

# Quissett Yacht Club

## 2017 Junior Sailing Program Information

### Program Objectives

- To provide a safe and enjoyable sailing experience for young people
- To teach seamanship, sailing and racing skills to the best of each sailor's ability and interest
- To foster lasting values and skills including sportsmanship, consideration for others, teamwork, self-confidence and a life-long love of sailing

### Program Dates

First Session: **Monday, June 26<sup>th</sup> - Friday, July 21<sup>st</sup>**

Orientation: Sunday, June 25<sup>th</sup> at 5:00 p.m.

Awards Ceremony: Friday, July 21<sup>st</sup> at 5:00 p.m.

Second Session: **Monday, July 24<sup>th</sup> - Friday, August 18<sup>th</sup>**

Orientation: Friday, July 21<sup>st</sup> immediately following First Session Awards Ceremony

Awards Ceremony: Friday, August 18<sup>th</sup> at 5:00 p.m.

### Requirements

All participants must be at least 8 years old by the start of the session. Sailors must take a swim test each year on the first day of class. The swim test requires each sailor to swim 200 feet with sailing clothes on (shoes included), tread water for two minutes without a lifejacket, and then put on his/her lifejacket in the water.

### Equipment

Quissett Yacht Club (QYC) provides all boats used by sailors in the Junior Sailing Program. Daily, each sailor must bring a Coast Guard-approved non-inflatable personal flotation device with an attached whistle to be worn at all times on the water, and wear toe-covering shoes (no Crocs). Sailors are encouraged to wear sun protective clothing, a hat, sunglasses and/or sunscreen and bring a water bottle to class each day.

### Registration

Class sizes are limited. Registration packages will be processed in the order received. We will try to accommodate late registrations, but classes fill quickly, so early registration is encouraged. Should it become necessary, a waiting list will be maintained. QYC Members' children and grandchildren will have priority\*. No child will be assigned to a class until a complete registration package is received by the Junior Sailing Program Registrar. A registration package consists of:

- Completed Registration Form
- Completed Medical Information and Consent Form
- Payment in Full
- Volunteer Form (We can't do it without your help!)

**Registration materials may be completed and payment made online, or mailed to:** Camilla King, 30 Country Road, Holliston, MA 01746.

Class assignments will be made after May 15<sup>th</sup>, and class assignments will be confirmed by email towards the end of May. If you have any questions about class placement and registration, please email Camilla King [camillaking@verizon.net](mailto:camillaking@verizon.net) or Kristan First [kristan.first@gmail.com](mailto:kristan.first@gmail.com).

\* If you are interested in learning about becoming a member of the QYC please email our membership chair person, Barbara Jones, at [membership@quissettyachtclub.org](mailto:membership@quissettyachtclub.org).

## Class Schedule and Descriptions

### INTRODUCTORY LEVEL CLASSES

#### Seaman

Seaman class is designed for beginning sailors and primarily uses Optimist prams (Optis) and Bullseyes. The class teaches the fundamentals of on-the-water safety, seamanship, and terminology. Sailors learn basic sailing skills including, steering through all points of sail, docking, correct body positioning, and knot tying. Sailors begin sailing in pairs and progress towards sailing alone as their comfort level increases. Skill-building and fun are at the core of the curriculum, with games played both on and off the water. Sailors usually spend at least two sessions in this class and must demonstrate mastery of the objective skills, as well as comfort and proficiency sailing alone before they advance to Mate class. The age of students is typically 8-10.

M, T, W\*, Th, F  
8:15am -  
10:00am  
\* Voluntary  
learn-to-race class

#### Adventure Sailing I

Adventure Sailing I is intended for beginning sailors who are too large or too old to sail Optimist prams. The class teaches the fundamentals of sailing including on-the water safety, seamanship, rigging, steering, crewing and docking, as well as terminology, knot tying, basic weather awareness and navigation. The focus is on skill-building and fun. Bullseyes are primarily used for instruction, though other boats may be used as well. There is a broad range of student ages in this class, typically between 11-16 years. Sailors usually spend at least two sessions in this class and must demonstrate mastery of the objective skills before advancing. If interested in racing, students can advance to the 420 I class or if they prefer recreational sailing, they may advance to Adventure Sailing II.

