees of the MYC.
- All sailors will conduct themselves with good sportsmanship and accept responsibility for their actions.
- All sailors will be courteous and respectful to fellow sailors and MYC club members and guests.
- All sailors, parents, and instructors will refrain from criticizing or putting down others including coaches, fellow sailors and competitors, officials, parents and spectators.
- All sailors will be on time for all activities. Lateness affects fellow sailors if they have to wait.
- All sailors will clean up after themselves inside the MJYC club building and outside on the MYC premises and try to leave it cleaner than when they arrived.
- All sailors will leave other athletes' and coaches' equipment alone, except with their permission (no borrowing or taking other's equipment without permission.)
- All sailors will keep personal equipment and items left on the MYC premises neatly stored in their proper place.
- THERE WILL BE ZERO TOLERANCE OF BAD LANGUAGE, OBSCENE GESTURES, PHYSICAL OR EMOTIONAL ABUSE OF OTHERS, FIGHTING, HITTING, PUSHING, OR ANY TYPE OF BULLYING.
- THE USE OF TOBACCO PRODUCTS, ALCOHOL, AND/OR ILLEGAL SUBSTANCES BY A SAILOR DURING THE PROGRAM WILL RESULT IN IMMEDIATE EXPULSION FROM THE PROGRAM.
- BRINGING WEAPONS OR USING OBJECTS AS WEAPONS ON MYC PREMISES WILL RESULT IN IMMEDIATE EXPULSION FROM THE PROGRAM.

### **Sailor Safety Code:**

I will not engage in horseplay on the MYC premises, whether during program time or before or after. While on the water, this includes no needless capsizing, intentional boat bumping or other behavior which my coach prohibits.

I will listen to instructions from my coach.

I will look out for my fellow junior sailors.

I will wear a life jacket and appropriate water shoes at all times on, around or near the marina, launch areas and on the water, and follow all other club safety rules.

### **Disciplinary Action**

In the event that a sailor violates the Code of Conduct, one or more of the following will occur:

- Discussion with parents, coaches and athletes concerned.
- Suspension of sailing privileges.
- Suspension from sailing program- no refund.

### **Guidelines for Parents**

1. Please support the Sailing Staff's decisions. The instructors have the best interests of your sailor and their team at heart.
2. Encourage sailors to be organized and responsible for their own equipment.
3. Assist all sailors to develop to their fullest potential.
4. Insist sailors respect the property of others.
5. Place winning in the context of fun, good sportsmanship and fair play. Emphasize developmental goals rather than outcome goals.
6. Promote the total sport of sailing, not just racing.
7. As spectators, remain in designated areas and manage motorboats with the highest level of safety.
8. Remember that any coaching during a race(from first warning signal to finish)is prohibited under the Racing Rules of Sailing.
9. Show respect for race officials and regatta rules.
10. Understand that race officials must uphold event regulations on and off the water.
11. Be thoroughly acquainted with the Racing Rules of Sailing; encourage adherence to those rules and teach not only the rules, but also the procedures to be followed in the present process.

## **Class Descriptions**

### **Junior Buccaneers (morning, 2 sessions, 3 weeks each)**

This program is targeted at 5-6 year olds as a way to introduce them to the kids' summer activities at the club, including junior sailing, swimming, arts and crafts, nature walks and fun and games. On land and sea, JB's will participate in an array of activities that teach them water safety, respect for the environment and help them to build confidence while making new friends at MYC. Minimum age is 5 as of the first day of the session.

### **Opti 1 (morning)**

For first-time sailors and those with no prior experience sailing an Optimist. Learn the basic fundamentals of sailing, including technique, rigging, proper boat handling and maintenance. It is the goal of the Opti 1 class to have everyone attend a race by the end of the summer. Minimum age is 7 as of the first day of the session.

### **Opti 2 (morning)**

For sailors with at least one full session of experience sailing an Optimist, and who have demonstrated readiness to sail an Optimist alone on the first day of the program. We will continue to strengthen fundamental sailing skills and improve boat handling.

### **Opti 3 (morning)**

For sailors with at least two full sessions of experience sailing an Optimist. Sailors will work on longer distance, more independent sailing. We will start to spend more time learning about racing and adventure sailing.

### **Opti Advanced(afternoon)**

The Advanced Opti session will be in the afternoon, and is for those sailors who have demonstrated they are capable of handling a variety of sailing conditions and expert boat handling skills. We will build on skills learned in previous years and place more emphasis on technique through racing, games and drills.

