



2019 - 2020  
YEAR ROUND PROGRAM



Welcome to Junior Sailing at Pensacola Yacht Club and to the sport of Sailing! The PYC Junior Sailing Program has many learning opportunities for your young sailors that are both fun and exciting. Please read the information that follows.

The Year Round Program will start on September 1<sup>st</sup>, 2019 through May, 24<sup>th</sup> 2020

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## 1. YACHT CLUB & PYC JR. CONTACT INFORMATION

### PensacolaYacht Club

Jim Warwick – General Manager [jwarwick@pyc.gccoxmail.com](mailto:jwarwick@pyc.gccoxmail.com)  
 Claire Rees – Junior Sailing Chairperson [cfrees2468@gmail.com](mailto:cfrees2468@gmail.com)  
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(850) 433-8804 ext. 104  
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## 2. REQUIREMENTS

If your family is not already a member of the Pensacola Yacht Club, prior to participation in Pensacola Yacht Club Junior Sailing, you must submit an application for Junior Membership at the Pensacola Yacht Club. Currently, Junior Yacht Club membership entitles the Junior Member to participate in sailing activities, not a full club or family membership. These activities are largely specific to the Junior Sailing Programs and may include sailing activities, parties, camp-outs, and other organized water related activities during sailing camps, clinics or events pertaining specifically to PYC Junior Sailing. Junior Members do not have guest or pool privileges and are valid only during the calendar year in which they are registered. Junior or Family memberships are REQUIRED in order to participate in Clinics, Open Sailing, Racing Practice, Regattas, and other Junior Yacht Club activities.

## 3. INDIVIDUAL SAILOR RESPONSABILITIES

The sport of sailing requires each sailor to become not only safe and proficient sailors, but also proficient in rigging and handling their own boats & equipment. For that reason, each sailor is responsible for rigging their own boat and transporting it to the water prior to all start times. The term for this is “rigged and ready” and sailors should assume that any start time given is a “rigged and ready” times othat actual sailing or instruction can begin at the stated time. In addition, at the conclusion of the sailing event/practice, each sailor is responsible for cleaning, de-rigging, properly storing equipment, and returning boats to the storage area. Any issues with the boat and or equipment such as loss, damage or malfunction should be reported promptly to person(s) in charge.

Participation in Junior Yacht Club sailing includes the privilege to utilize PYC boats and equipment, subject to availability. However, it is the responsibility of each individual sailor to responsibly rig, use, and stow the boats they use.

Please do not rig your child’s boat for them. While they may need help to get it off the racks and to put up the mast, please encourage them to do the rest on their own only offering assistance when they need it. Our instructors will be on hand to answer any rigging questions during the time before a class. Our classes are structured to create the stepping stones necessary for your child to progress through the program, and learn the proper ways to independently rig, launch, and sail their boat. Please help them by not helping!

The racing class students are typically big enough and strong enough to flip their own boats with a friend’s help. We will encourage this as it promotes the sailors making friends through the necessity of helping each other. Coaches will be on place to supervise for safety and help when necessary, but they will encourage the sailors to rig with help from their friends.

Failure to properly use and care for PYC boats can result in a Junior Sailor no longer being permitted to use PYC equipment and boats.

Each sailor is responsible to arrive prior to sailing time allowing enough time to complete readying the boat (“rigged and ready”). Failure to do so will result in the sailor missing important instructional opportunities, and in some circumstances, the sailor’s inability to participate that day. It is NOT the responsibility of PYC staff and coaches to rig or prepare boats FOR individual sailors or prior to a sailor’s arrival, but may, time permitting, check sailors’ rigs and offer tips on rigging.

Primary to all concerns, a sailor MUST be able to deal with rigging and equipment problems that may occur on the water, which is an important reason for the sailor to rig her or his boat without significant assistance.



#### 4. INDIVIDUAL SAILOR CHECKLIST

Sailors are responsible for following gear:

