

Who we are and how we started!

The Coronado Yacht Club is proud to operate one of the best Junior Programs Worldwide. Established in 1947, the Program is open to the public and is operated by the CYC Junior Division.

Our commitment to safety, quality instruction and equipment, curriculum variety, participation, personal growth, and excellence is demonstrated by the many active sailors who participate in Spring, Summer and Fall Sailing, and are on the Coronado High School Sailing Team.

Our programs offer an opportunity for the youth of the community (8-18 yrs.) to sail and race sailboats in a safe, fun and enriching environment. In addition, it allows them to perform in a sport, both individually and as part of a team.

Curricula for our sailing programs are based on the CYC Achievement Certification Program, a multi-level program that uses racing and seamanship skills to develop confident sailors and evaluate individual progress.

This handbook is a resource of information to answer the questions that arise in regards to all aspects of CYC Junior Program and the diverse world of Junior Sailing throughout Southern California and beyond.

As always, we welcome your comments, questions and suggestions. Your help, support, and input are critical aspects of our successful program.

Thank you,

CYC Junior Sailing

CYC JUNIOR PROGRAM

History

Coronado Yacht Club was founded initially in 1913, but was short lived due to World War I. The second beginning took place April 23, 1932, securing a lease on its present property in 1946. The CYC Junior Division, a.k.a. the Junior Program, was established in 1947. In 1966, with the help of many CYC Members the Jr. Program started the first organized Sailing Program for youth. The program has expanded over the years with a Junior Program Director, Head Coach and Advisors to manage the Program, and greater assistance and support from the Senior Club.

We're proud of the accomplishments of many of the CYC Junior Program graduates, among them: Robbie Haines, Ed Trevelyn, Rod Davis -- Olympic Gold Medalists; Rod Davis -- America's Cup Champion; Tinja Anderson-Mitterling, Blaire Herron, Mikee Anderson-Mitterling, Brian Haines, Frank Tybor, David Houser, Willem Van Waay -- Collegiate All Americans; Jon Rogers -- J-24, J-22, and Snipe World Champion; David Houser, Mikee Anderson-Mitterling -- High School National Champions; Lauren Bernsen -- 2001 and 1999 SDAYC Junior Yachstmen of the Year; Mikee Anderson-Mitterling, Lauren Maxam, Zach Maxam -- U.S. Sailing Team.

In the 80's and 90's the Program opened up to the community and built into one of the largest youth sailing programs in the United States.

Mission Statement

The mission of the Coronado Yacht Club Junior Program is to instill an abiding respect and love for sailing and the Corinthian ideals of achievement and sporting conduct. This will be accomplished by adopting a conscious strategy of cooperation and collaboration; through a focused but balanced approach to sailing and related aquatic activities; by providing Junior Sailors with the best qualified instructors, quality equipment and facilities; all at a reasonable cost; and by a policy of cooperation with schools, organizations and institutions with similar interests and standards.

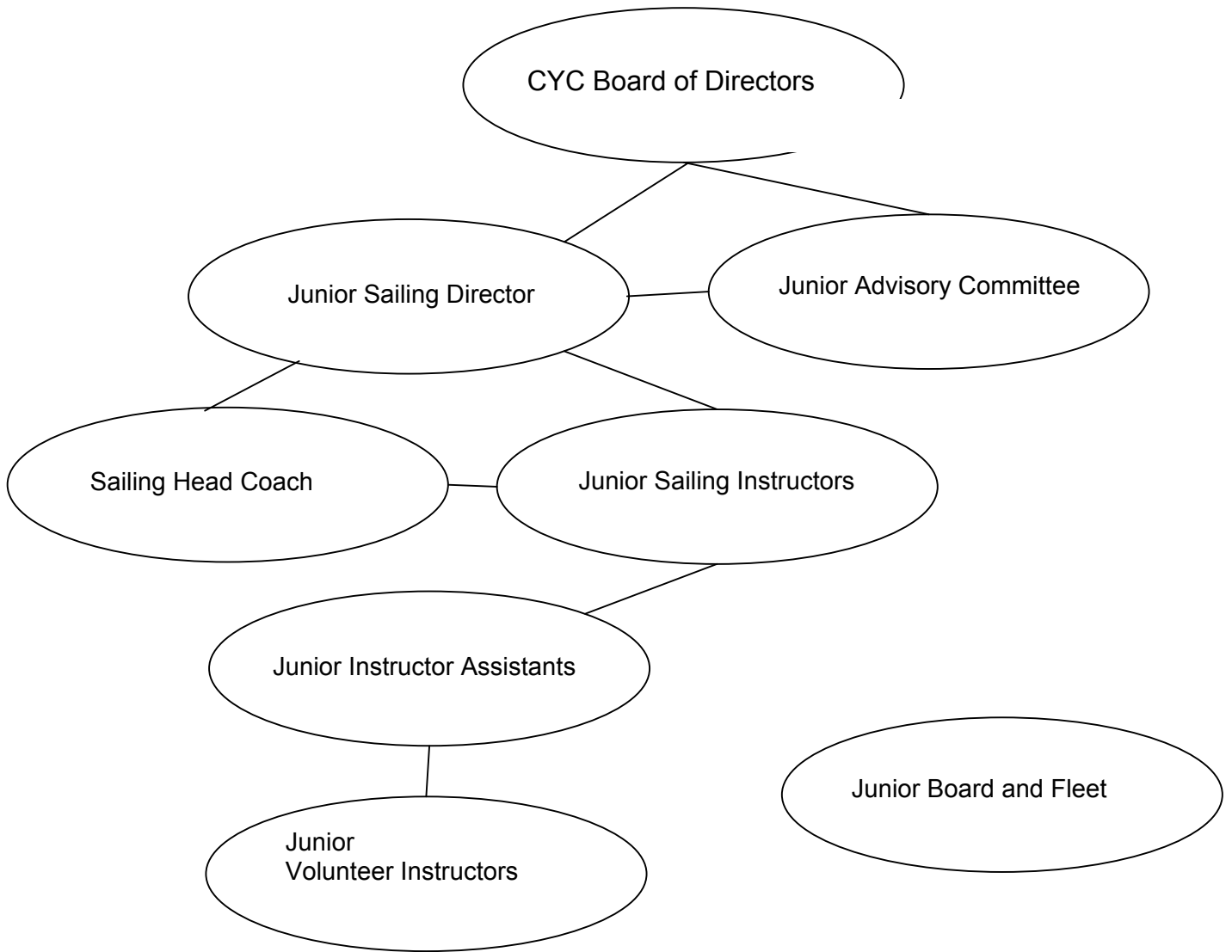
Through the sport of sailing, the Junior Program strives to build confidence through achievement; instill respect for safety and rules; develop self-discipline and responsibility; encourage team work and camaraderie; promote coastal and marine environmental awareness; and awaken interest in other maritime activities.

Goals

The CYC Junior Program strives to:

- Operate a safe, organized sailing program
- Offer the best possible curriculum and racing opportunities to youth sailors of all abilities
- Promote sailing as a lifelong activity
- Build a foundation of future members for CYC
- Reach out to surrounding communities to spread good will
- Develop maximum participation at all youth regattas, clinics and activities
- Actively promote respect for the environment, and particularly preserving and improving Glorietta Bay
- Involve parents and CYC Flag Members who will support the sailors, the Jr. Program and youth sailing as a whole
- Teach youth to maintain and be responsible for themselves and their equipment
- Teach youth the qualities of sportsmanship, teamwork and cooperation

CYC Organization Outline



CYC JUNIOR BOARD AND FLEET CAPTAINS OUTLINE

Serving as a Junior Officer or Fleet Captain provides an opportunity for Jr. Members ages 13-18 to get more involved in CYC activities, as well as have a voice in club issues. Nominations for each position must be received prior to November 1st each year. The Jr. Program Director appoints Jr. Board Members and Fleet Captains. The term of office is from December 1 thru November 30 of the following year. All Junior Officers and Fleet Captains should encourage water safety and discourage pollution in Glorietta Bay, San Diego Bay and the Pacific Ocean.

**Junior
Commodore**

**Junior Vice
Commodore**

**Junior Rear
Commodore**

**Junior Sail
Fleet Captains**
Sabot A, Sabot B, Sabot C,
Laser. 420. 29er

**Staff
Junior Commodore**

**Junior Angler's
Fleet Captain**

CYC Junior Constitution And By-Laws

At the Annual Meeting of Dec. 1947, there was established a Junior Division of the Coronado Yacht Club which should function as a separate unit within the Parent Organization, being guided by the Senior Club's Constitution and By-Laws. This Junior Club was formed to give impetus to our Junior Fleet through allowing them to run their own affairs.

A board of Governors from the Senior Club acts in an advisory capacity but in no way endeavors to run the Junior Club.