### **Feva (afternoon)**

This is a 2 person boat and is sometimes considered a transition boat between the Optimist and the more physically and technically demanding Laser and 420 classes. Sailors should be 12 years old before starting in this boat. The hull is made of hard plastic, making it virtually indestructible. The minimum combined weight for both sailors is 180 lbs. All Feva sailors must register with a partner or contact the Junior Sailing Chair prior to registering.

**Club 420(afternoon)**

A variation of the Club 420 is sailed by high school and colleges nationwide. It is a fast and technically demanding two person boat. Sailors should be 14-18 years old with a minimum combined weight of 220 lbs. All 420 sailors must register with a partner or contact the Junior Sailing Chair prior to registering.

**Laser 4.7/Radial/Standard Rig (afternoon)**

The Laser or ILCA Dinghy is a challenging one-person boat that rewards athleticism, subtle steering and trimming techniques, as well as tactical excellence. It is a single handed Olympic class boat, also sailed at club, national and international levels. Sailors should be 12-18 years old. It is available in 3 different rigs which all use the same hull, but different mast heights and sail sizes.

**Laser 4.7** - minimum weight 105 lbs.

**Laser Radial** - minimum weight 110 lbs. (ideal 110-150 lbs, most popular rig in the JSA)

**Laser Standard** - minimum weight 130 lbs. (ideal 175+ lbs.)

## **Private Instruction**

We offer private instruction for all sailors. Private lessons can be advantageous for a number of reasons, including for a younger child who needs extra time to gain confidence, a child moving up to a different boat, and a child who wants to work on their racing skills before an event.

Lessons will be \$70/h for singlehanded boats and \$120/h for double handed boats.

Private instruction will be offered in the evenings after the regular program has ended and on weekends. All lessons will be conducted in the sailor's own boat with the instructor in a safety boat.

To arrange for lessons please contact the Head Instructor.

# **Daily Sailing Schedule and Equipment**

## **Schedule and Notes:**

8:30-11:30 Junior Buccaneers, Opti 1, Opti 2, Opti 3

1:00-5:00 Opti Advanced, Feva, 420, Laser

### **Notes:**

- There is no supervision for children before or after class. All Junior Buccaneers, Opti 1s, Opti 2s and Opti 3s under the age of 12 must be supervised by a parent or guardian before and after class. Please be punctual when picking your child up as the instructors need time to eat lunch and prepare for the afternoon.
- All sailors participating in an afternoon class should plan to arrive at least 30 minutes prior to the start of class in order to be rigged and ready to go on the water by 1:00pm.
- If sailors arrive after their class has gone out on the water, they will not be able to join the program that day unless prior arrangements have been made with the Head Instructor.
- If sailors must leave the program early, prior arrangements with the Head Instructor must be made.
- With few exceptions class is held rain or shine. Should weather conditions (e.g. thunder and/or excessive wind) not permit going on the water on-shore activities will be provided. Should there be multiple inclement days in a given week, class may be cancelled at the discretion of the Head Instructor and Junior Sailing Chair.

## **Required Daily Equipment for Sailing:**

- USCG approved Type III Personal Flotation Device(PFD) with whistle attached and child's name in large letters on the back
- Hat or visor
- Sunscreen (Child must be able to apply sunscreen. Instructors cannot apply sunscreen to children)
- Reuseable water bottle
- Closed-toe water or boat shoes
- Sunglasses
- Small bottle of hand sanitizer to be kept in lifejacket pocket
- Towel
- Nut-free snack for Junior Buccaneers participants only

### **Note:**

All children exclusive of the Junior Buccaneers must complete a swim test prior to the beginning of the program. Sailors must swim 50 yards unassisted without stopping, standing, or grabbing the wall, tread water for 60 seconds, put their life jacket on in the water unassisted.