- Type 3 PFD:  
A properly fitted life jacket. A sailor without a proper PFD will not be permitted to leave the beach, event or ride on a coach boat.
- Sun Protection:  
Avoid painful sunburn. Wear plenty of sunblock, sunglasses, and a hat or visor. Sun protection is the responsibility of the individual sailor and his or her parents. Do not depend on coaches or camp staff to re-apply or check sailors' applications of sunscreen.
- Shoes:  
Always wear shoes with a good grip sole like sailing boots. Sandals are okay in the summer when it is hot, but not great when you are racing. Bare feet are always a bad idea. Wear close-toed shoes.
- Shirts – Rash Guards:  
Protect you from the sun as from chafed skin and dry quickly. A good t-shirt works well in warm weather. Wear light colors to keep you cooler.
- Safety Whistle:  
To be used for emergency purposes only, should be attached to the life jacket with a lanyard. This is a class requirement for Optis, and required for Summer Sailing Camp.
- Hydration:  
Drink plenty of water. Do not wait until you are thirsty. Avoid sodas and heavily sugared drinks– they might taste more appealing but will actually make you thirstier. A sailor who stays hydrated will sail better, learn more, learn more quickly, and perform better. Get into the “habit of hydrating” after every race or drill.
- Snacks:  
As the caloric companion of hydration, healthy snacks are important to maintaining a sailor's energy level, particularly during long days on the water. We recommend items such as fruit, “power bars,” granola bars, and the like. We discourage sugared snacks, cookies, candy, and similar items.
- Gloves:  
In heavier air, sailors should consider wearing gloves to protect their hands. It is better to work to condition your hands to sail without gloves, however, as you will have greater sensitivity.
- Cool / Cold Weather Gear:  
Sailing continues through out much of the winter, and sailors should consider appropriate equipment to maintain warmth. In cold weather, proper cold-weather gear is as important as a PFD. The proper gear will vary by the conditions, and you should discuss this with the parents of more experienced sailors, the Sailing Director, or a coach.

#### 5. PYC JUNIOR SAILING HONOR CODE & CODE OF CONDUCT

The Honor Code for the Pensacola Yacht Club Junior Sailing Program, sailors and their parents is the following:

All sailors agree to honor the spirit of Corinthian sailing, the fundamental rules of fair sailing, pledge honesty and integrity in general and will not deviate from the truth, or break the rules that govern our sport of sailing, nor tolerate such behavior in others.

Each sailor agrees that he or she shall be governed by this Honor Code at all times, not just at PYC Junior Sailing facilities but during regattas wherever held. Sailor also agrees,

- ✓ To maintain a positive attitude and to be responsible for his or her conduct by at all times following these rules and regulations and any other rules given by any coach;
- ✓ Not to use or tolerate the use by any other sailor of alcohol, tobacco, or non-prescribed drugs;
- ✓ To achieve excellent grades in school and not use practices during the school year as an excuse for not completing school work on a timely basis;





- ✓ To maintain appropriate behavior towards other sailors and not to tolerate rude or offensive conduct by any other sailor;
- ✓ To respect the property of others and not steal, damage, destroy or borrow another's property without permission, nor tolerate such behavior by other sailors.
- ✓ To treat sailors, coaches, competitors, regatta officials, parents and all others with respect;
- ✓ To follow all safety procedures given by coaches and other responsible adults, understanding the paramount importance of safety;
- ✓ To notify a coach or other responsible adult if another sailor is in danger;
- ✓ Not to swear or curse ever nor abuse team mates, whether verbally, physically, or emotionally, nor tolerate such conduct in others;
- ✓ Never to leave any training site or lodgings without first obtaining a coach's or a host's permission; and
- ✓ To dress at all times in a manner consistent with the high standards expected of the team and the Pensacola Yacht Club.

### Discipline Policies for Campers

There is some confusion about how to deal with obstinate or dangerous behavior. Bad behavior is defined as anything that is not immediately corrected by one verbal warning.

Any counselor or instructor who must issue more than the verbal warning should send the child to the Sailing Director immediately. The counselor and/or instructor should never issue a punishment.

Every incident (injury or bad behavior) must be written up immediately in an incident report.

Step 1	The offender will be taken aside and explained the nature of the offense and why it is not acceptable. The camper will be told that if this or another offense occurs again it will be reported to the Sailing Director.
Step 2	If a second offense occurs, the camper will be reminded of the prior offense and told why he/she is being reported to the Sailing Director. The camper will be told that if any offense occurs again his/her parents will be contacted. An incident report will be filed noting that this is a second offense. If the Sailing Director considers this severe enough, this can be elevated to the next step and parents will be notified.
Step 3	If a third offense occurs, the Sailing Director will be informed so appropriate action can be taken. The camper will be reminded that this is a third offense, a continuing problem, and that his/her parent(s) will be notified. This notification to the parent is in writing in the form of an incident report. The parent will sign the report in acknowledgement of having been informed. A copy of the signed report should be given to the parent.
Step 4	Should a fourth incident occur, it will be explained to the student that he/she is about to be asked to leave Sail Camp. The camper will be told that his/her parents will be asked to bring him/her to a special meeting to explain his/her behavior, and justify why the camper should not be removed from Sail Camp. If the parents cannot offer sufficient justification for the child's behavior problems, the camper will be removed from Sail Camp. No refund of fees will be provided for expulsion due to behavioral problems.

## 6. ROLE OF PARENTS IN JUNIOR SAILING

The support of parents for their Junior Sailor is paramount and integral to his or her success. The more a parent knows about the Rules, the equipment, and fundamentals of sailing the better the opportunities are for the Junior Sailor has to excel in this sport. There are a number of opportunities for parents to familiarize themselves with Sailing generally and Junior Sailing in particular. More experienced sailors require less and less rigging assistance, and ideally sailors should do most, if not all, of the rigging themselves.