Constitution and By- Laws:

- Each year in November, Jr. Officers of the Club shall be appointed, to consist of a Jr. Commodore, Vice Commodore, Rear Commodore and Fleet Captains for Sabot A, Sabot B, Sabot C, Laser, 420, 29er and Jr. Anglers Fleets. After a full term of office, Jr. Commodores on retiring shall rank as Staff Junior Commodores.
- These Officers shall constitute a Board of Directors who will have a voice in the affairs of the Junior Division; subject only to such necessary conditions the Senior Club may impose.
- A governing committee, appointed by the Senior Club, and consisting of a minimum of four senior members shall act to assist the Jr. Program, with ex-officio capacity to attend all meetings, but without the power to vote. They shall not interfere with the Junior Division's activities unless called upon to do so by either the Senior or Junior Commodores or Jr. Director only offering their services where needed for maintaining sound and progressive policies.
- All members will abide by the rules of the Coronado Yacht Club, and shall be privileged to have one representative at the Senior Board meetings without power to vote.
- The Junior Division shall act at all times in harmony with the Senior Club, and in compliance with yachting traditions.
- All Junior Members shall be eligible for membership, together with all sons and daughters under the age of twenty-one, of Senior Members.
- Yacht races shall be planned by the Junior Committee to take place on Saturdays or on any other suitable day that will not interfere with the Senior Club schedule.
- Whenever a club boat is chartered the one held responsible by the owner shall be the captain of the boat, whether he or she handles the tiller or acts as one of the crew.
- No races shall be allowed for a monetary consideration.
- No one shall be allowed to partake in any sailing activities unless he or she can swim at least fifty yards, and wears a suitable life jacket when near the water.
- Junior Board of Directors duties are to be determined by Junior Program Director and include Opening Day festivities, fundraisers, work parties and social events.

PARENTS - HOW TO HELP THE PROCESS

Sports, and particularly sailing for children, can provide invaluable tools for building self-confidence, social skills and strong work habits. It takes a coordinated effort from the coaches, staff, and parents for your child to get the most out of the program.

Tips for Success

Parents can help the entire process by doing the following:

- Use this Reference Guide to obtain answers to your questions.
- Contact the Junior Sailing Director directly with questions or problems. Provide concerns, comments or ideas outside of scheduled class times.
- Monitor the Jr. Calendar plan early for events.
- Volunteer for Jr. Program activities and fundraisers.
- Ensure sailors arrive to class on time.
- Notify instructors if sailors must leave early or cannot attend.
- Ensure sailors come to class with weather appropriate clothing (see "What to Bring").
- Support the coaches and leave the coaching to them.
- Be your child's "best fan."
- Support and root for all sailors.
- Be involved in the learning process by asking your kids what they learned or what they need to work on, etc.

Regatta Parent

What a parent can do to help ensure sailor enjoys regattas:

- One parent is expected to attend race regattas with their sailor. If either parent absolutely cannot attend, arrange for another parent to chaperone your sailor.
- Monitor the Jr. Program Calendar and plan early which regattas to attend.
- Register early, if required.
- Ensure child has space for boat on departing trailers and ensure boats are loaded prior to deadline.
- Verify times to meet at CYC or regatta site.
- Coordinate food, beverage, for the sailor at the regatta.
- Make sure sailor checks in at registration desk on the morning of the regatta.
- Make sure extra clothes are available.
- Provide assistance when asked to do so by coach.
- Deflect any distractions away from sailors at practice, regattas, or junior functions.
- Refrain from discussing issues unrelated to sailors having fun or sailing better until off club or regatta site property.
- Be supportive. Be appropriate.

How to get the most out of the racing experience

- Keep winning in perspective and help your child do the same.
- Help your child set challenging yet realistic performance goals, rather than focusing only on "winning."
- Help your child understand the valuable lessons sports can teach.
- Encourage all the competitors and congratulate those who deserve it.
- Control your emotions in frustrating situations.
- Encourage your child to compete against themselves.
- Don't define success in terms of winning and losing.
- Be supportive, but leave the coaching to the coaches.
- Respect and abide by official decisions.
- Train children to disregard uncontrollable things, such as other competitors actions, heat, wind strength, and to focus on their own efforts instead.

Special Requests from Instructors

We ask that you do not help rig your child's boat on a regular basis. Once in a while a bit of help is great. Knowledge, confidence, and ability all come from your child being responsible for the routine tasks of sailing. It is also important that the sailors learn to help each other with what they cannot do themselves. Parental coaching during scheduled classes is most likely disruptive to the curriculum and lesson plan.

We ask that, while you are on club property or at a regatta site, do not discuss topics near sailing students that may be a distraction or that do not help make the sailors experience more fun or more enjoyable. "Politics" and or other issues not directly related to the ongoing class or regatta should be taken off property or another far away location.

JUNIOR PROGRAM RULES

The following rules are intended to provide a safe, productive environment for everyone involved in CYC Junior Program.

- A Coast Guard approved life jacket **must** be worn at all times on the docks and on the water.
- No one shall jeopardize the safety of other, or themselves.
- Participants shall follow the directions of the Junior Program Director.
- Shoes or water socks shall be worn at all times. Exceptions may only occur while on a boat.
- Riding skateboards, bikes, roller blades and skates is not permitted on club property.
- Fishing is not permitted from the docks at any time.
- No one shall board private boats with out prior permission.
- Make a mess, clean a mess!
- Juniors must stay off the rocks on Club property.
- Juniors are not to climb or play on boat hoists, lockers, or sail drying poles.
- Non-Members must leave Club property unless directly involved in scheduled activities.

CODE OF CONDUCT

The Coronado Yacht Club Junior Program is committed to developing the youth of Coronado through sailing and other activities that encourage high standards in conduct and behavior. Participants and their parents/guardians must sign this agreement to be included in any activities associated with CYC.

CYC Junior Program Participants are expected to:

- Follow the rules and by-laws of the Coronado Yacht Club.
- Refrain from using foul language.
- Respect others, their property, and safety.
- Be responsible for equipment, personal or borrowed.
- Maintain control of emotions.
- Compete fairly based on the racing rules, sportsmanship and individual effort.
- Be gracious in victory and defeat.
- Having entered a regatta or event, honor the commitment to participate. Exceptions would only occur with injury, mechanical breakdown, or other major circumstances.

SAILORS SHOULD NEVER:

- Swear at, harass, or intimidate anyone.
- Borrow without permission.
- Throw anything in the water.
- Use controlled substances.

The sport of sailing requires a respect for safety, Coast Guard and Port regulations and the marine environment as well. The following rules are intended to provide a safe, productive environment for everyone involved.

DISCIPLINE

Inappropriate behavior will not be tolerated. Behavior that is disrupting the learning environment or threatening the safety of others is considered inappropriate. In cases of such behavior the Jr. Program Director or Instructor will give a verbal warning. If inappropriate behavior continues, participant(s) will be removed from class environment. Serious violations of rules may result in immediate removal from class for duration to be determined by Jr. Program Director, Jr. Advisors, and/or CYC Board of Directors. CYC Board of Directors shall determine whether violations are serious enough for expulsion from program.

ATTENDANCE

Sailors are expected to show up on time for all classes, rain or shine. If a sailor is unable to attend, or will be late, he/she or a parent must first notify the Jr. Program Director, 619.435.0522.

SWIM TEST & SWIM TEST POLICIES:

All sailors enrolled in CYC sailing classes must be able to swim 50 feet without a lifejacket.

Swim Test must be performed by Spring, Fall and Summer sailing program participants who have not completed at least two classes in CYC Jr. Program.

Swim test is intended to acclimate children to cold water and observe their comfort level in the water.

NOTE: No one shall swim near moored boats or under docks.

- Student puts on lifejacket.
- Instructor inspects lifejacket and ensures proper fit.
- Student jumps in the water with lifejacket on and floats for a few seconds.
- Instructor inspects lifejacket to ensure safe floatation and fit.
- Student demonstrates they can swim a short distance.
- Student gets out of the water using ladder.
- Student jumps back into water without lifejacket and demonstrates they can swim 50 ft.

WHAT IF SAILOR WON'T DO SWIM TEST OR CANNOT PASS TEST?

- Report problem to Jr. Director or Head Instructor.
- Sailor cannot participate in any activities on the water.
- Walk up with them to Jr. Office.
- Refer them to swim coach.

WHAT TO BRING TO CLASS

It is important to clearly mark and label all items with permanent ink to help prevent theft or loss.

What You Must Have

- A properly fitted Coast Guard approved Lifejacket
- Shoes

It is the responsibility of parents and sailors to ensure that a sailor arrives at sailing class/events with reasonable clothing.

Recommended Items for Health and Safety

Sunscreen (15 SPF or higher)
Sunglasses (Polarized)
Long sleeve T-shirt
Hat to shade the face
Water-sock style shoe (like slippers)
Windbreaker jacket or sailing "spray top"
Water bottle
Extra clothes

SECURITY OF EQUIPMENT

Mark and Label

Expensive equipment, clothing, everything should be permanently marked to help ensure they do not disappear. CYC equipment is marked with royal blue tape or paint. It is extremely important to distinctly mark all gear such as life jackets, shirts, shoes, hats, masts, booms, rudders, boat covers, etc. with:

- Permanent ink
- Etcher – engrave sail hull # or serial #

Other ways to secure equipment:

- LOCK IT! Wire cable and a black dial master lock will make it easy to secure.
- Take it home. It's a hassle, but at least it's secure.

Check lost and found at the Jr. Clubhouse and CYC Front Desk if items are missing.

Lockers

Small lockers are available for \$7.50 per month on a first come first serve basis. It is a good place to put extra clothes, food, water, sunscreen, etc.

Choose a vacant locker. Bring a dial master lock. Give money (cash or CYC charge), combination and serial # of lock to the Junior Office.

REFUNDS OF TUITION

Refunds are given to those who withdraw from scheduled class a minimum of 7 days prior to their class. A 10% processing fee will be retained.

BOAT INFORMATION

Boat Charters

The Coronado Yacht Club has developed a small fleet of boats available for charter at reasonable rates. The club presently owns 20 Naples Sabots, 6 420's, and 6 Lasers. Boat charter fees cover the maintenance of the boats. The costs per sailor / per session are \$50 for Sabots and 420's and \$100 for Laser's.

