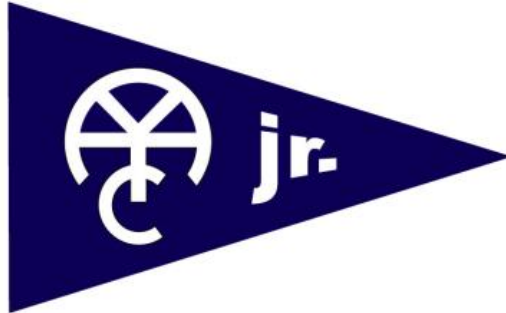


Arlington Yacht Club
Junior Sailing Program



Sail Camp 2011
Parent Survival Guide

Information for Families
(new and returning)

By: Rich Laffey
Junior Sailing Program Coordinator

Arlington Yacht Club: Junior Sailing Program Overview

The Arlington Yacht Club has enthusiastically welcomed our children to the sport of sailing. This will be continued this summer through the Sail Camp 2011: Junior Sailing Program. Sail Camp 2011 is a series of Sessions that are designed to teach our children how to sail through a variety of safe, experience-based activities. This is not open to the public or made available to any children other than the immediate family members of current AYC members.

There will be a minimum of actual “classroom” time during the Sail Camp 2011, and there will be “homework” assignments for the junior sailor to complete with their parent(s)/grandparent(s). This will provide a unique learning emphasis as the junior sailor reads the AYC Junior Sailing Program Textbook, “Let’s Go Sailing” with their adult partner. The Sail Camp instructional plan is designed for safe, on-the-water, skills-based activities that will teach the children how to confidently sail and maneuver a sailboat. Special speakers will share their experiences and expertise during some of the Sessions, but the expectation will be that the junior sailor will have a maximum of time actually “learning by doing” with reinforcement at home over the content and necessary terminology of sailing. The Sail Camp textbook will be referenced every Session with the hope that everyone keeps up with the reading outline.



The Sail Camp 2011 is also designed to build junior sailor relationships and a sense of belongingness to the club. We hope to build a sense within the junior sailors that “this is my club, too, not just where my parents go,” which might plant a seed of club longevity and lifelong sailing enjoyment.

The boats we will use for Sail Camp 2011 include the AYC Sunfish fleet, the club owned Capri 14.2 as well as personally owned Lasers, Sunfish, Day Sailers, MC Scows, and possibly another type of boat. There are six club owned Sunfish sailboats that have been maintained and prepared for this

Sail Camp and the safety of our junior sailors in mind. Upon completion of the Sail Camp 2011, the junior sailors will have continued access to the AYC Sunfish under the direct supervision of their parents.

Upon completion of Sail Camp 2011, we are planning a grand event on Sunday, July 24th at 12:00 at AYC. This event is the Commodore’s Luncheon. In conjunction with the standard Sunday afternoon luncheon schedule, the Junior Sailing Program parents and supporters will host this event. There will be a special recognition of all our junior sailors with awards earned during Sail Camp 2011. We welcome all family members, grandparents, friends and other significant adults in the lives of our junior sailors to congratulate and honor our newest group of junior sailors.

As the Junior Sailing Program continues, we will be scheduling a variety of events for the junior sailors to remain engaged and interested in sailing should the desire be ignited. There will be opportunities to join a Race Team, continue sailing during the Cruising Classes, as well as the Crew Camp later this summer. In August, we hope to organize a club social for all members to come enjoy a dinner and watch the junior sailors sail around buoys. This club social event will also serve as a fundraiser with more details coming. This is designed to expose our junior sailors to the full membership, provide more experiences sailing as well as to introduce members to our junior sailors should they desire to become regular crew members.





As the year develops, we expect to listen to the junior sailors and their parents to design a variety of sailing and perhaps non-sailing events that will build the cohesiveness of the Junior Sailing Program. It can be expected that we would travel to other local clubs and Junior Sailing events/ regatta's to expose our junior sailors to a wider spectrum of possibilities. During the summers to come, it can be expected should the desire exist, to further enhance the skills of the junior sailors with a more enhanced sailing program. It should be noted that there will not be a direct purpose to hurry the junior sailors to become racers, but if that desire exists, those junior

sailors will be challenged and exposed to that aspect of sailing and competition.