Periodically, PYC Junior Sailing will hold Parent Workshops. These workshops will cover readying the boat, basic racing rules and fundamentals, and other important information. Parents need not be sailors themselves. Parents can also, "learn on the job" prior to sailing, racing practice and regatta opportunities. PYC coaches and staff are available for instructional purposes to help both you, Junior Sailors learn the importance of properly rigging the boat and then properly de-rigging the boat. You will also find that the parents of more experienced sailors are helpful, and even the more experienced sailors themselves often help less experienced sailors.



It is important that parents and guardians understand the level at which your sailor sails; in other words, know your sailor's ability. You should encourage sailors to stretch their limits and try new conditions, but you must also be aware that there will be conditions that are simply beyond any youth sailors' ability, and you should not pressure or force your child into such conditions. On the other hand, a gentle push or prod to the child to expand their horizons and test their limits is entirely appropriate and encouraged.

Activities during summer sailing camps are supervised through out the day; however, the other Junior Sailing Program activities, although providing instruction and coaching to young sailors, do not provide supervision to children "offthewater," during competitions, or PYC Junior Sailing events. Parents and guardians are responsible for the supervision of their own children.

During clinics and other activities, parents and guardians should stay abreast of weather conditions. Should weather conditions warrant a nearly end to a clinic, practice, race, regatta or event, PYC does not provide child care in these instances.

Parents also need to let their children sail without too much parental involvement other than related to true safety concerns. It builds a tremendous sense of independence and self-sufficiency for a child to be able to rig their own boat, and then maneuver a boat, in sometimes challenging conditions, around a race course. Sailing is also an important experiential learning experience in critical and strategic thinking, focus, math and science.

Volunteers are needed and welcome particularly at PYC sponsored Junior Sailing events. Parents of Junior Sailors are encouraged to attend Junior Sailing board meetings, help the team at regattas and race related activities; particularly those sponsored or hosted by PYC such as local USODA, USSailing, Junior Olympics, Stitt / Chappell Regattas and other events. Other events may include camp outs, parties, potlucks, and Junior Sailing fundraisers. All of these events create a better program and experience and benefit the sailors. Additionally, there is a unique camaraderie amongst PYC Junior Sailors, Parents, Guardians, and older siblings and others that results in teamwork while fostering healthy competitive attitude.

Pensacola Yacht Club & US Sailing is committed to fostering a fun, healthy, and safe environment for all sailor athletes. US Sailing has partnered with the U.S. Center for SafeSport reinforces our commitment to creating a safe and positive environment free from abuse and misconduct. US Sailing has a **ZERO TOLERANCE** policy for abuse and misconduct. In accordance with recent SafeSport Policy, all coaches and parents are required to successfully complete SafeSport training in 2019.

Click [HERE](#) for the US Sailing SafeSport Handbook

<https://www.ussailing.org/wp-content/uploads/2018/01/SafeSport-Handbook-Updated-2018-January-FINAL.pdf>

Click [HERE](#) for the Free online Parent Training - **Mandatory**

<https://www.athletesafety.org/training/index>

Each parent of a sailor agrees that he and she shall be governed by this Honor Code at all times, not just at PYC Junior Sailing functions but regattas wherever held. Each parent of a sailor also agrees,

- ✳ Never to misrepresent a member's age and otherwise to comply fully with the unaccompanied minor program of any airline that might be used for a member to travel to or from a practice;
- ✳ Never to take a member including his or her own child from an activity without first obtaining the permission of a coach or host;
- ✳ To treat sailors, coaches, competitors, regatta officials, parents and all others with respect;
- ✳ To follow all safety procedures given by coaches and other responsible adults, understanding the paramount importance of safety;
- ✳ To maintain appropriate behavior towards opposite gender sailors and not to tolerate rude or offensive conduct by any other sailor;
- ✳ To expect his or her child to achieve excellent grades in school and not use practices during the school year as an excuse for his or her child not completing school work on a timely basis;
- ✳ To maintain a positive attitude and to be responsible for his or her conduct as well as the conduct of his or her child by at all times following these rules and regulations and any other rules given by coaches or hosts.
- ✳ The Year Round program cannot function without the engagement and support of its parents. Parents need to do more than drop off their children at practice and show up at regattas.
- ✳ Timely pay all fees needed for your children to participate. The youth sailing program is selfsustaining, which means that participant fees are necessary to pay its basic expenses. Parents also are responsible for timely paying the costs of any private coaching sessions involving their child.