## Optimist Safety Checklist

Sailor \_\_\_\_\_

Sail# \_\_\_\_\_ Boat Name \_\_\_\_\_

### Bow Line

- 8 meters (26' 3") long
  - Buoyant
  - 3/16" in diameter
  - Securely fastened around the mast step and led through a loop of line at the bow, not through the bow drain hole
  - Tied with a 4-6" bowline at the towing end
  - Free of chafe and all other knots, with no hardware attached
  - **Mast tie-down** – There must be a line or other device that is secure enough so you can lift the boat by the mast without disengaging the mast from the mast step
  - **Air bags** – Three buoyancy bags made of strong fiber-reinforced material with non-return valves. Each must be properly inflated and secured to boat.
  - **Daggerboard** – Securely attached to the boat with a lanyard.
  - **Rudder catch** – The rudder shall have a retaining device so that it will not become detached from the boat during a capsize.
  - **Bailer** – At least one bailer, with a minimum capacity of one half gallon, securely attached to the boat with a lanyard.
  - **Mainsheet bridle** – No looser than 100 mm (4 inches) from the boom at any point.
  - **Mainsheet hook** – Covered and/or securely closed. The hook must have no chance of trapping a line that drags across it.
  - **Paddle/Praddle** – attached to the boat with enough line or shockcord to allow use.
  - **Hiking Strap** - Secure and in good condition.
- 
- **Swim Test**
  - **Life Jacket** - USCG Approved Type III PFD with whistle attached

Inspector Signature: \_\_\_\_\_ Date \_\_\_\_\_

## Feva Safety Checklist

Sailor 1 \_\_\_\_\_

Sailor 2 \_\_\_\_\_

Sail # \_\_\_\_\_

- **Hiking Straps**
- **Rudder /Tiller**
- **Spinnaker pole**
- **Towline**-floatable at least 28 feet long
- **Plug**
- **Front shackle**
- **Cunningham Line**
- **Porthole cover**
- **2 side stays/shrouds Mast**
- **Boom**
- **Topping lift**
- **Cover**
- **Main, mainsheet, and halyard**
- **Jib, jib sheets, and halyard**
- **Spinnaker, spinnaker sheets, and halyard**
- **Trailer/dolly**
  
- **Swim Test Sailor 1**
- **Swim Test Sailor 2**
- **Life Jacket Sailor 1** - USCG Approved Type III PFD with whistle attached
- **Life Jacket Sailor 1** - USCG Approved Type III PFD with whistle attached

Inspector Signature: \_\_\_\_\_ Date \_\_\_\_\_

## Laser Safety Checklist

Sailor \_\_\_\_\_

Sail# \_\_\_\_\_ Rig \_\_\_\_\_

- Mast, 2 sections and boom
- Sail
- Mainsheet (approx 45 feet)
- Outhaul
- Boom Vang
- Cunningham
- Rudder and Tiller and Hiking Stick
- Daggerboard and Shock Cord
- Clew Strap
- Hiking Strap
- Stern Plug or bailer
- Dolly
- Cover
  
- Swim Test
- Life Jacket - USCG Approved Type III PFD with whistle attached

Inspector Signature: \_\_\_\_\_ Date \_\_\_\_\_

## 420 Checklist

Sailor 1 \_\_\_\_\_

Sailor 2 \_\_\_\_\_

Sail # \_\_\_\_\_

- **Mast and Boom**
- **Mainsheet and Jib Sheets**
- **Boom Vang and Outhaul**
- **Mainsail and halyard**
- **Jib and halyard**
- **Spinnaker and halyard**
- **Spinnaker Pole**
- **Forestay** - Short enough to hold the front edge of the mast forward of the aft face of the mast partner when the jib halyard is released
- **Rudder** - boat has device to keep rudder connected in the event of capsize or turtle
- **Stern and Air Tank Plugs**
- **Trapeze Harness**
- **Dolly/Trailer**
- **Swim Test Sailor 1**
- **Swim Test Sailor 2**
- **Life Jacket Sailor 1** - USCG Approved Type III PFD with whistle attached
- **Life Jacket Sailor 1** - USCG Approved Type III PFD with whistle attached

Inspector Signature: \_\_\_\_\_ Date \_\_\_\_\_

## **Resources for Boats, Supplies, and Repairs**

The Boat Locker  
706 Howard Avenue  
Bridgeport, CT 06605  
203-259-7808  
[www.boatlocker.com](http://www.boatlocker.com)

Intensity Sails  
[www.intensitysails.com](http://www.intensitysails.com)

The Dinghy Locker@Landfall Navigation  
151 Harvard Avenue  
Stamford, CT 06902  
800-941-2219  
[www.landfallnavigation.com](http://www.landfallnavigation.com)

Roxburgh Marine Repair - fiberglass repairs  
1 Bostwick Avenue (Captain's Cove)  
Bridgeport, CT  
203-367-2770

Used boats and equipment can be found through the MYC website or the classifieds section of the JSA website at [www.jsalis.org](http://www.jsalis.org). In addition, The Boat Locker and The Dinghy Locker both sell used boats and hold annual boat swaps.