The AYC Junior Sailing Program is a parent supported program. The events and activities of the Junior Sailing Program are designed for the junior sailor to participate in with their parent(s). There will be the stated and expected requirement for our parents to make the commitment of time and support for our program to be successful. We welcome the parent input and suggestions in order to tailor our Junior Sailing Program based on the needs of our children.



The Junior Sailing Program is NOT a spectator sport. Please share your good ideas, your thoughts for improvement and jump in to help out. There are many items that must take place to ensure we have a safe, fun and memorable Sail Camp. There are some sports where the parents are banished to the side-lines to sit and watch. This is NOT the case with Sail Camp. We need all parents to become engaged, help out in ways you can and participate to your level of comfort. Please take a moment to get with Rich Laffey to share the ways you can contribute or to hear of ways all parents can help. Together, we hope to create a great

experience for your child(ren) and to make lasting memories. Parents are always encouraged to bring cameras and video to capture the action!

The Arlington Yacht Club takes the safety and responsibility of the Junior Sailing Program very seriously. We further realize how important it is to maintain your trust and ensure all activities are conducted in simply the highest levels of professionalism and effectiveness. Thank you for taking this step to explore with your child the fun and rewarding sport of sailing. We believe there are life-long lessons contained within the sport of sailing that translates to success in life.

Welcome aboard!

Rich Laffey
AYC Junior Sailing Program Coordinator

Junior Sailing Program Expectations

What is expected of the Junior Sailor?:

It is expected that the junior sailor will participate freely and willingly as an expression of his/her own interest. We ask that they do their best and have fun while being safe. If at any time the junior sailor expresses hesitation or fear, it is expected that no parental pressure create an awkward situation whereby the junior is coerced or otherwise forced to sail.

What is expected of the Junior Sailor's parent(s)/grandparent(s)?:

It is expected that the parent(s)/grandparent(s) support the Sail Camp 2011 with their attendance, support and help during each event of the Program. This is not a drop-off program, but a full engagement Sail Camp designed to transfer the enjoyment of sailing from one family member to another. Sail Camp is designed as a structured program with a game-based/skills instructional plan. The junior sailor will learn to sail by careful guidance with the assistance of his adult partner and the sailing coach, who is a certified sailing instructor with the American Sailing Association. In order for this to take place, the adult must commit to attending each session ready to fully participate, sail and even get wet!

What is expected from AYC?:

It is expected that AYC will provide guidance from the current leadership, support from the membership and limited financial commitment to allow the Sail Camp 2011 to be successful. It is also expected that a majority of the currently seated Board of Director's make themselves available for the Commodore's Luncheon as a way to honor the Program and the Junior Sailors with their presence. We realize our leadership keep busy schedules, and with positive parent encouragement to attend the Commodore's Luncheon, this special event will be even better!

What is expected from the Junior Sailing Program Coordinator?:

It is expected that the Junior Sailing Program Coordinator design and conduct a respectful, safe and sensitive Sail Camp Program. The membership can expect a top-notch introduction to the sport of sailing with safety remaining a top priority. The Junior Sailing Program Coordinator is a certified sailing instructor with the American Sailing Association (Instructor ID#: 2010012145). The parents can expect an invitation to continue the Junior Sailing Program well after the summer of 2011. The Junior Sailors can expect a supportive group of adults and club members that will ensure they are safe, supervised and properly taught to continue sailing as a perspective sport.

Registration Procedures:

Registration Form:

Interested parents must fill out a Sail Camp 2011 Registration Form, pay the \$25.00 Registration Fee and complete the Waiver Form. These items must be turned in to Rich Laffey on or before Thursday, June 2nd in order to be registered for our Program for this current year.

Registration Fee:

The nominal Registration Fee of \$25.00 per junior sailor will cover the expenses for the junior sailor such as the use of the AYC Sunfish, a Sail Camp 2011 t-shirt, one family copy of "Let's Go Sailing" the textbook used this year, a Luncheon ticket for the Commodore's Luncheon for the junior sailor, help offset the expenses to AYC in hosting the Sail Camp, as well as the supplies and materials needed for the instructional aspects of the Sail Camp as well. We run a tight ship with limited funds!