M, T, W, Th, F  
10:15am –  
12:15pm

### INTERMEDIATE LEVEL CLASSES

#### Mate

Mate class is for sailors who have successfully completed the Seaman class. The class focuses on overall seamanship while sailing alone. Sailors gain confidence through time on the water and develop proficiency in steering, sail control, sailing through all points of sail, capsizing recovery, rigging, knot tying, navigation rules, and racing. Optimists are the primary boats used in this class, but other boats may be used as well. Sailors usually spend two sessions in Mate and must demonstrate mastery of objective skills before moving on. They must also show maturity, sportsmanship and a basic interest in racing if they want to advance to the Opti Race Team. If they prefer recreational sailing, they may advance to Adventure Sailing I. The age of students is typically 9-11. Early dismissal is available for students attending Woods Hole Science School.

M, T, W\*, Th, F  
10:15am –  
12:15pm  
\* Voluntary  
learn-to-race class

#### 420 I

420 I is a class for experienced sailors who are interested in learning to sail 420's. Most sailors will have come from either the Mate class or Opti Race team and have outgrown the Optimist. The class teaches the fundamentals of sailing as skipper and crew in double-handed boats including terminology, rigging, boat handling, capsizing recovery, on-the-water safety, docking, trapping in varied weather conditions. Instruction in knot tying, basic weather patterns and navigation will build on knowledge gained in previous classes. The age of students in this class is typically 12-15. Younger and smaller students will need permission from the instructor to participate.

M, T, W, Th, F  
8:15am -  
10:00am

## Adventure Sailing II

Adventure Sailing II is designed for experienced sailors who have mastered the skills taught in introductory sailing classes and who prefer recreational sailing to racing. This class is designed to be fun and maximize time on the water. Sailors will learn fundamental skills including mooring, anchoring, flying a spinnaker, analyzing and reacting appropriately to weather signs and patterns, navigation and chart reading. The class will include extended sails to local harbors in Buzzards Bay and the surrounding waters. The class is taught primarily in Bullseyes, but may include other boats as well. The age of students in this class is typically 13-17. Sailors may enroll in this class for a week at a time.

M, T, W, Th, F  
1:30pm-4:30pm

## RACE CLASSES

### Opti Race Team

The Opti Race Team is a select group of sailors who are interested in participating in area Optimist regattas. Students are taught racing tactics, strategies and rules, as well as rigging, sail trim, and boat setup techniques to optimize boat speed and racing success. Team members travel together to area regattas and help host an annual Unkie regatta at Quissett Harbor. Sportsmanship and the Corinthian spirit are central to the instruction and the team culture. Regular attendance and participation in races is expected. Parents are expected to help transport racers and equipment. Sailors must demonstrate overall maturity and sportsmanship as well as mastery and effort toward improving in the objective skills before they can advance to 420 I and eventually the 420 Jr. Race Team. Sailors who outgrow the Optimists and are not interested in continuing to race, can progress to Adventure Sailing II.

M, T, W, Th, F  
1:30pm-4:30pm

### 420 Jr. Race Team

420 Jr. Race Team is a beginning race team for experienced sailors who have completed 420 I and have mastered basic 420 rigging, skippering and crewing, docking, capsized recovery, and trapping techniques. The Jr. Race Team focuses on rigging and sail trim, skipper and crew teamwork, trapeze and spinnaker skills, as well as basic racing rules and tactics. Sailors will gain experience racing as both crew and skipper. The class is designed to teach and practice the importance of preparation for training and regattas, teamwork and seamanship. Team members will represent QYC at several local regattas a season. Sportsmanship and Corinthian spirit are central to the instruction and team culture. Parents are expected to help transport racers and equipment. Sailors must demonstrate overall maturity and sportsmanship as well as mastery and effort toward improving in the objective skills before they can advance to the 420 Race Team. Sailors not interested in joining the Race Team can remain on the Jr. Race Team or move to Adventure II.