## **Regatta Information for 2022**

MYC actively participates in regattas throughout the JSA. The Head Instructor, in conjunction with the sailing instructors, will determine who is ready to attend a particular regatta.

Parents are responsible for transporting their child to and from all regattas. Please make sure you check in with the instructor attending the event when dropping your child off and picking them up.

Parent volunteers may be needed to transport coach boats and trailers. Please let the Junior Sailing Chair know if you are able to tow a boat.

### **Registering for Regattas**

- Regatta registration is done by one parent volunteer, the Regatta Manager.
- If your child is eligible and ready for a specific event, you will receive an email inquiring whether he or she would like to participate. Please respond in a timely fashion to avoid late fees.
- Prior to the event you will receive an email with the link to the Notice of Race (NOR) and Sailing Instructions (SI). These links will provide all of the information about the event such as location, arrival and start times, and whether or not lunch is provided. Links are also available through the calendar on the JSA website - [www.jsalis.org](http://www.jsalis.org).
- If your child is registered for an event and does not participate in the event you will still be responsible for the registration fees.

### **Preparedness**

- Parents and sailors are responsible for making sure that their boats are properly equipped and tuned prior to race day. Instructors can assist with small tweaks, but are unable to provide backup equipment or make repairs.
- Please review the NOR and SI with your child prior to race day to familiarize yourself with the details of the event.

### **At the Event**

- Arrive at the start of the check-in window to allow your child plenty of time to check in, rig their boat, and meet with their instructor.
- Competing in a regatta may require more than a simple drop-off and pick-up at the beginning and end of the day. Especially for first year racers, it may be a good idea for parents to plan on sticking around for a half hour or hour at the beginning of the day to make sure that their sailor is checked in and ready to go.
- Pickup time at the end of the day can be a bit unpredictable at a regatta based on weather conditions. Most regattas will have general guidelines such as “no races will start after X” or maybe even a set time for an awards ceremony, but not an exact time that sailors will be off

the water. Be prepared that the time that sailors will be off the water at a regatta may be a bit unpredictable.

- If a parent is planning on bringing their own boat to the regatta to watch on the water, it is a generous gesture to contact any other parents of sailors and offer to have them aboard. Parents are not able to watch the regatta from a coach boat.

### **Regatta Equipment Checklist**

- Boat with race sails
- Blades and blade bag
- Spare boat parts such as sail ties, backup sheets, etc.
- Lifejacket with whistle
- Sun protection - hat, sunglasses, sunscreen, sun shirt
- Closed toe shoes
- Lunch and reusable water bottle in a cooler to be kept on board the coach boat
- Dolly
- Ziplock/waterproof bag for phone and other essentials
- Foul weather gear (weather dependent)
- Towel

### **JSA Regatta Guidelines for Junior Sailors**

#### **Respected sailors ALWAYS:**

- Know and abide by the Racing Rules. They promptly take a penalty or retire when they know they broke a rule or file a protest when appropriate.
- Always obey event regulations on and off the water, including housing rules.
- Are always organized, prepared, and responsible for their own equipment.
- Show respect to fellow sailors and those helping to run regattas and programs.

#### **Respected sailors NEVER:**

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

Please remember that at all regattas you are representing Milford Yacht Club. Particularly at events where housing is provided, bad behavior can result in all members of the team being denied housing in future years.

## **Background on the JSALIS Championship Series**

Milford Yacht Club junior sailing is a member of the regional junior sailing association Junior Sailing Association of Long Island Sound (JSALIS or “JSA”). The goal of JSA is to promote competition between clubs by organizing interclub regattas and a championship series. A major goal of any JSA Junior Sailing program is to have as many sailors as possible participate in the Junior Sailing Association of Long Island Championship series. The championship series consists of several “qualifying” regattas early in the season. Separate events are held for Optimist, Feva, 420, Laser Full, Laser Radial, and Laser 4.7.

In order for an MYC Laser or 420 to qualify to compete in the JSA Championship, the boat must place in the top 40% of the fleet in one of the following events:

- Eastern District Qualifying Regatta at Norwalk and Norton Yacht Clubs
- Larchmont Race Week
- JSA Race Week at Cedar Point Yacht Club
- Shelter Island 420/L/R Regatta

All Laser Standards that sail in a JSA qualifying regatta are eligible to compete in the JSA Championship.