Hold Harmless Waiver Form:

The Hold Harmless Waiver Form is a required aspect of Registration. AYC members should realize that participation in Sail Camp 2011 is completely voluntary and that a very limited liability policy is engaged for Sail Camp 2011.

Sail Camp 2011 Schedule

The Sail Camp 2011 Schedule of Sessions is as follows:

<u>Parent Meeting:</u>	Thursday, June 2 nd @ AYC, 7:00p to 8:30p
<u>Sail Set Up Seminar:</u>	Thursday, June 9 th @ AYC, 6:00p to 8:30p
<u>Sail Camp Dates:</u>	Saturday, June 11 th , 18 th , 25 th , (July 4 th : Parade), 9 th , 16 th , (23 rd = Make Up Session)
<u>Commodore's Luncheon:</u>	Sunday, July 24 th @ 12:00 noon (<i>sailing demonstrations after luncheon for families</i>)
<u>Session Times:</u>	10:00a to 2:00p (<i>break for lunch @ 12:00</i>)
<u>Commodore's Luncheon:</u>	Sunday, July 24 th @ 12:00 (<i>Junior Program prepares Luncheon only, not race duty</i>)

Textbook / Homework:

“Let’s Go Sailing” by Peter Isler will be used as the Sail Camp 2011 Textbook. This easy to read book features many of the actual boats our kids will be using this summer. It is designed to take a new sailor from the beginning stages of sailing to more advanced sailing topics. The book will require the assistance of an adult to read and complete the chapter review questions. With a variety of ages, reading abilities and background knowledge, the reading must become a habit during Sail Camp. It is important to note that the reading plan is to be completed BEFORE the scheduled Session. The junior sailor would have already read the Foreword, the Introduction and Chapter 1 BEFORE Session 1. Yes, we are asking the kids to read over the summer!

The reading plan / homework schedule is as follows:

- Session 1: Foreword, Introduction and Chapter 1 (*Beginning to Sail*). Answer Chapter 1 Review Questions.
- Session 2: Chapter 2 (*Let’s Go Sailing*). Answer Chapter 2 Review Questions.
- Session 3: Chapter 3 (*Safe Sailing*). Answer Chapter 3 Review Questions.
- Session 4: Chapter 4 (*Advanced Topics*). Answer Chapter 4 Review Questions. Review the Glossary.
- Session 5: Take Sail Camp 2011 Completion Test.
- Commodore’s Luncheon: Awards

Safety precautions / considerations:

Wear lifejackets!! Not only is it the law in Texas, but a safe practice to get into when around the water. All junior sailors MUST wear their own lifejacket at all times when in or near the water, and always while on a boat. There simply are no exceptions to these safety expectations. If there are situations where lifejackets are forgotten, a reminder will be provided in a private, appropriate manner to ensure all safety precautions are followed. A loaner lifejacket will be provided for that Session.

Wear sunscreen!! Not only is it smart to wear sunscreen, it is a way of life in Texas! During Sail Camp, the junior sailors will be learning about the official UV Index and how to protect themselves from overexposure to the sun! Regular reminders provided free of charge!

Wear lake shoes: Not only is it safe, a cut foot ruins a fun sailing day. When the junior sailors are around the edge of the lake putting boats in and taking them out, it is very easy to cut a foot or toe. Please consider the wise purchase of a lake shoe, or at a minimum, wear old sneakers to protect the junior sailor and preserve the fun and feet.

Wear a hat: It is recommended that all junior sailors wear a hat to help protect from the sun. If sailing and the hat blows off, we now have a very real opportunity to learn how to turn the boat around and safely retrieve that hat!

Water bottles: it is highly recommended that all junior sailors come with a water bottle that can be refilled. Exposure to the elements in June and July, in the great state of Texas, can drain anyone. Please encourage regular drinking and refilling of water bottles. We have a full ice machine in the clubhouse and a well hydrated junior is part of the plan!