Boat Storage

Boat rack storage is available on a first-come, first-served basis, with CYC Members receiving priority. The boat must safely fit on the rack. Non-members are welcome to store their privately owned boat at the club during the duration of the session they are enrolled, provided that it is the boat that they are actively using in the class. The boat must be removed immediately at the end of the session. Space is assigned at the discretion of Jr. Program Director. To receive a rack assignment: 1) Fill out the wait list form at CYC Front Office, and 2) Wait for approval from the Jr. Program Director.

How to Keep Boats Clean

After Every Sail

- 1) Rinse and hand-wash hull, inside and out.
- 2) Rinse all gear.
- 3) Carefully store gear in gear bag and out of the sun.

Once a Month

- 1) Wash boat thoroughly with biodegradable degreaser and water and 3m white scrub pad to remove dirt.
- 2) Inspect Boat. Write down "work list" repairs or improvements needed.
- 3) Make repairs.

Once Every Three Months

- 1) Clean boat with biodegradable degreaser and 3M scrub pad.
- 2) Polish boat with Star-Brite polish with Teflon. www.starbrite.com
- 3) Polish mast with Turtle wax car wax.
- 4) Inspect all bolts, nuts, lines, tiller, rudder, leeboard and boom carefully for items that may potentially come apart or break.

Once Every Six Months

- 1) Clean boat thoroughly with biodegradable degreaser to remove wax build-up.
- 2) Remove scuffmarks with acetone solvent.
- 3) Fix dings with West System epoxy resin.
- 4) Re-apply Star-Brite polish with Teflon.

Junior Membership

Jr. Membership at CYC is available to those who want to make boating a part of their life. The Coronado Yacht Club maintains a membership cap of approximately 600 members. Junior Membership has no cap, and no waiting list. Youth Sailors who are interested in becoming a Jr. Member should coordinate the membership process with the Jr. Program Director, or Jr. Office Manager prior to receiving the membership application packet from the front desk. Parents are strongly encouraged to follow through the membership process to ensure application is complete.

Paying Junior Members pay a monthly fee. Non-paying Junior Members are sons/daughters of adult (flag) members and have all the same privileges as paying Junior Members.

Advantages to Junior Membership

CYC Junior Members receive discounts for all Junior Programs. They receive the monthly CYC newsletter The Whisker Pole and the annual CYC Yearbook. In addition, they are given a 10% reduction in Flag (adult) member initiation dues for each year of tenure in good standing as a Junior Member. (See the CYC Yearbook for specific rules regarding age limits and full time student situations.) They receive a membership card that can be used to enter other Yacht Clubs that carry reciprocal privileges with CYC. Deferred Flag status is a benefit that qualified Jr. Members may request. (See yearbook for complete details.)

They receive a membership card that can be used to enter other yacht clubs that carry reciprocal privileges with CYC.

Jr. Membership offers many other opportunities. Each year a Jr. Board and Fleet Captains are elected to help coordinate Jr. events and promote participation (see job guidelines below). Jr. Members may be part of the Coronado Yacht Club Rod & Reel Club where they have opportunities to fish and learn how to respect the environment. Jr. Members can help with our environmental mission to *Preserve, Repair, and Enhance Glorietta Bay*.

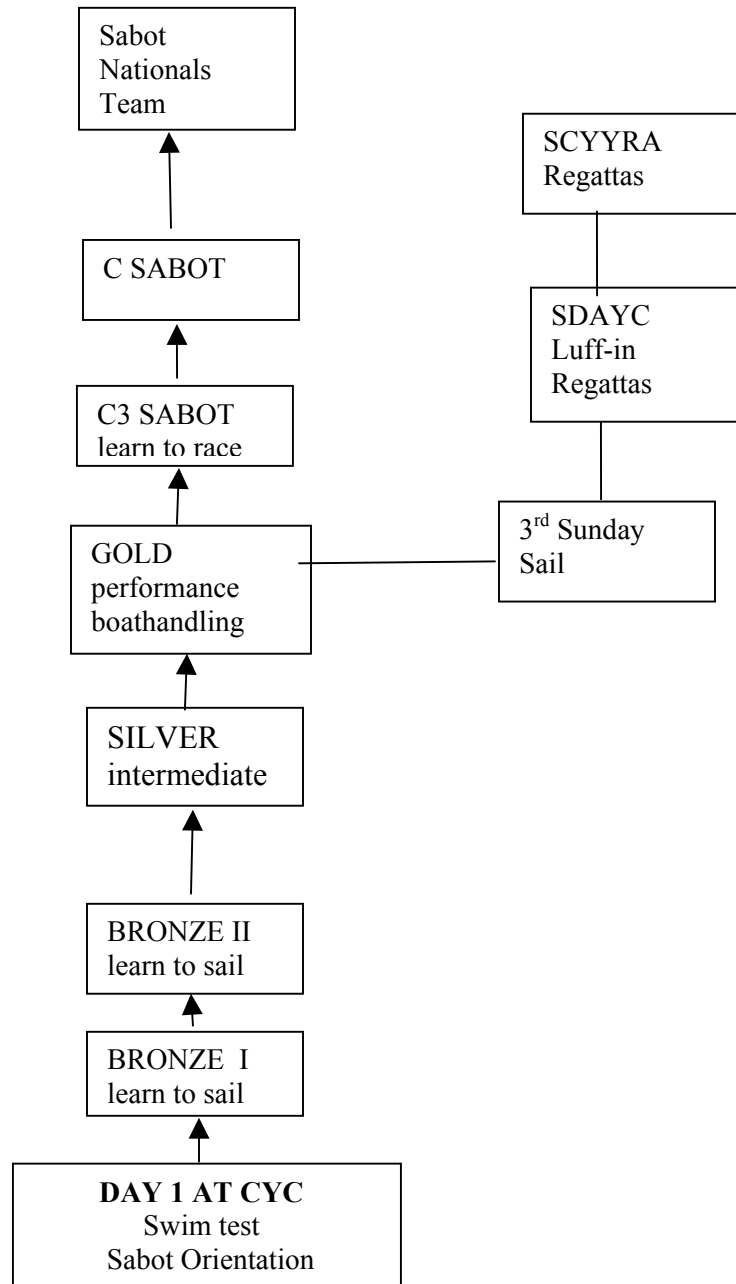
Several awards are presented to deserving Jr. Members at the annual Trophy Dinner in November. Recipients can then include this recognition on their resumes.

Non-Members

Youth sailors, whose parents aren't members and are not members themselves, are welcome to utilize the club's facilities during scheduled junior events and classes. Involvement in the Junior Program alone does not entitle non-members to any membership privileges. Before and after scheduled classes and events, the club grounds are for members only.

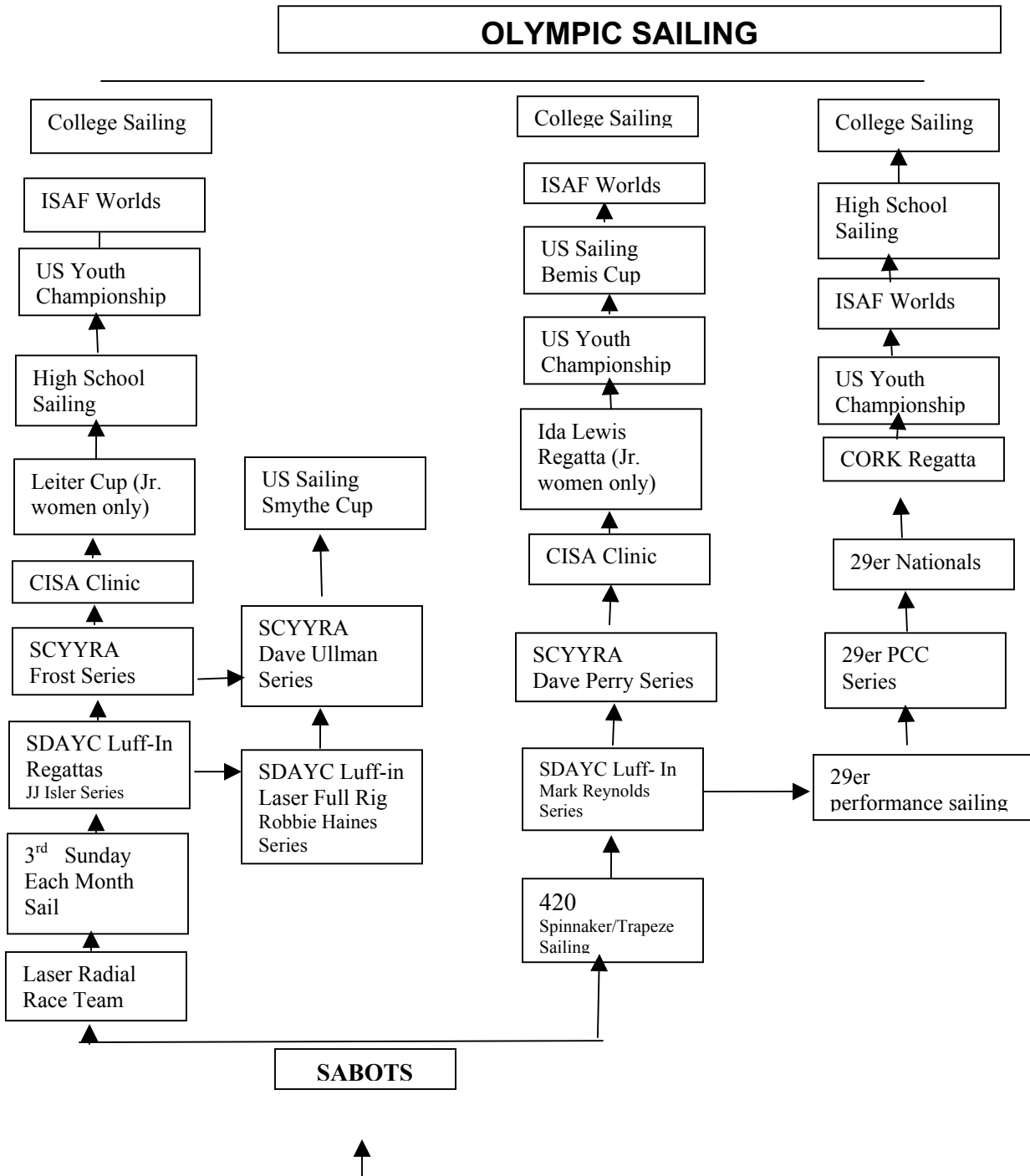
CYC SAILING CLASS PROGRESSION

Whether you start sailing in the Spring, Summer, or Fall the following flow chart will give an idea of Sabot progression. Any class may be taken more than once. Sabot Racing Classes are often taken more than once and sometimes several times depending on participation level.