In order for an MYC Optimist to qualify to compete in the JSA Championship, they must meet one of the following criteria:

- White and Blue Fleet sailors must finish in the top 30% in an Area C Qualifying Regatta (Milford YC is in Area C).
- All Red Fleet sailors who participate in a qualifying regatta automatically qualify.

These are just the basics, many more details and exceptions to these rules can be found on: [https://jsalis.securespsites.com/JSA%20organization/JSA\\_Rules\\_for\\_Events.pdf](https://jsalis.securespsites.com/JSA%20organization/JSA_Rules_for_Events.pdf)

If a sailor is interested in qualifying in JSA champs, then they should make the qualifying events a priority when deciding on their regatta schedule. Also, it is sometimes easier to qualify in later events because many of the top sailors who qualify in the first or second qualifying regatta choose to drop out and not sail in the later qualifying events. So, if you don’t qualify at the first event, don’t get discouraged.

However, even if we have no boats qualify, each member club is entitled to send at least one boat per class to JSA champs. In this case, the club can nominate one boat that participated in one of the qualifying events, even if they did not achieve a qualifying score. If this happens, we will

send the skipper/crew pair who won our own “class champs” series organized by the instructors and held during the regular program throughout the summer.

JSA Champs occur at the end of the summer and are typically two-day regattas. The location of champs generally changes every year.

Sailors who do not qualify for the championships are automatically eligible for “Alternate Champs.” This regatta is more accessible because it is generally only one day instead of two. It is an especially valuable experience for younger sailors who look forward to qualifying for Champs in future years.

After successfully competing in JSA Champs, junior sailors can make it a goal for the next season to compete in North American or US championships events organized by their class association, especially if they happen to be held in the Northeast. They can also make it a goal to participate in the Sears/Bemis/Smythe Trophy ladder events — this is a junior Championship series organized by the US Sailing Association in which sailors qualify at the local level and then compete regionally and nationally. These are prestigious events that expose sailors to competition outside of Long Island sound, but generally require preseason planning in order to compete.

## **An Intro to Optimist Regattas**

Opti regattas often have dozens or hundreds of competitors, so the Opti sailors are divided into “fleets” so that participants can be matched up against other sailors their own age and ability level. At regatta check-in, Opti sailors are given a colored ribbon to fly at the head of their sail that identifies their fleet. Most regattas have a Red, White, and Blue, and sometimes a Green fleet.

Green fleet is for sailors in their first year of sailing regattas, regardless of age. It is intended to be a fun and safe introduction to racing. Event organizers often have extra safety boats on the water, shorter courses, and more sheltered sailing sites for Green Fleet. Coaching is allowed on the racecourse if necessary during Green Fleet events. Green Fleet Race committees usually make Green-friendly choices like having a shorter sailing day or calling off sailing earlier in the event of rough conditions. Sometimes awards are given at Green Fleet events, but not always. Even if you have been part of a junior sailing program for several years, you should choose the Green Fleet if it is your first-year racing. For example, an afternoon intermediate sailor may have been in the program for three years, but if they have never competed in a regatta, then they should choose Green Fleet for their first regatta. Additionally, it may be appropriate to stay in Green Fleet for more than one year if you have very limited regatta experience or are feeling nervous at the beginning of the season. Some regattas are “Green Fleet Only,” which means that they are open only to Green Fleet sailors. These are the most welcoming and least intimidating of all events and are ideal as a first introduction to regatta sailing.

Red, White, and Blue fleet are for everybody else with more than one year of regatta experience. These fleets are divided up by age:

WHITE FLEET: 10 years old and under

BLUE FLEET: 11 and 12 years old

RED FLEET: 13, 14, and 15 years old

Most regatta hosts give awards to the top finishers overall as well as the top finishers in each Red, White, and Blue fleets.

Many Red Fleet sailors feel peer pressure to move on to 420s or Lasers because of peer pressure or that they perceive that that Lasers or 420s are a “cooler” boat. However, top Opti racers usually stay in the boat through Red Fleet or until they reach 115-120 pounds. It is also normal for 13, 14, and 15-year-old year old Opti sailors to compete in some 420/Laser events and some Opti events.

## **JUNIOR SAILING HANDBOOK AGREEMENT**

With our signatures below, we attest that we received, read and understand the 2022 MYC Junior Sailing Handbook. Further, we agree to comply with all guidelines and policies as outlined in the handbook.

Junior Sailor Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

***Please sign and return this page to the Sailing Director by  
Monday June 27, 2022.***