

## Sailing School and Team Program Schedules

### Important Dates

June 26 - 420, Laser, Optimist racers & parents mtg.  
June 26 - First Sunday Races, Tea, and Opening Mtg  
June 27 - July 22 Session I  
July 8 - SHYC Opti Regatta (No classes held)  
July 25 - August 19 Session II  
August 20 - Junior Hovey Cup and Hovey Cup  
August 21 - Annual Meeting and Awards

### Sailing School

With an emphasis on safety, fun, and maximizing time on the water, sailors enrolled in Sailing School classes learn the fundamentals of sailing and seamanship. A large staff offers a good instructor-to-student ratio. Sailors progress to subsequent levels by passing a series of tests that assess their seamanship knowledge and ability. With a curriculum that is conducive to making friends, in addition to learning excellent sailing skills, sailors have the added benefit of forming friendships that can last a lifetime!

### Sailing School

Hermit Crab 6	M	1000-1130		
Hermit Crab 7	F	1000-1130		
Intro to Opti	T, TH	1000-1200		
Seamen	M, F	0930-1200	W	0930-1030
Mates	T, TH	0930-1200	W	1100-1200
Old Mates	T, TH	0930-1200	W	1100-1200
Skippers	T, TH	0930-1200		
Adults	W	0930-1200		

### Race Teams

Intermediate Opti	M, F	0930-1200
Advanced Opti	M, T, W	1300-1600
420	M - TH	1300-1600
Laser	M, T, W	1300-1600

### Racing Schedule

 Sailing Instructions at SHYC for each series

Junior Racing:	T, TH 1330, SU 1300
Adult Racing:	T 1330, TH 1800, F 1000 (Ladies), SU 1300

### Registration

Sailing School & Team Programs are available for Stage Harbor Yacht Club members & Chatham residents who are awarded scholarships. The summer calendar is divided into two, four-week sessions. Sailors may register for the first, second or both sessions. Separate registration forms must be complete for each student participating in the program. All sailors must be registered before attending class or participating in team activities. Registration is complete when a registration form and applicable fees are received and when dues and all outstanding balances are paid. Registration forms will be available on the SHYC website and will also be mailed to the membership. In the event classes or teams are oversubscribed, sailors whose registration is complete by May 15 will have priority over late registrants.

### Fees:

Please refer to the registration form for details about Sailing School and Race Team fees. A family discount is available for multiple students enrolled in Sailing School and/or Race Team.

### Private and Club Boat Use

Students registered in Sailing School or Race Team, and who use Club boats (not taking the Private Boat Use Discount) are entitled to use Club boats during class, Club races, at Club-sanctioned regattas, and for practice sailing outside of class time as approved by the Sailing Master. Boats will be assigned to students by the staff; students may not reserve specific boats nor should they expect to sail the same boat each day.

### Refund Policy

Students who withdraw by notifying Meservey Accountancy before the session for which they are signed up for begins may receive a full refund of Sailing School / Team fees paid. Students withdrawing after their session begins will receive no refunds.

### Sailing School Advancement Qualifications

In order to advance from Seamen to Mates, Mates to Old Mates, and Old Mates to Skippers, students must pass tests in each class for the following categories: Knots, Terminology, Parts of the Boat, Knowledge, and Sailing Performance. Passing Sailing Performance requires demonstration of all skills necessary to advance to the next level, and it is not uncommon for students to have to take the test more than once to demonstrate the requisite skills. Please visit to [www.shyc.com](http://www.shyc.com) for more information on Advancement Qualifications. For Race Teams, sailors qualify for a particular team based on coaches' evaluation in consultation with the Sailing Master.

### Swim Tests

At the end of the first day of Sailing School, all new students must take a swim test. The swim test requires that a sailor, without a lifejacket, swim approximately 30 feet, tread water for one minute, and float on back. New students should bring a towel and a change of clothes on the first day of class.