M, T, W, Th, F  
10:15am –  
12:15pm

### 420 Race Team

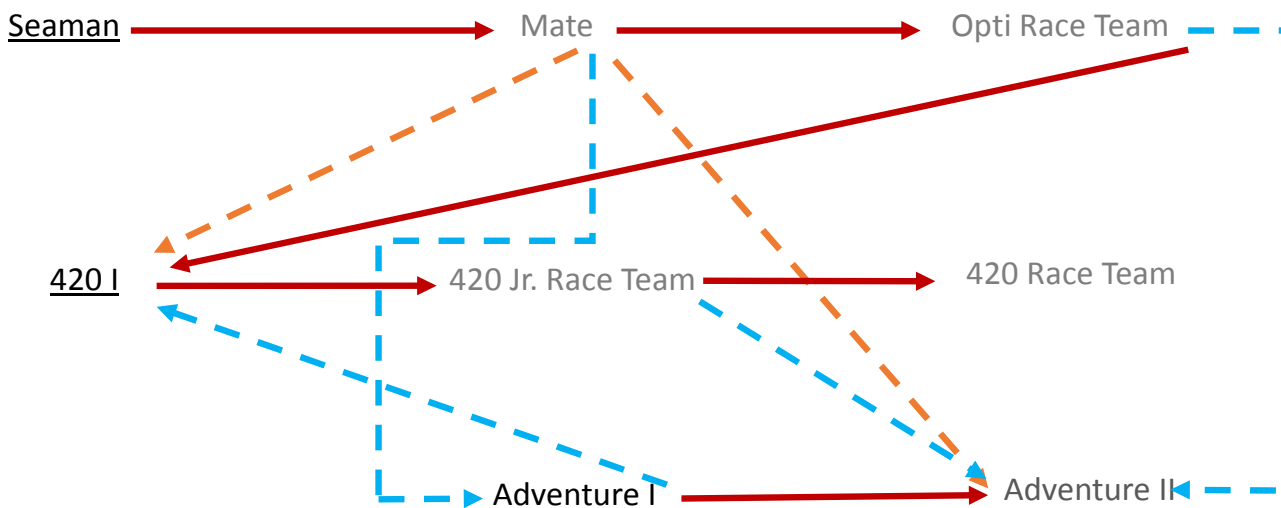
The 420 Race Team is a select group of sailors who are dedicated to racing 420s. Sailors must have participated on the 420 Jr. Race Team class and have demonstrated competency and commitment to join the 420 Race Team. The class is designed to teach and practice the importance of preparation for training and regattas, including rigging, sail trim and boat setup techniques to optimize boat speed, teamwork and seamanship. Team members will represent QYC in team and fleet races at area yacht clubs. Sportsmanship and Corinthian spirit are central to the instruction and team culture. It is recommended that sailors organize skippers/crew prior to joining the team and be flexible, with the understanding that the club is not responsible for organizing race pairs for individual regattas. Parents are expected to help transport racers and equipment. See additional information below.

M, T, W, Th, F  
1:30pm-4:30pm

## Class Placement

Students will be assigned to classes according to ability and recommendation by sailing instructors and Junior Sailing Program Chairs. Children new to the QYC Junior Sailing Program are asked to describe their sailing experience on the registration form to assist in appropriate placement. Typically, sailors spend two sessions in each class; however, students may progress at different rates through the program. The Opti and 420 Race Teams are select groups of sailors and participation on the teams is at the discretion of the Race Coaches.

### Flow Chart



#### Standard entry classes

Standard path Alternative path With permission

## 2017 QYC Jr. Sailing Program Class Fees

|                      | QYC Members |              | Non-members |              |
|----------------------|-------------|--------------|-------------|--------------|
|                      | One Session | Two Sessions | One Session | Two Sessions |
| Seaman               | \$550       | \$935        | \$690       | \$1,260      |
| Adventure Sailing I  | \$525       | \$910        | \$675       | \$1,235      |
| Mate                 | \$550       | \$935        | \$690       | \$1,260      |
| 420 I                | \$550       | \$935        | \$690       | \$1,260      |
| Adventure Sailing II | \$650       | \$1,085      | \$750       | \$1,325      |
| Opti Race Team       | \$675       | \$1,125      | \$790       | \$1,425      |
| 420 Jr. Race Team    | \$600       | \$1,000      | \$700       | \$1,275      |
| 420 Race Team        | \$675       | \$1,125      | \$790       | \$1,425      |

## Refund Policy

No refunds for cancellations after May 20<sup>th</sup>. No refunds or discounts for late arrival, absences, or withdrawals. All refunds issued before May 20<sup>th</sup> will have the PayPal processing fee deducted from the total.