BEYOND SABOTS: THE WORLD OF SAILING

The following chart lays out options for sailors once they add bigger dinghies to their regimen.



Class Descriptions

Sabot Sailing

The Naples Sabot is the boat for sailors 8-12 years old. Several classes are available which cater to sailors of different abilities. Sabots are challenging to sail and help prepare sailors for Lasers, 420's and beyond.

Bronze (Level I) is a class for new or young sailors, 8 years or older, and offers the opportunity to learn fundamental sailing skills in a fun and challenging environment.

Bronze (Level II) is for those sailors who have participated in Level I.

Silver is for those who have successfully completed the Bronze level. This class blends sailing skills with several important seamanship skills including sail handling, safety position and upwind sailing.

Gold is the third step in the Certification process. Curriculum focuses on refining the skill learned in Levels I and II and introducing fundamental race skills and knowledge.

C3 learn to race is for sabot sailors who want to get a taste of racing. The focus is on preparing for sailing regattas hosted by area Yacht Clubs. Pre-requisite for this class Gold Certification.

C race class: Is for sailors who have enrolled in C3 class at least twice or won a C3 Regatta.

Sabot Nationals Prep class is for those who compete in the Sabot A, B or C Fleet. This class will develop and refine more advanced skills that prepare sailors for success at regattas and ultimately the Sabot Nationals.

Laser/Laser Radial Sailing

Lasers and Laser Radials are very fast, fun and popular boats. They are excellent for sailors who have mastered the sabot and are looking for a new challenge. Sailors must be at least 12 years of age. The skills learned aboard the Laser can be used on any boat. Lasers can be quite physical to sail. They are raced on the local, international, and Olympic levels. Recommended sailing weight for Laser Radials is 100 – 145 pounds. Those above 145 pounds are best suited for full rig Lasers.

420 Trapeze/Spinnaker Sailing

The 420 is sailed by a crew of two, therefore incorporating teamwork. 420's are the primary boat for local, national and international youth events. Skipper's must be a CYC Jr. Program participant, Silver (Level II) certified, at least 11 years of age and approved by the Jr. Program Director.

29er Sailing

This is a bring your own boat (BYOB) class for the most advanced sailors in our program. Pre-requisite for this class is lots of sailing skill and a desire to GO FAST!

SUMMER SAILING PROGRAM

The famous Summer Sailing Program is the opportunity to learn an incredible amount about sailing in a short period of time. Using the CYC Achievement Certification Program, students are expected to participate fully, and as such, the program is not recommended as an option for unenthusiastic sailors. The Summer Program also features racing events, both low key and high caliber, and field trips. Check the Jr. Calendar for specific summer dates. The club owns a fleet of Sabots available for charter at a reasonable fee. Check the Summer Application form for specific schedule and fee amounts.

Junior Volunteer "Instructor"

The Junior Volunteer Program is an opportunity for youth to gain experience in a teaching and work environment. They must be at least 13 years of age. Their duties include assisting the instructional staff by assembling instructional aids, marks, boat keys, radios, first aid kits, helping with on the spot repairs, and most importantly, assisting on the water. This assistance from our most responsible juniors has been invaluable and very effective. Each applicant must provide a resume. An application can be obtained from the Junior Office.

Schedule

There are three separate three-week sessions that begin right after the end of most school years in mid-June. We require Jr. Volunteer Instructors for each morning session.

Summer Program Class Descriptions (Classes Vary)

Sabot Sailing

Bronze fundamentals (Level I) This class is for the child who has little or no experience in sailing. The minimum age is 8 and the exclusive boat for this class is the Naples Sabot. You do not need to own your own boat to participate if you register early. The curriculum covers fundamental safety, sailing skills, boat parts and terminology, and necessary knots and rigging. Each sailor is in his/her own individual boat. This eliminates any single child in a group from doing all the sailing as others go along for a ride. The environment is kept fun, light, and above all - safe.

Bronze (Level II) is for those sailors who have participated in Level I.

Silver intermediate Sailors should be Bronze Sail certified and able to rig, sail, and dock a Sabot without assistance. The curriculum is a substantial step up from the Bronze Sail class and emphasizes several important seamanship skills including sail handling, safety position and upwind sailing.

Gold performance boat handling his class is the third step in the certification process. Curriculum focuses on refining the skills learned in Levels I and II.

C3 Silver Sail graduates have the choice of this class or Gold Sail Level III. It is the ticket to improving skills quickly. Curriculum focuses on strong sailing skills, drills, teamwork, sportsmanship, racing and much more.

Sabot Nationals Prep Look out Sabot Nationals - here we come! The focus of this class is on gearing up for the Sabot Nationals Championship in August. Extensive prior racing experience is a must. The class follows a fast pace curriculum to build specific racing skills through drills, discussions of strategy and tactics and constant critique and analysis of each individual sailor.

Laser Jr. Advanced/Laser Radial Sailing

The Laser is the ideal boat for sailors 12 years and up or more than 145 lbs. Lasers require much more physical activity than a Sabot.

Laser B Group This class prepares sailors to be on the Laser Race Team. These sailors are encouraged to attend all 3rd Sunday Sails and San Diego area "Luff-in" regattas.

Laser Race Team - This class is the next step for Laser and Laser Radial sailors who are looking to test their skills against other youth sailors. This class encompasses on-the-water drills and exercises, physical preparation and training, discussions of strategy and tactics and constant critique and analysis to get the most from the boat and sailor.

420 Sailing

Teen Learn To Sail This class is a dynamic, challenging class for sailors 13 years old and up. The class uses FJ's to build the foundation of sailing. FJ's are sailed by a crew of two. This is a perfect springboard for year-round participation in High School and CYC Spring and Fall Sailing.

420 Trapeze/Spinnaker Sailing This is a racing class that will teach the finer points of double-handed sailing. The goal is to develop sailors for local and national regattas.

Private Lessons

Private sailing lessons may be arranged with one of our US Sailing certified instructors. The cost \$50.00 per hour for CYC Instructors with more than 10 years experience and \$35 p/hour for those Instructors with less than 10 years experience payable to CYC. No more than 6 students p/instructor and all private lessons must be approved by the Jr. Director.

CYC SAILING ACHIEVEMENT CERTIFICATION PROGRAM

To provide encouragement, incentives, and an easy measurement of advancement we have created the CYC Sailing Achievement Certification program. There are three (3) levels from the initial Bronze Sail fundamental level, through the Silver Sail intermediate level, then onto the Gold Sail level, performance boat handling.

Bronze Level I and Level II fundamentals

These initial stages cover the fundamental skills included in the Learn to Sail program curriculum. It provides immediate rewards for sailors and a means for instructors to determine what gaps need to be filled in a beginning sailor's knowledge.

Silver Sail intermediate

As the next step into intermediate sailing, this includes more advanced terminology and skills that prove to be a great challenge for sailors. These terms, skills, and knowledge are a foundation for subsequent learning.

Gold Sail performance boat-handling

This level really starts to focus on refining previously learned skills. More focus is placed upon getting the most from the boat during maneuvers and an introduction to racing.

CORONADO HIGH SCHOOL SAILING TEAM (CHSST)

The Coronado Yacht Club is the proud host of the CHS Islander Sailing Team that trains at CYC and competes both regionally and nationally. Parents and/or Volunteers of CHS handle operations. The team is recognized by CHS as a Club and requires an employed representative from the High School to sponsor the team. CHS is represented at regattas by both Varsity and JV teams and is generally open to 9th-12th grade students, with 8th grade students eligible to practice with the team upon approval from the team Board. P.E. credit may be possible. Team contact: Scott Harris 981-9215.

CORONADO MARITIME FOUNDATION

The Coronado Maritime Foundation (CMF) is a non-profit charitable and educational foundation, recognized in accordance with Section 501 (c) (3) of the Internal Revenue Code. Your contributions to CMF are tax deductible within the limits of the law. The Foundation provides grants to individuals enrolled in recognized programs of instruction in sailing and related maritime activities, and to organizations conducting these programs. "Automatic Donations" through the CYC Member Bill can be arranged and a great way to continually support the Jr. Program.

BOAT DESCRIPTIONS

Naples Sabot - www.naples-sabot.org

The Naples Sabot is the standard junior training boat in the Southern California area. Many world-class sailors started in the Sabot. The Sabot provides a stable, simple, yet capable boat for new and young sailors. Used boats to purchase are available at low cost and they hold their value very well. The **International Naples Sabot Class Association (INSA)** is the one-design association for the Naples Sabot. It is responsible for the administration of the class, and sanctions the National Championship Regatta. INSA membership is suggested for all Sabot sailors and required for all Sabot racers. INSA membership is \$15 annually per skipper. Applications are available in the Junior Office. A \$6 late fee will apply to renewals after March 31. Completed applications should be forwarded directly to the INSA secretary.