- ✳ Volunteer to help with the logistics of practices and regattas. Participant and regatta fees do not cover every expense associated with the program. The Club reduces its participant fees based on the assumption that parents will help with the logistics of towing boats, providing water and snacks at regattas, and helping to organize and run Club regattas. The Club expects the parents of every sailor to help with towing, snacks and/or Club-sponsored regattas at least several times a year. Children of parents who refuse to assist the program may not be invited to return, and in the case of a parental refusal of reasonable assistance during the season, sailors may be asked to leave the program.
- ✳ Be a good representative of the Pensacola Yacht Club. Even if you are not a member, you are the face of the Club at regattas and other events. Avoid any conduct which would be embarrassing or detrimental to the Pensacola Yacht Club. Conduct yourself as a Responsible Adult. Parents are the primary adults present at most sailing-related events and must conduct themselves in a responsible way.
- ✳ Do not physically discipline, strike, or inappropriately touch other children. Be a positive influence on the Club's sailors.
- ✳ Do not tolerate or engage in bullying. Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance, and which is repeated or has the potential to be repeated over time, for the purpose of socially excluding, diminishing, or isolating the targeted person. Work with sailors, coaches, parents and other Club personnel to address potential incidents of bullying.
- ✳ Do not tolerate or engage in hazing activities involving persons associated with the Sailing Program. Hazing is any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional or physical harm, regardless of that person's willingness to participate. Drugs/Alcohol.
- ✳ Do not tolerate the use by sailors of alcohol, tobacco, or drugs not prescribed to them.
- ✳ Use alcohol in moderation at the Club and at regattas. The sailors are very aware of the conduct of adults around them, which means that parents need to stay in control of themselves at the Club and on Club-related trips.



## 7. FLEETS

### OPTIMIST Fleet

Optimist fleet is divided into fleets based upon ability / experience of each sailor. These fleets are as follows:

Optimist C



They have a basic ability of sail after completing Summer Sailing Camps or never sailed before. Primary focus is FUN!

Optimist B

Those sailors that have completed the curriculum in Optimist C, have sailed/competed in a regular way during, at least, the last year or they do not have a competitive spirit but they want to continue sailing, will promote to Optimist B to continue improving their skills. To have your own boat is required.

Optimist A



This is the PYC Team and they will represent PYC in those designated regattas. They should be very comfortable handling an Opti and typically should be able to handle winds of 15 knots or more. Competition at this level can be fun for everyone, but they may be competing with some of the best sailors in the nation and sometimes the world. Racers at this level should KNOW the rules and the emphasis is on competition. Sailors in this team are REQUIRED to attend all the regattas supported by Pensacola Yacht Club and all the practices scheduled.

### ILCA Fleet (Laser)

#### *ILCA 4.7*

The Laser is the Men's and Women's Olympic single-handed class, and they all start off on the Laser 4.7 rig. A smaller rig than the Laser Radial and Laser Standard, it is the youth version of the Laser class. The Laser is a very physically demanding boat and as such requires a minimum weight of 110 pounds to handle the forces of the sail.

#### *ILCA Radial*

The Laser Radial is the next step up from Laser 4.7 with a 30% increase in sail area. The minimum skipper weight for this rig is 130 pounds and is officially considered for World Sailing ranking and can compete in officially sanctioned events such as Miami World Cup and Lauderdale Olympic Classes Regatta.

#### *ILCA Standard*

The Laser Standard sail has a sail area of 7.06 m<sup>2</sup> (76 ft<sup>2</sup>) and, especially in higher winds (15 knots and over), is most competitive when sailed by a very fit, agile, and muscular person weighing no less than 80 kg (175 lb).

### C420 Fleet

For sailors ages 14-17, the C420 is sailed in the double-handed spinnaker equipped Club 420 sailboat. The Collegiate 420 (no spinnaker or trapeze) is the sailboat utilized in current high school and college competitions. The C420 program at PYC focuses on skills such as teamwork, division of labor, as well as sail trim, rig set up, strategy and tactics that will apply to most other boats that your sailors may sail during their lifetime.





## 8. REGATTAS

To represent your club, your state, your country is the highest honor an athlete can bestow on themselves, so to say that the point of Optimist A, Laser and C420 is to race, is an understatement. Regattas are a fun learning experience not just for the sailor, but also for the family. To test their skill and have their family and friends cheer them on is an exciting event and it really should be experienced by all who compete in Optimist Sailing.

We have selected several regattas to place on the 2019 – 2020 calendar. The best way to get better at sailing is to test your skills against other, more skillful sailors. They say that you learn more at one regatta that you do in a month of sailing, therefore it is only better for the sailor to attend as many regattas as possible. PYC will support and provide Coach, van, trailer(s) and coach boat(s) for each regatta. Our Stitt-Chappel Memorials and Junior Olympics are the regattas the club hosts for our Junior and Youth sailing program, therefore we are asking this year that all of our team attend.