## Race Team Information

Sailors on the QYC Opti Race Team, 420 Jr. Race Team, and 420 Race Team make a commitment to their teams. It is expected that team members will regularly attend classes. Sometimes regatta hours are long, irregular and affected by weather.

Opti Race Team members participate in Unkie Cup races at local yacht clubs on 4 scheduled Wednesdays in July and August. Racers are encouraged to participate in larger area regattas as appropriate. 420 Jr. Race Team members will participate in 2-3 area regattas a season. 420 Race Team members will participate in 4-5 area regattas a season.

Opti Race Team, 420 Jr. Race Team, and 420 Race Team members are responsible for regatta registration fees. Team members must join the U.S. Sailing Association to be eligible to participate in area regattas (not including Unkie Cup races). Sailors can join before the start of the season or at the time they register for the first regatta.

Without parental involvement, QYC race teams will not be able to attend regattas. Coaches are not permitted to drive junior racers. Junior racers are not permitted to drive club-owned trailers or equipment on roads/highways. Parents of Race Team members are asked to serve as principal contact/coordinator for one regatta a season. For that regatta they will be responsible for coordinating, with coaches and other parents, the transportation of sailors and their equipment to and from the regatta. A sailor will not be able to participate on the Race Team unless a parent helps with at least one regatta transport a season. QYC provides all sailing and towing equipment. Junior racers are expected to load necessary equipment for individual events they are scheduled to sail. Race Team coaches will oversee any on-the-water transport of boats. In such instances, parents are still responsible for transporting and chaperoning junior racers to regattas.

## Volunteers

The Junior Sailing Program cannot operate without volunteers. Volunteers are needed to help with a variety of tasks including: coordinating the QYC Unkie race day, sewing award burgees, trailering boats to regattas and coordinating carpools for the Race Teams. Parents are encouraged to be involved. We can use your help! Please complete the Volunteer Form and return with your Registration.

## Safety & Weather

Safety is of the utmost importance. It is imperative that all medical forms be completed and returned with the registration materials. Each instructor boat is equipped with a radio and first aid kit.

It is very important that we know if your child will not be attending class. Please call or email the Program Director, Quentin Chaffee, as soon as possible, before the start of class.

The Junior Sailing Program Director will review the weather forecast each morning. If possible thunderstorms are forecast, instructors will be advised to pay particular attention to the weather conditions on the water. The instructor in charge will cancel all water activities if thunder or lightning is in the vicinity. All sailors will take shelter as quickly as possible.

## Boat Care

Quissett Yacht Club provides Optis, 420s, and Bullseyes to the Junior Sailing Program. This program requires considerable capital investment for the purchase and maintenance of the teaching fleet. Student sailors should recognize the importance of caring for our shared property. We expect parents to reinforce this message. Our instructors enforce safe-sailing practices by all students, especially the very young ones.

As part of this program, instructors give students clear verbal signals and warnings to avoid collisions wherever possible. Although accidents do happen, especially among beginners, we feel that it is extremely important to reinforce that collisions are not okay. With this in mind, when a crash occurs, students are asked to relinquish the helm for a few minutes. This break is designed not as a punishment, but as a learning opportunity for sailors to talk with instructors and plan how they would handle the same situation the next time. After a few minutes, sailors are asked to take the helm and try once again.

If boats are damaged because of reckless, irresponsible, or unsafe behavior, parents will be asked to participate in the cost of repairing boats and equipment. At the discretion of the Program Director/Co-Chairs, repeat offenders will be asked to take a day off following an incident. Thankfully, this has occurred very rarely.