### Equipment and Clothing

All sailors must wear a Coast Guard approved lifejacket with his or her name clearly marked on it, closed-toe sailing shoes (no flip flops or bare feet), sunscreen, and weather appropriate clothes (non-cotton, layered undergarments, waterproof outerwear). Also encouraged: polarized sunglasses, hat, and water bottle.

### Club Property

Students entrusted with Club boats and other property are expected to treat these items with respect, to report wear, malfunction, missing parts, or damage promptly, to assist with routine maintenance and minor repairs, and to leave boats and gear in shipshape condition for the next user. Families are financially responsible for loss or damage to Club boats and other property that is under their care, other than ordinary wear and tear, and for damage caused by a family member's negligence or carelessness.



## Sailing and Racing 2011

Message from the Commodore

Welcome to the 2011 season at Stage Harbor Yacht Club, our 79th year on the magnificent waters of Stage Harbor and Nantucket Sound. We encourage the engagement of all of our members in Club activities—our highly-regarded sailing school, social events for young and old, Club races and informal sails, and urge each of you to further your involvement through volunteering to support Club activities. We hope too you will join us in supporting efforts of the Club as stewards of our spectacular environment through contributing to our new “green” initiatives. All the best for a terrific summer of sailing!

Stephen Daniel



Clubhouse phone: 508.945.1542

Billing inquiries: 508.945.2200

Website: [www.shyc.com](http://www.shyc.com)

## Sailing School Class Descriptions



### **Hermit Crabs** (6 and 7 year old beginners)

Eligibility: Sailors must turn 6 before September 1, and must at least be entering 1st grade the fall. Hermit Crabs meet once weekly (6-year-olds on Monday, 7-year-olds on Friday) and will learn the basics of sailing in the Club's fleet of Day Sailers. An instructor will be in each boat and will teach the Hermits basic seamanship. The Hermits will learn to have a feel for the boat and will gain confidence in their abilities on the water. Students advance to Seamen class based on the age requirements. Hermits who own their own boat may also sign up for Intro to Optis.

### **Intro to Opti** (6 to 10 year olds in 1st & 2nd year sailing Optis)

Eligibility: Must also be enrolled in Hermits, Seamen or Mates. With an emphasis on fun and safety, sailors learn the basic parts and how to sail an Optimist Dinghy (Opti). Most sailors at this level will not attend regattas. Following this course, sailors may try out for the Intermediate Opti Race Team. Due to space limitations, Hermit Crabs enrolled in this course must use their own boat.

### **Seamen** (8+ year olds)

Eligibility: Sailors must turn 8 before September 1, and be entering at least 3rd grade in the fall. Seamen meet on Monday and Friday for sailing and on Wednesday for Shore School. Seamen learn to sail in Sprites, the Club's traditional small fleet of sloops. Two or three students are assigned to each of the Club's 12 Sprites. Each boat is assigned an instructor who teaches the students basic skills associated with skippering and crewing in a doublehanded boat. Students learn how to control the boat when sailing upwind and downwind. Basic right of way rules and boat safety are also learned in Seamen. On Wednesday Shore School, Seamen attend lectures and can be tested on basic Knots, Terminology, Parts of the Boat, and Knowledge. Seamen may also sign up for Intro to Opti or Intermediate Opti Race Team (See eligibility requirements)

### **Mates** (Intermediates)

Eligibility: Seamen who satisfy all Advancement Qualification requirements for advancement to Mates. New students 11 or older should see the Sailing Master for placement. Mates meet on Tuesday and Thursday for sailing and on Wednesday for Shore School. Mates build on the skills learned in Seamen. They continue to sail Sprites, but no longer with an instructor in the boat. Mates participate in destination sails to various locations within Stage Harbor and are introduced to basic racing techniques. Basic doublehanded techniques, such as skipper/crew communication, hiking, centerboard adjustments, and sail trim are solidified. Mates often participate in local racing series on Tuesday, Thursday and Sunday. Sailors in Mates who are interested in sailing and learning to race Optis may also sign up for the Intermediate Optimist Race Team (See eligibility requirements)