### OPTIMIST C

#### 2019

PREMIEE CUP – August 24 – Pensacola Yacht Club

STITT CHAPPELL MEMORIALS – September 7 – 8 – Pensacola Yacht Club

WADEWITZ REGATTA – September 28 – 29 – Fairhope Yacht Club

PUMPINK REGATTA – October TBD – Pensacola Yacht Club

#### 2020

DOGWOOD REGATTA – March TBD – Fairhope Yacht Club

JUNIOR OLYMPIC – June 27 – 28 – Pensacola Yacht Club

ROCK, PAPER AND SCISSOR – August TBD – Birmingham Yacht Club

### OPTIMIST A and B

#### 2019

PREMIEE CUP – August 24 – Pensacola Yacht Club

STITT CHAPPELL MEMORIALS – September 7 – 8 – Pensacola Yacht Club

WADEWITZ REGATTA – September 28 – 29 – Fairhope Yacht Club

PUMPINK REGATTA – October TBD – Pensacola Yacht Club

MIDWINTER CHAMPIONSHIP – November 28 – 30 – Southern Yacht Club

#### 2020

GULFCOAST CHAMPIONSHIP – March TBD – Host TBD

DOGWOOD REGATTA – March TBD – Fairhope Yacht Club

ALFONSO SUTTER REGATTA – March TBD – Gulfport Yacht Club

GYA OPENING REGATTA – May TBD – Host TBD

JUNIOR OLYMPIC – June 27 – 28 – Pensacola Yacht Club

ROCK, PAPER AND SCISSOR – August TBD – Birmingham Yacht Club

### LASER and C420

#### 2019

PREMIEE CUP – August 24 – Pensacola Yacht Club

STITT CHAPPELL MEMORIALS – September 7 – 8 – Pensacola Yacht Club

GULFCOAST LASER CHAMPIONSHIP – September 14 – 15 – Pass Christian Yacht Club

WADEWITZ REGATTA – September 28 – 29 – Fairhope Yacht Club

GYA 420 CHAMPIONSHIP – October 19 – 20 – Bay Waveland Yacht Club

PUMPINK REGATTA – October TBD – Pensacola Yacht Club

#### 2020

DOGWOOD REGATTA – March TBD – Fairhope Yacht Club

ALFONSO SUTTER REGATTA – March TBD – Gulfport Yacht Club

GYA OPENING REGATTA – May TBD – Host TBD

JUNIOR OLYMPIC – June 27 – 28 – Pensacola Yacht Club

ROCK, PAPER AND SCISSOR – August TBD – Birmingham Yacht Club

This calendar is tentative and will be modified when final dates and host clubes are published in GYA and USODA websites.



### ***My First Regatta***

Out of town or PYC regattas are great opportunities for our sailors to expand their skills and share great experiences with their families. To get the most out of these activities advanced planning and commitment from both sailors and parents will be required. Look at the schedule and decide which regattas you plan to attend. Ask the Sailing Director any questions that can help you make a decision.

### ***Before the Regatta***

If this is your first time registering for a regatta, be sure to register with the sanctioning body (US Sailing, USODA, etc.).

Sailing Director will send the list of sailors for each regatta. Sailing Director will make the registration for all the sailors through the Regatta website. Registration for each regatta will be charged in your PYC account.

Hotel reservations. PYC will try to reserve a block of rooms at a convenient hotel very close to the event. We ask that you use this service because firstly, the team stays together which makes it easier for the coaches to work with the sailors, and secondly, arrangements will be made for each booking to receive the best rate possible not only for you but for our coaches which will be a direct savings to all of us. Only a limited number of rooms will be available so book early.

Once PYC blocks the rooms, will inform the parents to contact the hotel to finish the process (Name of the guests, provide a credit card number and make any payments directly to the hotel).

### ***What about my equipment?***

If you plan to put your boat and equipment on the trailer, please let the Sailing Director know. Prior to the regatta the Sailing Director will announce a time for loading hulls, usually at the last practice before the regatta.

Slots in the trailer are limited, so the Sailing Director, according to practice attendance, will assign the slots. Once the trailer is full, each parent is responsible for transporting your own boat and equipment.

**GREEN SAILORS** that use club boats: boats, sails, and blades will be assigned to you for each regatta. In order to get this equipment to the regatta, you must inform the Sailing Director you are going. Otherwise there will be no equipment for your sailor to sail with. It is imperative to register early with the Sailing Director.

**LASER AND C420 SAILORS** are responsible to load your own boat. The Laser trailer can accommodate your spars, blades and dolly. In all cases, you load your boat at your own risk. Pensacola Yacht Club will not be responsible for damages, theft or other loss.

### ***What else do I need to bring?***

Sailing gear (life vest, whistle, gloves, foul weather gear, tools, tape, sun glasses, towels, water bottle, sunscreen, hat, tape measure, etc)

For each regatta, a parent/parents will be designated to supply water and snacks for the coach boats. The cost will be divided equally based on the number of sailors.