INSA Secretary
Aimee Graham

Naples Sabot
Overall Length 7'10"
Beam (width) 4'

Weight	95 lbs. min
Sail Area	38 sq. ft.

Laser & Laser Radial - www.laser.org

The Laser and Laser Radial represent the next step for single-handed sailors who are outgrowing the Sabot. With the inclusion in the Summer Olympics, the full rig Laser (male) and radial (female) has solidified its already strong position as one of the most competitive fleets in the world. On a more local level, the Laser benefits from its fast, economical, competitive, and fun racing. The boat places added emphasis on the physical side of the sport in addition to the common strategic and tactical elements. The Radial rig differs from the full rig because of a shorter mast and slightly smaller sail that accommodates lighter sailors. Recommended sailing weight for Laser Radials is 100 – 150 pounds. Those above 150 pounds are best suited for full rig Lasers.

The International Laser Class Association (ILCA) is the one-design class association for all Laser activities. The ILCA is responsible for the administration of the class rules, registration of boats and sanctions all the national championship regattas. All Laser skipper’s who race must be a member of the class association. As a member, you will receive direct regatta mailing, The Laser Sailor newsletter, stickers and decals, and an official class rulebook. Fees should be sent directly to:

LASER CLASS

27 East 63rd Street
 New York, NY 10021
 Ph: (212) 292-7245
 Fax: (309) 412-7756
Ryan.minth@nyct.net

Laser & Laser Radial

Length 13’ 10”
 Beam 4’ 6”
 Sail area full rig 76 sq. ft.
 Sail area radial 62 sq. ft.

420 - www.club420.org

The 420 dinghy is very similar to an FJ. The primary difference is the “trapeze” wire that allows the crew to stand out on the side of the boat to help balance it. The 420 is the primary double-handed boat for youth events nationally and worldwide.

FJ (Flying Junior) - www.cfjclass.org

The Flying Junior is very similar to the 420. CYC offers only a couple of FJ classes and does not send coaches to FJ regattas, instead focusing on the 420. High School Sailing and Collegiate Sailing both use the FJ without the spinnaker. The CFJ Class Association is the one-design class association for the Flying Junior (FJ). FJ Class membership is required of at least one member of each two person FJ team. Fees are \$15 and should be sent directly to the class secretary.

EVENT DESCRIPTIONS:

YOUR OPPORTUNITIES TO GET INVOLVED

(For exact dates of each event refer to the Junior Program Calendar)

Coronado Yacht Club Events www.coronadoyc.org

3rd Sunday of Each Month Sail

A regatta sailed at CYC on the 3rd Sunday of each month with some exceptions. Open to all sailors beyond CYC Gold performance boat handling level. Sailing open to Sabot, Laser Radial and Laser Full-Rig sailors. Adults welcome to sail. Great opportunity to sail and gain experience in a low-key environment. Show up at 12 noon, skipper’s meeting at the snack bar at 12:30, first of 3 practice races at 1 PM. Free coaching, free boats, and great fun!

Jr. Program Work Party

Work parties are held annually in January. These work parties require several volunteers to help with the upkeep of our floating and rolling stock. Quality equipment is critical to operating a safe, organized program and giving our sailors the opportunities they deserve.

Jr. Parent Meetings

Parent Meetings are held 3 times p/year to help coordinate activities. Parents of all Jr. members and non-members are invited. Mandatory attendance is required of at least one parent of sailor(s) in ongoing Program. Parents must notify the Jr. Program Director if neither is able to attend.

Jr. Sailor Awards Banquet

This event, held in November recognizes all the sailors and supporting volunteers from the Fall and Spring sailing programs.

4th of July Glorietta Bay Ice Sales/Trash Collection

Fundraiser held during the 4th of July weekend. Volunteers sell and deliver ice to the hundreds of boats in Glorietta Bay and collect their trash for a fee.

CYC Opening Day

Jr. Board members and Fleet Captains are expected to be present at this ceremony held annually in May, which opens the sailing season. Best sabot competition held before ceremony with the Lenson Sr. Sabot Race afterward.

Adopt-a-Beach Clean-up

The Junior Program is the pilot program for the Coronado Clean Coastlines Program. All youth sailors, Jr. Members, and parents are invited to help with a quick clean up 3 times per year of a selected area, beach or park.

Lenson Sr. Sabot Race (Memorial Day)

Sailed after CYC Opening Day ceremonies. Sr. Sabots sail with a Jr. Race Committee. Everyone sails club sabots.

Sam Cobean Jr. / Sr. Sabot Race (Labor Day)

Sailed at CYC over Labor Day weekend, this event is a fun regatta open to Jr. and Sr. Members of CYC. Sailors may sail any sabot, either club owned or privately owned.

CYC Annual Awards Dinner

Dinner held annually in November that recognizes achievements of Jr. Members, Youth Sailors and volunteers. Award winners are notified in advance and must RSVP to attend.

Spring/Fall Program Graduation Party

Party held at the end of May and in mid-December for graduating students' of Spring and Fall Programs.

Wine Auction/Cocktail Party Fundraiser

Party held to raise money by auctioning donated bottles of wine. This event is fun and raises money for sailing scholarships for CYC Spring/Fall and Summer Programs.

Summer BBQ Lunch Fundraiser

BBQ style lunches are sold to summer sailors during the lunch break and generally held on Fridays. Proceeds go toward boat maintenance.

Casino Night Fundraiser

This event is the biggest fundraiser for the Junior Program. Held annually in Fall, this event combines

fun with raising money to replace old boats and equipment.

San Diego Association of Yacht Clubs (SDAYC) Events

Sabot/Laser/Laser Radial "Luff-Ins" (Conner/Haines/Isler Perpetual Series)

A series of six regattas ("Luff-Ins") open to all Sabot sailors, fleets (A, B, C1,C2,C3), and all Laser and Laser Radial sailors under the age of 19. The Dennis Conner perpetual trophy is awarded at the final "Luff-Ins" to the top Sabot A Fleet sailor, the Robbie Haines perpetual trophy is awarded to the top Laser sailor in the San Diego area, and the JJ Isler perpetual trophy is awarded to the top Laser Radial sailor based on results calculated from the sailor's final finishing position in all six Luff-Ins.

SWYC	Early February
OYC	May
MBYC	Early June
CYC	July
SDYC	October

420/FJ "Luff-In" (Reynolds/Hart Perpetual Series)

A series of six regattas ("Luff-Ins") open to all 420's and FJ's. The Mark Reynolds perpetual is awarded at the final "Luff-In" to the top 420 Skipper and Crew and the Doug Hart perpetual to the top FJ Skipper and Crew..

SWYC	Early February
SDYC	March
OYC	April
MBYC	Early June
CYC	July
CVYC	October

Southern California Yachting Association (SCYA) www.scya.org.

Midwinter Regatta (All classes)

Sailed in February each year. 2007 was the 78th year that the SCYA has sponsored and coordinated the Midwinter regatta. With approximately 30 yacht clubs hosting different classes and nearly 1000 boats competing over the same weekend. This is not a Jr. Event as it is open to sailors of all ages.

Southern California Youth Yacht Racing Association (SCYYRA) Events

www.scyyra.org.

North Series (Sabot)

Fleet racing for the Sabot A Fleet. The purpose is to encourage travel and high caliber competition for youth racing in Southern California at the major bays for Naples Sabots. The North perpetual trophy is awarded to the top Sabot A Fleet sailor for Southern California based on results calculated from the sailor's finishes at these four regattas through the winter months.

Junior Invitational	January, SDYC
Spring Gold Cup	March, NHYC
Fall Regatta	September, ABYC
Jr. Commodore's Regatta	November, MBYC

Ullman/Frost (Laser/Laser Radial)

A series of regattas open to all Laser (Ullman), and Laser Radial (Frost) sailors under the age of 21. The Ullman and Frost perpetual trophies are awarded to the top sailors in their respective classes in Southern California based on the skipper's finishes at these regattas:

Labor Day Regatta	September, ABYC
Turkey Day Regatta	November, ABYC
Midwinter West Regatta	March, MBYC
	May, CalYC

Perry (420)

A series of regattas open to all 420 sailors under the age of 21. The Perry perpetual trophies are awarded to the top sailors in their respective classes in Southern California based on the skipper's finishes at these regattas:

Perry #1	September, CBYC
Perry #2	November, SDYC
Perry #3	January, CYC
Perry #4	April, BCYC

Shadden Series (FJ)

A series of four regattas open to all Flying Juniors (FJ's) sailors under the age of 21. The purpose is to encourage travel and high caliber competition for youth racing in Southern California at the major bays for the FJ double-handed dinghy. The series takes place in the fall and winter months of each year. All sailors under 21 are eligible. The skipper and crew with the lowest combined points for all of the series regattas wins.

Fall Gold Cup (2 day)	September, NHYC
Regatta (1 day)	October, CalYC
Regatta (1 day)	January, SDYC
Regatta (2 day)	March, ABYC

Dick Sweet Perpetual Series (Sabot) Team Race

Sabot Team Racing for teams of 3 sailors. Open to all clubs in the Southern California area. Two teams at a time compete, with a complete round robin constituting a regatta. Three separate regattas during July make up the entire series. Members from a team must be from the same yacht club.

Governor's Cup (GC 21)

An International junior Match Racing Regatta. Hosted by Balboa YC. The skipper and crew must be 15 years old or older but must not have reached their 20th birthday by the finish of the event. Skipper and crew must be from the same club. 3 sailors and an alternate represent each club. Yacht clubs wishing to participate must make a challenge by filling out an application with a resume of the team and the challenging club.