### **Old Mates** (Advanced Intermediates)

Eligibility – Sailors must satisfy all Advancement Qualification requirements from Mates class. Beginning sailors age 12 or older should see the Sailing Master for placement. Meets concurrently with Mates Tuesday and Thursday mornings. Old Mates sail Optis in the inner and outer harbor. Proper boat handling skills, sail trim, weight distribution are reinforced as students participate in class activities that vary from destination sails to racing fundamentals. Old Mates often participate in local racing series on Tuesday, Thursday and Sunday. Sailors in Old Mates who are interested in learning to race may also try out for the Intermediate Opti Race Team or the Laser Team. (See eligibility requirements)

### **Skippers** (Advanced)

Eligibility – Old Mates who satisfy all Advancement Qualification requirements for advancement to Skippers. New students age 14 or older should see the Sailing Master for placement. Skippers meet on Tuesday and Thursday mornings. Younger Skippers can still sail Optis if they qualify (age requirements) and are still interested. Skippers who sail Optis often sail outside the harbor and practice advanced sailing and racing techniques. Older and bigger Skippers sail the 420. Students sailing the 420 learn basic doublehanded techniques such as roll tacking, use of spinnaker, and trapeze. Intermediate to advanced racing techniques are taught. Skippers class has a fun teen social atmosphere with an emphasis on building sailing and seamanship skills. Sailors in Skippers often participate in local racing series on Tuesday, Thursday and Sunday. Sailors in Skippers who are interested in learning to race may also try out for the Advanced Opti Race Team, 420 Race Team or Laser Team.

### **Adults** (Must be age 18 and above)

Adults meet on Wednesday mornings. No experience required for the Adult class, which sails in the Club fleet of Day Sailers. With a broad range of abilities, sailors are often divided into beginning and intermediate groups and are paired with an instructor who teaches to the level of the student(s). Learn to sail through intermediate racing level students are encouraged to join this fun course.

## Race Team Descriptions

The importance of teamwork in sailing & racing is reinforced on Race teams. Based on eligibility descriptions below sailors register for teams and then may be asked try out (if applicable) to confirm proper placement. All sailors signed up for a Team are required to be enrolled in a Sailing School class. (420 & Laser Race Team excluded)

### **Intermediate Opti Race Team**

Eligibility: Mates with more than 2 years Opti experience or others by tryout. Continuing emphasis on safety, this class builds on previously learned sailing skills. The curriculum is oriented toward making friends and having fun. Sailors are introduced to more advanced boat handling and basic racing techniques. Sailors will be encouraged to participate in local series racing on Tuesday, Thursday and Sunday as well as area regattas

### **Advanced Opti Race Team**

Eligibility: By tryout for advanced Opti sailors ages 11 – 14 & others with commensurate skills. For accomplished sailors who want to further develop racing skills & actively compete in Optis. Sailors hone boat handling skills in afternoon Nantucket Sound sea breezes during practices. Advanced Opti Race Team members travel together to regattas and compete in local series. Daily attendance at practices is expected.

### **420 Race Team**

Eligibility: By tryout for 420 sailors ages 13-18. The 420 Race Team program emphasizes fleet racing and team racing tactics. Sailors learn to fly the spinnaker and effectively use the trapeze. Skills such as effective sail shape for given wind and wave conditions, reading telltales, starting techniques and regatta preparation and strategies are taught. Team racing rules and tactics are learned and practiced. Team members compete in A and B level team racing scrimmages and in area regattas throughout the summer. Attendance at practices is expected. Sailors intending to transition from Optis to 420's should do so in consultation with the Opti and 420 coaches and Sailing Master.

### **Laser Race Team**

Eligibility: Old Mates or age 13+ with intermediate or above sailing skills. With an emphasis on learning advanced boat handling techniques and racing tactics the Laser class welcomes children and adults interested in singlehanded sailing. Private boat ownership is encouraged; however the Club does have four Lasers that are available for this class. Sailors in the Laser course are encouraged to participate in local racing on Thursday evenings and Sunday afternoons as well as local regattas.