### ***What next?***

Drive yourselves to the regatta. Check in, get a good night's sleep and be at the regatta venue early, normally 8 a.m. or earlier.

Make contact with your Sailing Director or other sailors to check for any last minute issues or changes.

### ***Regatta Day***

Get to the Regatta site early.

Bring your gear bag, sail and blades and anything you need as you will not have time to go back to your room.

You need to find the Group. Look for the PYC van or tent.

Unload your boat from the trailer. This is a team effort. Please help each other load and unload boats and equipment. It does not matter what place your boat ends up on the trailer on the way there or the way back. First come, first served.

Have your sailor rig his/her boat.

While your sailor is rigging his/her boat or before, go to the registration table and finalize your registration.

After the sailor rigs his/her boat have the coach check it. This can only happen if you are ready early.



#### → **Team Meeting**

The coach will call a team meeting prior to the skippers meeting.

At this time the coach will review the Sailing Instructions and update the sailors.

#### → **Launching and Recovery**

Parents should stay around to help the sailors launch. Pensacola Yacht Club prides itself in helping not only sailors but any other sailor who needs assistance in launching.

Parents should arrive early at the end of the sailing day to help sailors and boats back on to land.

Store boats for the night as directed (sometimes upside down, sometimes in a secured area).

#### → **Afternoon and Evening**

Every regatta is a little different. We usually try to have some type of activity as a Group. It could be dinner out, dinner at the hotel pool (pizza or something), Bowling, Go-Kart racing.... We will pass the word around in the afternoon. Attendance is not mandatory but we find that it adds to the experience for both sailors and their families. The cost is split evenly with those who participate if we eat as a group. The coach will give the kids a curfew and a time to be rigged and ready to sail in the morning.

#### → **After the Last Race**

Bring your boat back to the trailer and load your boat yourself.

All sailors and families should help each other.

Usually we will have the kids stay and attend the trophy presentations, even if they haven't won anything. If you have them, have your child wear the sailing team red polo shirts.

#### → **Parent Helpers**

We usually need a parent that will help put waters and snacks on the coach boats each morning of the regatta. That parent is usually a volunteer, but if we don't get one, someone will be assigned.

We will need volunteers to help launch and retrieve coach boats.

Sometimes, we will need volunteers to tow the Club Opti trailer or coach boats.

#### → **General Information**

Lunch for the kids is usually provided by the regatta hosts and the cost is usually included in your registration. If your son or daughter has special dietary needs or requests, please bring these items along with you.

We also want to remind you that you are responsible for your child's behavior at all times. Additional information concerning regattas can be found on the website of the regatta host and by calling your coach. **DO NOT PROCRASTINATE** on organizing your sailors for out of town events. The earlier you prepare, the smoother and easier these events will be for all concerned.

#### ***Conduct Policies for Regatta Attendance***

As you can see there is plenty to do, but please do not forget that at a regatta you are representing Pensacola Yacht Club and must act accordingly (Sailors especially!)

Each sailor is responsible to be ready to go **WITH ALL NECESSARY CLOTHING, EQUIPMENT, REGISTRATION, FEES, IDENTIFICATION, AND REQUIRED MATERIALS** at least fifteen (15) minutes before the appointed time for leaving.

When appropriate, Sailing Director shall designate a team leader for away regattas and events. In such circumstances, the team leader shall assist the coach with logistics, discipline and other situations that may arise. Sailors shall obey the directives of the coach.

Parents must assist in towing sailboat and coach boat trailers to away regattas, clinics and events.

Sailors do not drive themselves or other sailors or tow equipment to away regattas, clinics and events.

Sailors stay only at accommodations approved by the Sailing Director and supervised by a Responsible Adult on the premises.

Sailors only stay in rooms of sailors of the same gender.

Sailors do not room with coaches, assistant coaches, regatta organizers or adults other than their parents or an adult designated by the sailor's parents.

Sailors are responsible for the condition of and agree to pay for damages to all Pensacola Yacht Club, borrowed or rented boats and equipment from the moment they receive possession of it in connection with an away regatta, clinic or event.

Sailors are bound by the PYC Code of Conduct in connection with their participation in any away regattas, clinics or events, whether participated in by a PYC coach or not.



Unless directed otherwise by a PYC coach or Sailing Director, any sailor who withdraws or is taken out of competition shall leave the site of the competition under the direct supervision of the parent or Responsible Adult.

The Rules of Conduct apply to sailor's conduct going to, during the actual event, through evenings and lay days, and coming back from any away regattas, clinics or events.

Sailors and their supervisors are responsible to promptly pay all debts related to registration, food, housing and all other costs associated with participation in any away regattas, clinics or events.

## 9. SCHOLARSHIP OPPORTUNITIES

Pensacola Yacht Club and Satori Foundation encourage sailing instruction and participation at all levels.