International Naples Sabot Association (INSA) Events, www.naples-sabot.org

Sabot Nationals

Held each year in either the San Diego, Newport Beach or Long Beach areas. As per INSA rules, sailors are either pre-qualified from the prior year, or they sail on the elimination day and qualify for the remaining spaces available.

Sabot II South & Sabot II Championship "11 and under" Regattas

Sailors 11 years of age and under may participate in the Sabot II South Regatta. The top 10 sailors continue on to compete in the Sabot II Championships. Location varies.

California International Sailing Association (CISA) Events www.cisasailing.org

Advanced Racing Clinic

An advanced racing clinic hosted by Alamitos Bay Yacht Club during Spring Break each year. Attendees are accepted based on sailing resumes. Classes of boats include Laser, Laser Radial, FJ, 420 and 29er's. Instructors are all former Olympic, World, Collegiate or Youth National Champions.

Thanksgiving Clinic

An advanced clinic hosted by ABYC that is invitation only.

CISA Team for the Orange Bowl Regatta

One of a few regattas where So' Cal sailors can receive grants and participate as part of a team at one of the largest youth regattas in the world. Orange Bowl is held annually immediately after Christmas Day.

High School Sailing Events

Pacific Coast Interscholastic Sailing Association (PCISA) www.pcisa.org

On the West Coast, the Pacific Coast Interscholastic Sailing Association (PCISA) calendar consists of six events that represent the qualification series for the Mallory Trophy (see below). Each team's best three regattas count for 10% each, and the final regatta (the Pacific Coast Championship) counts for a whopping 70% of the final score. Approximately 5 teams qualify from the PCISA district to attend the High School Nationals (Mallory Regatta).

Sea Otter Regatta (1/6)

This regatta is hosted by Monterey YC in October.

Anteater Regatta (2/6)

This regatta is hosted by UC Irvine in December and sailed in Newport Harbor.

Rose Bowl Regatta (3/6)

Hosted by USC in January and sailed in Long Beach Harbor.

Cardinal Regatta (4/6)

Hosted by Stanford University in February and sailed on San Francisco Bay.

Gaucho Regatta (5/6)

Hosted by UC Santa Barbara in March and sailed in the ocean off Santa Barbara.

Pacific Coast Championship Gold Fleet (6/6)

Site varies, sailed in April. This regatta represents the most heavily weighted event towards qualifying for High School National Championship.

Silver Fleet (JV) Pacific Coast Championship

Site varies, sailed in April. This regatta provides a separate venue/regatta for teams that were unable to qualify for the gold fleet PCC's.

"SoCal" Regattas

These events are "practice regattas, hosted by various clubs throughout California, and trophies are awarded to "non-varsity" sailors only. These events have no effect on PCISA qualifying results

Interscholastic Sailing Association (ISSA) Events www.highschoolsailingusa.org

High School sailing is popular nationwide with over 250 registered schools. The ISSA administers High School Sailing nationwide.

Mallory Regatta (established 1930)

The double-handed National Championship sailed in May. Includes teams from across the nation that have qualified in their district through a series of races during the school year. The event is usually sailed in FJ's or 420's. The location rotates around the country from year to year.

Cressy Regatta (established 1930)

The single-handed National Championship is sailed in October. Includes individuals from across the nation that have qualified in their district at Cressy Elimination Regatta. The event in full rig Lasers and Laser Radials. The location rotates around the country from year to year.

Baker Regatta (established 1960)

The Team Racing Nationals Championship sailed in April provides a whole different challenge with separate rules and format. Each team qualifies in their district and is represented by 6 sailors. FJ's or 420's are the boats most often used.

US Sailing Association Junior Championships www.ussailing.org

Jr. Women's Single-Handed Nationals (Leiter)

This event is open to girls 13-18 years old for the entire calendar year of the event. It is most often sailed in Laser Radials, and the site varies throughout the United States. There is no qualification racing for this event. However, participants should have prior experience racing Laser Radials. Boats are not provided. Boat charters are available.

Jr. Women's Double-Handed Nationals (Ida Lewis)

This event is open to girls 13-18 years old. It is most often sailed in 420 dinghies, and includes the spinnaker and trapeze. Site varies. There is no qualification for this event. However, participants should have prior experience in 420's or FJ. Boats are not provided. Boat charters are available.

Sears/Bemis/Smythe Junior Championships

These are US Sailing sponsored ladder events open to juniors at least 13 years old but who have not reached their 18th birthday during the calendar year. The Sears Cup is crews of 3 or 4 in Lightnings, J-24's, or Santana 20's. The Bemis Cup is double-handed boats, either 420's, Laser II's, or FJ's. The Smythe Cup is almost always sailed in Lasers. Any junior can participate in the "Area J" qualifier usually sailed in June or July. Simply register and race. The first place finisher in each of the three divisions advances to the final event sailed during the third week of August.

Junior Olympic Festivals

These regattas are run in each of seven regions in the United States. The California event is held in July and the site varies. Boats involved are most often Lasers, Laser Radials, FJ's, 420's and 29er's. Winners qualify immediately for JO National Championship, aka US Youth Champs.

US Youth Champs

This is the most prestigious national junior event of the sailing season each year. It is open to all juniors age 19 and under who are accepted through an application/resume process. Applicants may not turn 20 years old in the calendar year. Approximately 60 single-handed, 30 double-handed teams, and 30 board sailors are selected by virtue of their sailing resume by US Sailing's Championship Committee. The boats used in these events are decided upon years in advance to allow sailors to train and campaign for this event. Applications are available in early January and are due back to US Sailing by April 1st. Acceptances are sent out by early May, and the Championships are usually held in June.

CYC ANNUAL YOUTH AWARDS

CYC Awards

Coronado Yacht Club presents several awards to Junior Members and Junior Program participants at the Annual Trophy Dinner held in November. These awards are presented for superior qualities of attitude, sailing skills, sportsmanship, Corinthian spirit, etc. The purpose of the awards is to recognize individuals who achieve standards well above average. They are intended to provide encouragement and incentive to those who represent CYC and consistently excel in the areas listed above. The "racing season," for which several Awards are dependent, shall be from the first regatta after the trophy dinner until the Jr. Commodores Regatta at MBYC in November of the following year.

John Callahan Memorial Trophy

(Established 2001, the Callahan family and John's many friends)

This trophy is to be awarded to an enthusiastic sailor in Coronado Yacht Club's youth program who demonstrates persistence, determination and regular participation in an effort to improve his/her sailing skills.

Cynn timer Dennett Memorial Trophy

(Established 1961, friends of Cynn timer Dennett. Amended 1974, R.H. Lenson)

Presented to the Junior Member of CYC who throughout the year demonstrates superior qualities of SPORTSMANSHIP, PERSONAL CONDUCT, AND HELPFULNESS. Conduct that aids and supports the accomplishment of club sailing, social and other related activities shall be weighed heavily in choosing the recipient. Service as Junior Division officers, committeemen, as well as participation in sailing events are examples of the people to be considered. The CYC Board of Directors appoints selection Committee.

Scott Harris Memorial Award

(Established 1989, Friends of Scott Harris)

Presented to the "Outstanding Junior Competitive Sailor of the Year, under the age of 21, in good standing as CYC Member for previous 12 months, to be selected for their achievements and contributions to the sport of competitive sailing." Sail Fleet Captain directs the selection process, by ballot, voted by members of CYC, who skipper a yacht they own or charter, which competes in no fewer than (12) club, local, or SCYA races during the (12) months preceding the vote. Should a tie occur in voting, a run-off ballot will be held.

David Allen Smith

(Established 1992, CYC Board of Directors)

Awarded to Jr. Member or Junior Program Participant in recognition of his/her ATTITUDE, ACCOMPLISHMENTS, and SPORTING CONDUCT exemplifying the Corinthian spirit in the sport of sailing.

- * Selection shall be jointly by the Jr. Program Director and Jr. Parent Advisor(s).
- * The CYC Board of Directors may, at its pleasure, provide a scholarship or monetary award to the winner.

Dennlert High Point Perpetual Trophy

(Established 1966, Philip Dennler)

Presented to the Naples Sabot Sailor, under the age of 14 who accumulates the highest number of points as determined by the Jr. Program Director in the areas of RACING, SEAMANSHIP, SPORTSMANSHIP and BOAT MAINTENANCE.

- * The class of boat for this award shall be the Naples Sabot. Sailors of all fleets (A,B,C1,C2,C3) shall be eligible.
- * The recipient shall not have reached their 14th birthday by CYC Opening Day (May) of same year.
- * The racing portion of this award shall consist of Summer "Luff-in" regattas at MBYC, CYC and SDYC, and the Sabot Nationals. (see HP formula).
- * Up to 25 points will be awarded by the Jr. Director based on their observations for seamanship and sporting conduct.
- * 20 points will be awarded to all entries in Best Sabot competition held on CYC Opening Day in May. 25 points will be awarded to the winner of the competition.

Laser Fleet Champion

(Established 1987), Mike Bingham)

Presented to the Junior Member who has achieved the lowest points (see LP formula) racing in Laser or Laser Radial during the racing season, and consisting of the following regattas:

SDAYC "Luff-ins"

SCYYRA Ullman/Frost Series

- * If appropriate, award will be presented for Laser "Full-Rig" and Laser Radial sailor, and both names shall be engraved on Perpetual award.