## **Student Conduct**

Good sportsmanship and respectful behavior, both on and off the water, are expected of all sailors who participate in the QYC Junior Sailing Program. It is expected that all students will listen to and follow directions given by instructors concerning boats, skippers, crew, weather, etc. Instructors' safety instructions and signals must be obeyed. All equipment and boats must be used safely and conscientiously.

Quissett Yacht Club does not own any land or buildings. By seasonal agreement with the Quissett Harbor Land Trust the QYC Junior Sailing Program is allowed to use some facilities belonging to the Land Trust, including the dock. The grounds of the Quissett Harbor House Land Trust, which include the Quissett Harbor House and the Harbor House dock, as well as the Salt Pond Area Bird Sanctuaries, Inc.'s conservation land known as "the Knob" must be treated with respect. As posted, jumping or swimming off the Harbor House dock is not permitted under any circumstances.

Inappropriate behavior, defined as uncooperative, disrespectful or unsafe behavior or in violation of Quissett Harbor Land Trust guidelines, will not be tolerated. Such behavior will result in the sailor's parent being contacted and the possible suspension of the sailor from class.

## **Class Location/Meeting Place/Inclement Weather**

Classes assemble on the deck to the left of the Quissett Harbor House, rain or shine. Students should not arrive more than 10 minutes before class and must be picked up promptly at the end of class. QYC instructors are responsible for your child until they "check-out" at the end of class. Instructors' schedules are full. Please do not keep them waiting.

Date rec'd: \_\_\_\_\_  
 Check #: \_\_\_\_\_  
 QYC Member: Y/N

## Quissett Yacht Club 2017 QYC Junior Sailing Registration

Parent/Guardian Name: \_\_\_\_\_

Address: Summer: \_\_\_\_\_

Address: Winter: \_\_\_\_\_

Phone: Summer: \_\_\_\_\_ Cell: \_\_\_\_\_ Winter: \_\_\_\_\_

Email: \_\_\_\_\_

**Photo Authorization: Please indicate if you will allow your child to be photographed and for those photos to be uploaded to the QYC website or photo sharing website using private access. Yes / No**

Parent Initial \_\_\_\_\_

### Class Selection

| Child's Name |       | Class Requested | # Years Sailing at QYC <sup>†</sup> | Age on July 1 | Height and Weight | Session(s) July/August /Both | Fee |
|--------------|-------|-----------------|-------------------------------------|---------------|-------------------|------------------------------|-----|
| Last         | First |                 |                                     |               |                   |                              |     |
|              |       |                 |                                     |               |                   |                              |     |
|              |       |                 |                                     |               |                   |                              |     |
|              |       |                 |                                     |               |                   |                              |     |
|              |       |                 |                                     |               |                   |                              |     |

<sup>†</sup> New Sailors: please describe past sailing experience (boats, rigging type, classes, number of years) on back

### Class Times & Fees

| Class                  | Meeting Times                 | QYC Members          |                      | Non QYC members      |                      |
|------------------------|-------------------------------|----------------------|----------------------|----------------------|----------------------|
|                        |                               | 1 session/2 sessions | 1 session/2 sessions | 1 session/2 sessions | 1 session/2 sessions |
| Seaman                 | 8:15 – 10:00 M, T, W*, Th, F  | \$550/\$935          | \$690/\$1,260        |                      |                      |
| Adventure Sailing I**  | 10:15 – 12:15 M, T, W, Th, F  | \$525/\$910          | \$675/\$1,235        |                      |                      |
| Mate                   | 10:15 – 12:15 M, T, W*, Th, F | \$550/\$935          | \$690/\$1,260        |                      |                      |
| 420 I                  | 8:15 – 10:00 M, T, W, Th, F   | \$550/\$935          | \$690/\$1,260        |                      |                      |
| Adventure Sailing II** | 1:30 – 4:30 M, T, W, Th, F    | \$650/\$1,085        | \$750/\$1,325        |                      |                      |
| Opti Race Team         | 1:30 – 4:30 M, T, W, Th, F    | \$675/\$1,125        | \$790/\$1,425        |                      |                      |
| 420 Jr. Race Team      | 10:15 – 12:15 M, T, W, Th, F  | \$600/\$1,000        | \$700/\$1,275        |                      |                      |
| 420 Race Team          | 1:30 – 4:30 M, T, W, Th, F    | \$675/\$1,125        | \$790/\$1,425        |                      |                      |