Change of clothes. If the junior sailor will not be returning home immediately after each Sail Camp Session, a change of clothes is suggested. Sail Camp is a full engagement program with a lot of water, getting dirty, having fun and producing additional laundry for their parents. If attending another event after Sail Camp, the full restrooms/showers are available, but will need the immediate supervision of the parents to minimize awkward transitional situations.

Bathing suits/towels: Most junior sailors will arrive at the start of each Sail Camp Session already dressed in a good quality bathing suit and a towel. The abusive nature of sailing can compromise entry level bathing suits, so it is suggested that a higher quality, more durable bathing suit be provided to maximize the fun level!

Lunch: We will break at 12:00 noon during each Session for lunch. Please provide a good, refreshing lunch for your junior sailor. Refrigerators are available in the clubhouse and ice is readily available. Snacks are also a good idea as the energy level of our junior sailors is elevated as they are getting in and out of boats, swimming, being very active and not always realizing how much energy they are using. Please prepare your child for this high level of activity with a well thought out lunch.

Junior Responsibility: Sail Camp is designed so that the junior sailor takes responsibility for his/her experience. The “Sail Camp Reminder List” has been provided so that each item of major importance can be packed and prepared by the junior. Please

encourage your child to use this “Reminder List” and help get out the door to arrive on time and ready to go! We start at 10:00am sharp!

Starting on time: We realize that from time to time traffic, a slow start to the day, running late, couldn’t find????..... prevents some from being ready to go by 10:00am. Sail Camp starts at 10:00am sharp. If you are running late, you can catch up with what you missed, but we will not be waiting if you are running late. We will not be punishing the prompt!

Make up Sessions / Date

The Sail Camp schedule includes one “Make Up Session” which is scheduled for Saturday, July 23rd. If weather prevents a safe Sail Camp Session, it will be postponed. If all 5 Sail Camp Sessions are able to be conducted on schedule, this “Make Up Session” will be held as a “Free Sail Saturday” allowing the kids to sail Lake Arlington to further explore and discover the joy of sailing. Instruction and review will always be available and on-the-water rescue boats will be launched without question.

What’s Next?

At the completion of Sail Camp 2011, the AYC Junior Sailor has options. There are numerous activities, events and opportunities to continue sailing independently, on a team, or as a family. The following brief statements explain what might be next for the Sail Camp Junior Sailor completer!

Cruising Classes: The junior sailor that has learned to sail, but would benefit from additional sailing experiences might consider the optional Cruising Classes. The Cruising Classes provide adult supervision, a rescue boat, sailing activities and safe opportunities to continue to learn and explore. Dates and times for Cruising Classes will be determined based on demand and adult supervision availability.

Racing Team: The Sail Camp 2011 completer might discover the fun and excitement of sailing and desire to refine the basic skills learned at Sail Camp. The AYC Junior Sailing Program Racing Team might be an option for this sailor. A dedicated sailing coach will take our interested junior sailors and build upon the foundation of Sail Camp. Instruction would include topics to prepare for beginner regatta’s and basic level racing. Knowledge and skills would include starting a race properly, an overview of basic sailing rules, advanced sail trim and how to make a boat go faster! Participation on the Racing Team is open to all Sail Camp completers.

Crew Camp: For Sail Camp completers who would like to gain more experience on a variety of sailboats, Crew Camp might be an option. The design of Crew Camp is to further enhance basic sailing skills learned during Sail Camp and apply these new skills as a crew. Junior Sailors would have opportunities to crew at leisurely sailing events as well as during actual racing opportunities. Learning more refined skills such as advanced sail trim, advanced sail control options, the effects of crew weight, how to assist a skipper during a sail, race course management and all aspects of preparing and retrieving a boat would be explored.

Contact Information:

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<p><u>AYC Board of Directors:</u> Commodore: Kevin Williams Vice Commodore: Scott Butler Treasurer: Doug Miles Fleet Captain: Reid Douglas Race Captain: Jay Mize Secretary: Karen Foreman</p>	<p><u>Lake Arlington Lake Office:</u> 817.451.6860</p>