Sabot Fleet Champion

(Established 1961, CYC Board of Directors)

Presented to the Junior Member who has achieved the lowest points (see LP formula) racing the Naples Sabot in the following regattas:

SDYC Jr. Invitational

SDAYC "Luff-ins"

Sabot Nationals

MBYC Jr. Commodore's Regatta

Junior Commodores Corinthian Award

(Established 1948, Bob Phillips)

Presented to the Junior Member that best exemplifies the Corinthian spirit. The recipient shall be determined by the Junior Program Director and Junior Advisor(s).

Uncle Bill Junior Yacht Races Perpetual

(Established 1948, W.F. Betzer, amended 1997 Thom and Gina Bernsen)

Presented to the Junior Member (skipper) who has accumulated the highest total points (see HP formula) during the year. Points shall be accumulated for any class of boat that is sailed in a sanctioned (SDAYC, SCYYRA, US Sailing) Jr. Event.

Seven-Up Cup

(Established 1947, Elmer Muhl and Seven-Up Bottling Company)

Presented to the Junior Member who has accumulated the highest total points (see HP formula) in any individual class of boat during the year.

Sam Cobean Perpetual Sabot Trophy

(Established 1955, Sam Cobean)

Awarded to the top finisher in the Jr/Sr. Sabot Regatta during Labor Day weekend.

Lenson/Opening Day Sr. Sabot Race

(Established 1973, Bob Lenson)

Awarded to the CYC Member (over 18 yrs) who wins the 3-race Sabot regatta on CYC Opening Day.

Jr. Directors Special Recognition Award

(Established 1998, Jon Rogers)

Awarded to any number of CYC Jr. Members, Volunteers or youth sailing participants who through their actions earn special recognition. Those to be recognized shall be selected by CYC Jr. Program Director. John Callahan Memorial, and the Fred and Ann Kirshner Award.

Fred and Anne Kirschner Perpetual Award.

(Established 2003, Allie Collier Ginty)

Awarded to an adult/adults who have consistently performed dedicated service to Coronado Yacht Club Junior Sailing.

CYC HIGH POINT FORMULA

Sailor is awarded points based on largest regatta of year. For example; 180 boats are entered in Dutch Shoe Marathon. Any sailor that places 1st in any Jr. Regatta is scored 180 points, 2nd place 179 points, 3rd place 178 points. Sailors who do not attend get 0 points.

CYC LOW POINT FORMULA

Overall finish position in regatta divided by number of entrants in fleet multiplied by 100. Example: 6th place with 20 entrants = $6/20 \times 100 + 30$ points. Most points a sailor can get if they attend are 100 points. Sailors who do not attend get 200 points.

INSA Award

Jeanne Lynch Award

Presented annually to an individual who has made outstanding contributions to the Naples Sabot Association.

San Diego Area Yacht Clubs (SDAYC) Awards

Paul J. Hartley "Junior Yachtsman of the Year"

The Paul J. Hartley Memorial Award recognizes a junior yachtsman or yachswoman under the age of 18 for both service to their community and their ability on the water. CYC award recipients: 1974 Sue Mercer; 1991 David Houser; 1999 Lauren Bernsen; 2001 Lauren Bernsen.

Yacht Racing Union Of Southern California (YRUSC) Awards

Youth Excellence Award

This award is presented annually to an outstanding youth sailor for his or her achievements in racing, citizenship, sportsmanship and social attitude. CYC award recipients: 1990 David Houser, 1999 Lauren Bernsen.

The Jessica Uniak Sportsmanship Trophy

This trophy is awarded annually to a volunteer involved in youth sailing that has exhibited outstanding enthusiasm and energy in advancing youth sailing.

SAN DIEGO AREA JUNIOR PROGRAMS & CONTACTS

CYC

Coronado Yacht Club Junior Program
1631 Strand Way
Coronado, CA 92118 619 435-0522
Jon Rogers – Interim Jr. Program Director
jrdirector@coronadoyc.org www.coronadoyc.org
cycjrs@coronadoyc.org

CVYC

Chula Vista Yacht Club Junior Program 422-7888
897 Buena Vista Way
Chula Vista, CA 91910
-Jr. Advisor

CCYC

Coronado Cays Yacht Club Junior Program 429-0133
503 Grand Caribe Causeway
Coronado, CA 92118
- Advisor

NYC

Navy Yacht Club "Fiddler's Cove" 435-8788
MWR Dept., Bldg. #25 www.nycsd.org
Navy Amphibious Base
Coronado, CA 92155-5000

MBYC

Mission Bay Yacht Club Junior Program (858) 488-0121
1215 El Carmel Pl. www.mbyc.org
San Diego, CA 92106
Chris Wright - Jr. Director juniors@mbyc.org
Doug Paine - Program Advisor

OYC

Oceanside Yacht Club Junior Program (760) 722-5751
1950 Harbor Dr. North www.oceansideyc.org
Oceanside, CA 92054

-Parent Advisor

SDYC

San Diego Yacht Club Junior Program
1011 Anchorage Ln.
San Diego, CA 92106
John Fretwell – Program Director
Fred Larson - Parent Advisor

758-6320
www.sdyc.org

SWYC

Southwestern Yacht Club Junior Program
2702 Qualtrough
San Diego, CA 92106
Jana Odou - Program Director
– Advisor

222-0438
www.southwesternyc.org

SGYC

Silver Gate Yacht Club Junior Program
2091 Shelter Island Drive
San Diego, CA 92106
-Advisor

222-1214

SOUTHERN CALIFORNIA YACHT CLUB LISTING
(San Diego area clubs listed above)

ABYC	Alamitos Bay Yacht Club	(562) 434-9955	www.abyc.org
BCYC	Bahia Corinthian Yacht Club	(949) 644-9530	www.bcy.org
BYC	Balboa Yacht Club	(714) 673-3515	www.balboayachtclub.com
CBYC	Cabrillo Beach Yacht Club	(310) 519-1694	www.cbyc.org
CaIYC	California Yacht Club	(310) 823 4567	www.calyachtclub.com
DPYC	Dana Point Yacht Club	(949) 496-2900	www.dpyc.org
DRYC	Del Rey Yacht Club	(310) 823-4664	www.dryc.org
KHYC	King Harbor Yacht Club	(310) 376-2459	www.khyc.org
LIYC	Lido Isle Yacht Club	(949)673-6170	www.lidoisleyachtclub.org
LBYC	Long Beach Yacht Club	(562) 598-9401	www.lbyc.org
NHYC	Newport Harbor Yacht Club	(949)673-7730	www.nhyc.org
SBYC	Santa Barbara Yacht Club	(805) 965-8112	www.sbyc.org
USSCLB	US Sailing Ctr, Long Beach	(562) 433-7939	www.ussclb.org

GLOSSARY OF TERMS

Abeam	Off to the side of a vessel at right angles to the boat's centerline.
Aboard	On or in the boat
Anchor	A device used to hold a boat to the sea bottom
Aft	At, near or towards the stern.
Apparent Wind	The wind that flows over a moving boat, which is a result of the "true wind" affected by the movement of the boat.
Appendage	An underwater fin such as a centerboard dagger board, leeboard or rudder.
Astern	Behind the boat
Backing	Pushing out a sail so that the wind fills it from the opposite side. Used to slow a boat or turn the bow away from the wind when in irons; back winding – a sail backwinds with the wind funneling on the wrong side.
Bailer	A device used to remove water from the boat. A bailer is required equipment for a Sabot.
Batten	Thin fiberglass or wood slats that are inserted in the leech (outside) of the sail for added support.
Beam	Maximum width of a boat; beam reach – sailing at approximately 90 degrees to the wind with the wind coming from abeam and the sails eased about half way.
Beat	Advance to windward on alternate tacks; beating – to sail to windward, close-hauled, tacking to make way to windward.
Bitter end	End of a line.
Block	A pulley that is encased in its own housing. A block will help to add purchase when pulling on a line. It is important to use the correct size line with the blocks on your boat.
Bolt rope	Sewn around luff and foot of sails to give added strength to sail where it attaches to mast or boom.
Boom	Horizontal spar that supports the foot (bottom) of the sail. Named for the sound it makes when it hits someone's head.
Boom Vang	A line that runs from the boom to the base of the mast. The vang helps keep the boom down and tighten the back (leech) of the sail.
Bow	The forward part of a boat, the pointy end.

- Bow Line** Also known as a painter. The bow line is used to tie the boat to the dock or to a tow line. Minimum 10 foot bowline is required equipment. Best if at least 1/4" in diameter.
- Broad Reach** Sailing with the wind coming over the rear corner of the boat (quarter), or with the bow approximately 120-160 degrees from the source (eye) of the wind.
- By-the-lee** Running with the wind on the same side as the boom, increasing the possibility of an accidental jibe.
- Burgee** A flag, often triangular, that serves as the unique emblem for each yacht club.
- Capsize** A boat turned over on its side or upside down (turtled).
- Cast off** To untie a line and let it go, or remove a line from a cleat and let it go.
- Catamaran** A boat with two parallel hulls.
- Centerboard** A thin, wide blade going down through the bottom of the hull in the center of the boat. This blade helps to keep the boat from going sideways in the water. It serves the same purpose as a leeboard or a dagger board.
- Center of Effort** Center of sail area, the focal point of the forces generated by the sail area.
- Center of lateral resistance** Center of underwater hull profile, the focal point of the forces generated by the underwater foils.
- Cleat** A fitting where a line can be secured.
- Clew** The aft lower corner of the sail is the clew. It is where the foot and the leech of the sail meet.
- Close-hauled** Sailing as close to the wind as possible.
- Close reach** Sailing with the wind forward of the beam, or with the bow approximately 60 degrees from the eye of the wind.
- Clove Hitch** Similar to two half hitch knot. Most often used to hang fenders over side of boat for protection.
- Course** The direction a boat is steered to reach a destination; or the compass heading; or the angle a boat is sailing relative to the wind.
- Crew** The people who help the helmsperson sail a boat.
- Cockpit** Open part of boat.
- Cunningham** A control line used to tension the forward edge (luff) of a sail, similar to a downhaul.
- Dagger board** Foil raised and lowered vertically used to reduce leeway, different from centerboard which is pivoted instead of raised.