As a community based organization, we offer sailing education that coincide with seasoned maritime traditions.

In regards to our programs, we also provide scholarship opportunities to young sailors who lack the means to afford and access our pristine and wondrous bay.

For more information on scholarships and how to can apply, please contact Ann Yoshiahi from Satori Foundation at [akyoshihashi@gmail.com](mailto:akyoshihashi@gmail.com)





## 10. PRACTICE SCHEDULE AND FEES

### PRACTICES TIMES

This table will apply from September 1<sup>st</sup> until October 31<sup>st</sup> 2019 and from April 1<sup>st</sup> to May 24<sup>th</sup> 2020

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Optimist C				0330pm - 0630pm		0930am - 0330pm	1200pm - 0400pm
Optimist B			0330pm - 0630pm			0900am - 0330pm	1200pm - 0400pm
Optimist A	DAY OFF		0330pm - 0630pm			0900am - 0330pm	1200pm - 0400pm
Laser				0330pm - 0630pm		0900am - 0330pm	1200pm - 0400pm
C420			0330pm - 0630pm			0900am - 0330pm	1200pm - 0400pm

COLOURS	RESERVED	MANDATORY	RECOMMENDED
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This table will apply from November 1<sup>st</sup> 2019 to March 31<sup>st</sup> 2020

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Optimist C						0930am - 0330pm	1200pm - 0400pm
Optimist B						0900am - 0330pm	1200pm - 0400pm
Optimist A	DAY OFF					0900am - 0330pm	1200pm - 0400pm
Laser						0900am - 0330pm	1200pm - 0400pm
C420						0900am - 0330pm	1200pm - 0400pm

COLOURS	RESERVED	MANDATORY	RECOMMENDED
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The key to improving in anything, but especially sailing, is PRACTICE! That is why it is important to attend every time we have practice. We understand it might be difficult to get to the club during the week, but for us to help your sailor do their best in Pensacola Yacht Club, Saturday and Sunday practices are highly recommended. Of course, if there is a family emergency, a prearranged trip or other extenuating circumstances or events we understand. However, it cannot be stressed enough that it only hurts the sailor if they miss most of their practice days. Attendance will be recorded and will be considered in sailor progress and promotion into the next group.

Clinics will be organized on special dates such as Thanksgiving, Spring Break or any other festivities. A fee may apply for this special Clinics.



### FEES

Class	PYC MEMBER	PYC NON MEMBER
Optimist C	Sailing School \$100 / month	PYC Jr Membership \$250 / year  +  Sailing School \$150 / month
Optimist B		
Optimist A		
Laser		
C420		

### PAYMENT PROCEDURE, DISCOUNTS AND OTHER INFORMATION

PYC MEMBER -> Sailing School fees will be charged in your PYC Member account automatically every month.

PYC NON MEMBER - > Sailing School Statement will be sent at the address as indicated in the registration form. Payment can be done by check to Pensacola Yacht Club or by cash and delivered at PYC Office or Payment Box located downstairs. An envelope for this procedure will be included with your Statement.

AVAILABLE DISCOUNTS - >

- a) NON MEMBERS but grandchild of a MEMBER - > Member fee applies
- b) 30% off for the second sibling registered
- c) 40% off for the third or more siblings registered

PYC Junior Membership for Non-Members will finish the last day of the Year Round Program.

## **11. SHOP ONLINE**

Pensacola Yacht Club wear can be found at:

[https://stores.coralreefsailing.com/pensacola\\_yacht\\_club/shop/home](https://stores.coralreefsailing.com/pensacola_yacht_club/shop/home)

RED POLO and KHAKI SHORTS or SKIRT are the Sailing School Uniform for Prize giving and presentations and it is mandatory to wear it for those events.

Other wear is at your decision.



## 12. Q & A

### 1. Do I have to be a member of PYC to participate in the Year Round Program?

No, all Year Round Program classes are open to the public! If you are interested in the earlier enrollment, reduced pricing, and many, many other benefits of membership at PYC, please contact Dean Kirschner at 850-554-2177

### 2. How old does my child need to be to participate?

Sailors must complete kindergarten before enrolling in the Optimist C Class.

### 3. How do I know if I am enrolled in the class?

When you submit your online registration form you will immediately receive an email response from us confirming the receipt of your application. We maintain an online roster which is updated approximately once a day during the week, so you may check this roster to see your placement.

### 4. What kinds of sailing apparel should I have for my child?

- PFD (lifejacket): US Coast Guard Approved, Type III. Brands like Extrasport and Gill are the most popular and comfortable. Fit is important, so please choose the appropriate size for THIS summer.
- Sunscreen: Every sailor must have their own tube. The more protection the better. Ideally choose a waterproof variety that won't hurt the eyes.
- Hat: even better sun protection.
- Sunglasses: important protection for the only eyes you have!
- Change of clothes: besides wearing clothes to get wet in, every sailor should have extra dry duds and a towel.
- Please label all gear with your name!
- Water: staying hydrated is important for a safe, fun, learning experience!
- Lunch/Money: Please bring one or the other if you'll be here over the lunch break.
- Good Attitude: Well rested, well fed, happy, and ready to HAVE FUN!

