



2023

Junior Sailing Program
Handbook

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Welcome to NCYC Junior Sailing 2023

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 the North Cove Yacht Club (NCYC) Junior Sailing Program.

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

Melissa Mason
NCYC Junior Sailing Chair

Amy Vinciguerra
NCYC Junior Sailing Program Director

NCYC Junior Sailing Program Objectives and Goals

Objective

North Cove Yacht Club provides an engaging learning environment to promote the sport of sailing. The objective is to teach sailing in a safe and structured environment to any interested youth and to give students the best learning opportunity possible. More information about our core program can be found on our website: <https://www.northcoveyc.com/junior-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.

NCYC Program Staff and Contacts

North Cove Yacht Club

111 Sheffield St
Old Saybrook, CT 06475
(860) 388-9132

Junior Sailing Chair

Melissa Mason
masonahoy@gmail.com
(203) 996-0290

Program Director

Amy Vinciguerra
amyvinci94@gmail.com
(860) 395-7625

Instructors

Alex Beauchene (Head Instructor)
Nadia Goodman (420 instructor/race coach)
Stephanie Charbonnier (Opti 2 - intermediate instructor)
Scott Soukup (Opti 1 - beginner instructor)

Junior Sailing Committee Members

Grahame Burton
Jennie Enman
Lisa Gauthier & Wayne Wahala
Mary Jane Peterson
Kathy Reddington
Linda Tuzzio (Vice Commodore)
Lou Vinciguerra (Commodore & Jr Sailing Fleet Coordinator)
Caitie Whitbeck
Mark Yuknat

Communication

Routine communication will be done in the form of email to parents. Parents will receive email updates regarding special activities and events within the program. In the event of an emergency or a time-sensitive matter we may reach out to you by phone or text message.

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

The senior instructors report to the Head Instructor. Parents should not interrupt classes to address concerns with them. Instructors are available immediately after each class for brief questions only. More serious concerns should be directed to the Head Instructor and/or Program Director.

Arrival and Departure

Classes begin and end promptly. Please do not drop your students off too early or pick them up late as there are no provisions for the supervision beyond class hours.

- Roll call is at 9am. It is expected that students will arrive a few minutes ahead of 9:00 so that they will have time to stow their gear and be seated for roll call.
- Pick up is promptly at 4pm. We require parents to sign out their students at the end of each day unless previous arrangements have been made. If your sailor will be walking or biking, please fill out our bike/walk permission slip.

Absence/Late Arrival or Early Departure

Please notify the Program Director or Head Instructor as soon as possible as plans for the day for that student may have to be adjusted.

Program Notes

- Classes will be held rain or shine. In the event of serious weather concerns (lightning, storms, high winds) classes will be held indoors for the regularly scheduled program time.

Code of Conduct

- All sailors will respect and listen to instructors, the program director, duty officers and other employees of the NCYC.
- 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 NCYC club members and guests.
- All sailors, parents, and instructors will refrain from criticizing or putting down others including instructors, 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 NCYC club house and outside on the NCYC premises and try to leave it cleaner than when they arrived.
- All sailors will keep personal items left on the NCYC premises neatly stored in their proper place during the day. All personal items including life jackets must be taken home daily.
- Phones and electronic devices are not allowed to be used by sailors and must be stored away in backpacks during the day. If a sailor needs to make a call, they should talk to the Program Director or Head Instructor who can help.
- 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 NCYC PREMISES WILL RESULT IN IMMEDIATE EXPULSION FROM THE PROGRAM.

Sailor Safety Code

- I will not engage in horseplay on the NCYC 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 instructor prohibits.
- I will listen to instructions from my instructor.
- 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 waterfront, 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** or **Sailor Safety Code**, one or more of the following will occur:

- Students directly disobeying an instructor will be asked to speak with the Program Director or the Club Duty Officer of the Day.
- Students repeatedly creating chaos or unsafe environments may be asked to sit out of activities. This includes sitting in the boat with the Program Director or on the porch with the Club Duty Officer.
- Parents may be notified if unruly, disobedient, or destructive behavior lasts for several days uncorrected.
- In cases where student safety is at risk, a removal from the program may be warranted based on the decision of the Junior Sailing Chair. No refund of tuition will be made in this instance.

Guidelines for Parents

1. Please support the sailing staff's decisions. The instructors have the best interests of your sailor and strive to create the best environment for all students so that everyone can learn and have fun.
2. Encourage sailors to be organized and responsible for their own equipment.
3. Allow 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 such as the deck or waterfront area. Please stay off the docks as the sailors arrive/depart/derig.

Required Daily Equipment for Sailing

- USCG approved Type III Personal Flotation Device (PFD) with child's name in large letters on the back
- Sunscreen (Apply before arriving; Instructors will provide reminders to reapply)
- Reusable water bottle
- Closed-toe water or boat shoes (no flip flops or open back shoes)
- Hat or visor
- Sunglasses
- Towel
- Spare clothes
- Raincoat (based on weather forecast)

Class Descriptions

Optimists "Opti" Level 1 (Beginner)

For students who may have little or no experience on the water in sailboats; or do not have a history of organized instructional sailing experience. This class covers the fundamentals: how to rig, de-rig, care for the boats and equipment, capsize recovery, understanding the wind, how to tack and jibe. Students are introduced to the different points of sail, and basic "rules of the road." Sailors who have mastered the basics based on instructor evaluation will then move to the Opti 2 level. Note: Sailors may spend more than one session at this level. Ranks: Crew 1 & Crew 2.

Optimists "Opti" Level 2 (Intermediate)

Sailors build on the basics and learn to be competent at boat handling, fine-tuning sail trim and shape, roll tacking, jibing as well as race skills. Note: A student can comfortably sail an Opti until they are over 5 feet and/or 110 pounds. Sailors are eligible to race in Optis until they turn 16. There are many Opti regatta events held at area yacht clubs. Ranks: Mate 1, Mate 2 & Mate 3.

Vanguard 420 sailboats

This two-person boat with mainsail and jib provides 420 sailors the opportunity to develop teamwork skills. Students recommended by our instructors will move to the 420 class once they have mastered the Opti class. Sailors must be at least 13 before being placed in 420s. A program goal is to provide opportunities to compete in inter-club racing as a way to continue to develop both the interest and skills for sailors from the NCYC program. Ranks: Skipper 1, Skipper 2 & Captain.

Junior Sailing Racing

Ed Godfrey Monday Night Racing Series

This is a no-cost drop-in racing series for junior instructors, 420 sailors and intermediate Opti sailors identified by our instructors as ready for racing. Our senior instructors alternate coverage for this race series. Series runs weekly throughout the program culminating in a series award ceremony at the end of the last night.

Race Clinic

The NCYC race clinic is designed to provide participants with racing instruction including strategies and tactics and is geared towards sailors who want to improve their racing skills. Sailors will use the NCYC 420 sailboats for racing both in the cove and in the river during this exciting clinic. Sailors will receive personalized instruction from our NCYC 420 instructor and Program Director.

Summer ECSA Jr Regattas

Depending on interest, NCYC sends sailors and coaches to local ECSA Jr Regattas. Parent involvement is required.

JUNIOR SAILING HANDBOOK AGREEMENT

With our signatures below, we attest that we received, read and understand the 2023 NCYC Junior Sailing Handbook. Further, we agree to comply with all guidelines and policies as outlined in the handbook.

Junior Sailor Signature: _____

Print Name: _____

Date: _____

Parent/Guardian Signature: _____

Print Name: _____

Date: _____

***Please sign and return this page to the Program Director on
the first day of the session.***