Dinghy	An open boat, or one partially decked over without a cabin.
Dolly	A lightweight trailer that is used to move boats from their storage rack to the launch dock.
Duct Tape	A heavy duty, usually gray tape that will fix almost anything at least temporarily. You can never have enough.
Ease	To slack a line or sail, ie. To “sheet” out.
Eye of the Wind	From the source of the wind; directly into the direction from which the wind is blowing from, the no-sail-zone.
Fairlead	Block or fitting used to change the direction of a running line such a jib sheet.
Feathering	Sailing upwind so close to the wind that the forward edge of the sail is stalling or luffing, slightly thus reducing the power generated by the sail and the angle of heel without stalling completely.
Fenders	Cushions to reduce the chafe between a boat and the dock or other boats
Fiberglass	Most modern boats are made of fiberglass. It is a woven material impregnated with a liquid resin that is very stiff when the resin dries.
Figure 8 knot	Stopper knot in the shape of an “8” used for the end of a line to prevent it from passing through a fairlead or eye.
Fleet	For racing purposes, sailors are grouped in fleets according to experience. The Sabot “A” fleet is the more advanced group, with B, C and C3 fleets being progressively more basic.
Flying Junior	The FJ is a two person boat. It is a primary junior training boat, often used in high school sailing events.
Foot	The bottom edge of the sail between the tack (front corner) and the clew (back corner).
Forestay	Forward support of mast, usually wire lead from bow to mast, part of the standing rigging.
Give way	The boat which must alter course to avoid another boat, the burdened boat in the Rules of the Road
Gooseneck	A hinged fitting on the mast that connects the mast to the boom.
Grommet	A metal ring in a sail that allows lines to be connected through or to the sail. Both the clew and the tack have grommets.
Gudgeon	A “U” shaped fitting on the back of a boat used to connect the rudder to the hull. Most sailing dinghies have two gudgeons.

Halyards	Lines that are attached to the head of a sail and used to hoist sails up the mast.
Head	The top of the sail.
Header	A wind direction change “shift” that brings the wind closer to the bow.
Heading	The direction the boat is travelling at any given moment.
Head Up	Turn the bow of the boat toward the wind.
Heel	To lean a boat over, generally away from the wind.
Helm	1) the tiller; 2) the tendency of a boat to turn toward the wind (weather helm) or away from the wind (lee helm)
Helmsperson	The person who steers a boat, ie. skipper
Hiking Out	The action of hanging over the side of the boat in order to keep the boat flat on the water.
Hiking Boots	Special boots made of thick rubber that protect and support a sailor’s ankles when using the hiking strap to hike out.
Hiking Strap	A strap, usually stiff, sometimes padded for comfort, attached to the bottom of the cockpit under which a sailor places his/her feet in order to hold the sailor in the boat while hiking out.
Hull	The actual body of the boat.
INSA	International Naples Sabot Association. This is the class association for the Sabot. All Sabot racing fleet members must join.
In irons	A boat head to wind with all sails luffing and no maneuverability.
Inspection Port	A hole in the hull of the boat that allows the skipper to reach inside the hull to make repairs, or sponge out water.
Jib	The front sail on boats with two or more sails. It is small and triangular in shape.
Jibe (Gybe)	Turning the boat away from the wind so the stern passes through the wind and the sail(s) switches sides.
Laser	A popular 14 ft. high performance single hand boat. Used in the Olympics for men’s and womens single hand event.
Lee	The area sheltered from the wind, downwind; leeward (pronounced loo-ward) – the direction away from the wind, the side of the boat opposite the windward side.
Leech	The aft edge of the sail. The leech connects the head and the clew of the sail.
Life jacket	A jacket type device that provides flotation when sailors are in the water. A Coast Guard approved Personal Flotation Device (PFD) must be worn by all Junior’s while on

the docks or the water. Only the vest type jacket is acceptable.

- Luff or Luffing** 1) The forward edge of the sail nearest the mast, between the tack and the head of the sail; 2) when a sail is waving back and forth as the sail is “eased” out too much or the boat is heading into the wind, the sail is said to be luffing, like a flag flying in the breeze. 3) when the boat turns its bow toward the wind the boat is said to be luffing.
- Mainsheet** The line attached to the boom that controls the Mainsail in and out.
- Mast** The vertical spar that supports the sail.
- Mast blocks** Small pieces of wood or plastic used to support the mast in a forward or aft position.
- Mast Tube** A tube on a Sabot that the mast fits into and supports the mast.
- One-design** Any class of boat that has specific requirements for size and shape of hulls, sails and equipment to keep them equal, ie. Sabots, FJ’s and Lasers.
- Outhaul** A line attached to the clew of the mainsail and used to stretch the sail out along the boom. The outhaul controls the “depth” of the sail.
- Paddle** A small board or device used to move the boat in case of emergency or lack of wind. Paddle is required equipment on Sabots and many small boats.
- Pintles** The pins on the rudder that are inserted into the gudgeons on the transom of the boat to connect the rudder to the hull.
- Planing** When a boat accelerates enough to break loose from its bow wave and ride on top of the water.
- Port** Refers to the left side of the boat as well as to which tack a boat is on. If a boat is on “port tack” the wind is coming over the left side of the boat.
- Ratchet Block** These are special blocks that rotate in only one direction. They grip the line passing through the ratchet block, relieving some of the “pull” on that line.
- Reach** Sail with the wind over the side. i.e A Beam reach is the wind approx. 90 degrees from the bow, broad reach 130-170 degrees from the bow, or close reach with the wind 55-80 from the bow.
- Rudder** The movable, underwater blade on the transom of the boat used for steering.
- Run** Sail downwind, with the wind aft or nearly so, ie. Sailing with the wind.
- Sabot** A popular one person sailing dinghy used mainly in Southern California. They are 8 ft. long and weigh about 100 lbs.
- Sail** The part of the boat’s equipment which is usually made from cloth and which is attached to the mast and is the boat’s primary reason for movement.
- Sailing Instructions** At each regatta, these are made available to all competitors. They tell the

sailors important information about the schedule for the day, starting order, courses to be sailed, etc.

- Sea breeze** Wind from the ocean caused by warm air rising over the land and the cool ocean wind replacing it.
- Shackle** A U shaped metal ring with a pin to close the “U”. It is used to connect objects together, such as connecting the jib halyard to the head (top) of the jib.
- Sheets** All lines on a boat which are used to control the in and out motion of sail.
- S-Hook** A stainless steel “S” shaped hook used on the end of many control lines that allows for quick hook up and disconnect.
- Shrouds** Wires that hold the mast to the sides of the boat and support the power of the sails. Part of the standing rigging.
- Skipper** The person in charge of the boat, usually the person steering the boat.
- Skippers Meeting** All regattas begin with a Skippers Meeting. The meeting reviews the Sailing Instructions, special rules and to answer questions. Check Notice of Race (NOR) or Sailing Instructions to determine the time and place.
- Stand on** To hold course, the privileged boat in the Rules of the Road.
- Starboard** Refers to the right side of the boat. A boat is on a “starboard tack” when the wind is on its starboard side (coming over the right side of the boat).
- Stern** Aft (back) end of a boat.
- Stopper knot** A knot on the end of a line to prevent it from passing through a block, like the Figure 8 knot.
- Tack** 1) If a boat’s bow passes through the eye of the wind, then it is said to be tacking. 2) The direction the boat is sailing (see starboard and port). 3) The lower front corner of the sail where the luff and the foot of the sail meet.
- Telltails** Small lengths of lightweight material attached to the sail near the luff or batten pockets of main sail to indicate the airflow over the sail.
- Thwart** A structural board in the center of a Sabot. Juniors should sit next to the thwart when sailing.
- Tiller** The long piece of wood that is connected to the top of the rudder. It changes the boat’s direction when moved from side to side.
- Tiller Extension** A hinged extension attached to the tiller that allows the skipper to steer the boat while sitting forward or hiking out. This is standard equipment for all boats in the program.
- Transom** The very back edge of the boat is called the transom. It is where the name of the boat

is often painted.

Traveler A line or track that controls sideways movement of the boom and mainsail.

Trim 1) Pulling or “sheeting” in a sail. 2) Fore and aft balance of a boat or 3) can be used to refer to the adjustment of sails to take the best advantage of the wind.

True wind The speed and direction of the wind felt by a stationary object.

Turtle, turn turtle When a vessel is capsized and completely inverted so that its hull is above the water and its mast is submerged.

US SAILING The United States Sailing Association. All sailors should belong to this organization. US Sailing sponsors all Junior National Sailing Championship events.

Weather Toward the wind.

Windward The general direction the wind is coming from.

Wing and wing Running before the wind with the main sail and jib on opposite sides of the boat

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“A boat or competitor shall give all possible help to any person or vessel in danger.”
Fundamental Rule #1, US Sailing Racing Rules of Sailing (RRS)

“HAPPY PEOPLE SAIL!”

Coach Jon
CYC Jr. Director 1997-2005

**“You haven’t won the race if, in winning you have
lost the respect of your competitors.”**

Paul Elvstrom, “The Great Dane”
4-time Olympic Sailing Gold Medalist

“A good sailor is their own best coach...”

Kevin Hall 1986 US Youth Sailing Champion

“...we love light wind.”

Dave Perry
Champion Sailor, Author