### 5. What types of sunscreen and sun protection should I use?

There are many sunscreens to choose from at the local pharmacy. Sailors should buy waterproof sunscreen that is SPF 30+. It is important to find a sunscreen that doesn't burn the eyes. When children sweat sunscreen will end up in their eyes. Sailors should spare no money when they are buying sunscreen.

Since our skin is our largest organ, it's important that we pay attention to what we're exposing it to every time we lather up to go outside or go swimming in a pool. Here's what you should know about sunscreens you and your children may use.

There are 16 active ingredients used in sunscreens in the U.S., and 14 of them are under scrutiny by the FDA. The worst and most common of these 14 are oxybenzone, avobenzone, and octinoxate, all of which have a direct harmful impact on your health and the health of the environment, including links to cancer and serious health disorders, as well as have proven detrimental to marine life.

Only two sunscreen ingredients have been deemed GRASE (generally recognized as safe and effective) by the FDA: ZINC OXIDE and TITANIUM DIOXIDE. When shopping for a sunscreen, look for a mineral sunscreen. Our mission is to provide leadership, integrity and advancement for the sport of sailing. In a similar vein, to protect the health of your skin from the sun while protecting the environment and giving back to like minded organizations. Mineral sunscreen is made with natural sun blockers like, non-nano zinc oxide and non-nano titanium dioxide and is eco-friendly by being Oxybenzone free. It also meets the U.S. FDA 80-minute & Australian 240-minute water resistance tests.

Protect yourself and your children from the harmful effects of the sun and protect the ocean.

Hats, clothing with good coverage, and sunglasses are just as important. Adequate sunglasses don't need to be expensive and there is a high chance of loss, so please do not equip small kids with sunglasses you'll be upset about losing or breaking. Polarized lenses are a plus, but still don't need to cost too much.



**6. When do I need to start thinking about buying a sailboat for my child?**

As children progress through the Optimist Fleet they may benefit from having their own boat. When sailors enter the Optimist B, Laser and C420 they should be thinking about how a private boat will help their performance and finish results. Summary: you don't need (or want?) your own Optimist to get started. By the time you do need a boat, you'll have a good read on the used market at the Club as older kids move on.

**7. Can I come and watch my child learn to sail?**

Parents are welcome to observe their child's class from a distance. History has shown that many young sailors deal with the challenges of learning to sail best without the distraction of having a parent present.

**8. Will my child be safe if there is inclement weather?**

We always practice safe procedures at the PYC Junior Sailing Program. We do not cancel class on rainy days, but may if lightning, high winds, or other hazards exist. Sailors should be prepared to sail as usual and they should be equipped with appropriate clothing. Please bring a change of clothes!

**9. Do I have to own a boat to be in the program?**

No. Some classes use only club boats which are included in the class fee.

**10. How well does my child have to swim?**

They need to be secure and comfortable in the water. Swim test is 75 ft swim any stroke, 2 minute tread water, and putting a life-jacket on in the water. This is done in cold, bay water (68°) with low visibility, usually at "The Race Dock" at the end of E Dock. If you or your sailor has concerns about the swim test, practice in the weeks before the program is a great idea. We ask that parents not be present for the actual swim test during the program. We will try every motivational trick we know, but don't worry, we'll never force a child into the water.

**11. We live far away. Can we get in a car pool?**

Nothing is formally organized. We will be happy to provide you with a list of addresses. You are responsible for making contacts and arranging rides.

**12. I lost my... ? Could you let me know if you see it?**

Yes, if it is clearly marked with your name and phone #. Clothes and especially life-jackets should have full name and phone # in a conspicuous place. Sailing gear should be labeled with the sail number using an etcher or die punch. You should also label your name on gear with indelible ink.

**13. Can I leave my children at the Yacht Club while they are not in class?**

In most cases, no. Members older than 10 may stay but will not be supervised and will be asked to leave the club if they are disruptive. Non-members and/or their children may not stay at the Yacht Club after sailing class unless they are a guest of a member who is also present. All children under the age of 10 must be accompanied by a parent member unless they are participating in sailing class.

**14. How can I or my child become a Junior Member of Pensacola Yacht Club?**

Contact Jennifer Langham (jennifer@pycfl.com) or by phone at (850) 433 8804.

At PYC Sailing School we...

....Show PYC pride

....Dream big, work hard and stay humble

....Face everyday with positive attitude

....Spread joy through our laughter

....Take pride in our accomplishments, big and small

....Support each other when things get tough