\*Wednesdays are reserved for voluntary learn-to-race opportunities. *Seaman and Mate Wednesday races will not be held when too many QYC boats are being used by the Opti Race Team at away races. Parents will be notified in advance.* \*\* Sailors may enroll in Adventure Sailing for a week at a time.

**Please complete on-line registration or mail Registration Materials to:**

Camilla King, 30 Country Road, Holliston, MA 01746

**Registration Form, Medical Information and Consent Form, Volunteer Sheet  
 AND full payment - check payable to Quissett Yacht Club**

For refund policy, see Program Information.

Questions? Email: camillaking@verizon.net or kristan.first@gmail.com

**Quissett Yacht Club**  
**Medical Information and Consent Form**

**Contact Information**

Name of Participant: \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_ F/M  
Name of Parent or Guardian: \_\_\_\_\_  
Address: Summer: \_\_\_\_\_  
Address: Winter: \_\_\_\_\_  
Phone: Summer: \_\_\_\_\_ Cell: \_\_\_\_\_ Winter: \_\_\_\_\_

**Emergency Contact**

If the person above is not available in the event of an emergency, notify:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_  
Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

**Insurance Information**

Doctor's Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Name of Insurance carrier: \_\_\_\_\_ Policy #: \_\_\_\_\_

In the case of an emergency, I understand every effort will be made to contact me. In the event I cannot be reached, I hereby give my permission to the physician selected to secure the proper medical treatment, which may include hospitalization, anesthesia, surgery or injection of medication for my son/daughter.

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**Medical Information**

My child has a medical condition that should be known to a person rendering medical assistance. Yes \_\_\_ No \_\_\_

Has your child ever had a serious head injury or concussion? Yes \_\_\_ No \_\_\_

If you answered yes to either of the questions above, you are REQUIRED to send an email to the QYC Jr. Sailing Program registrar, Camilla King at [camillaking@verizon.net](mailto:camillaking@verizon.net). Please list all medical conditions and if your child has had a concussion, indicate the severity of the concussion and the date of occurrence.

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**Waiver:** The undersigned parent/guardian recognizes that an element of risk is involved in all sports, including sailing. In consideration of my child participating in the Quissett Yacht Club's sailing, racing or other club activities, I agree to release, hold harmless and indemnify the Quissett Yacht Club, its officers, directors, employees and volunteers from any and all claims, losses, damages, fees and liability for injury to our child/ward or damage to any property arising out of, resulting from, related to, or in any way connected with the operation of the Quissett Yacht Club Junior Sailing Program or any activities or the use of any of its facilities or equipment of the Quissett Yacht Club.

Signature of Parent/Guardian: \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_



**QYC Junior Sailing Program  
2017 Parent Volunteer Sign-up**

Please let us know how you can help this summer.

Name: \_\_\_\_\_ Phone/Email: \_\_\_\_\_  
(best way to reach you)

**Seaman Class Parent:**

(Interface with instructor and parents, arrange class picnic, etc.)

July

August

**Mate Class Parent:**

(Interface with instructor and parents, arrange class picnic, etc.)

July

August

**Opti Race Team:**

Trailer boats to/from a regatta (do you have a hitch and a 4-way flat light connector?)

Help load boats onto trailers before regattas (Tuesdays 4:00pm)

QYC Hosted Unkie Regatta (July)

Parent coordinator

Registration

Banner

Morning refreshments

Lunch

**420 Race Team:**

Trailer boats to/from regattas (do you have a hitch and a 4-way flat light connector?)

Coordinate carpools for one regatta

July

August

Escort boats by water to/from regattas (do you have a boat that can tow, escort, transport kids?)

July

August

**Sew Award Burgees** (need access to sewing machine)