

***ALAMITOS BAY YACHT CLUB
JUNIOR SAILING PROGRAM
Summer 2010***



June 21st to August 6th, 2010

ABYC Summer Sailing Program Classes

The Alamitos Bay Yacht Club Junior Sailing Program is proud to announce summer sailing classes designed for children 5 to 18. **The first day of the program for all classes is Monday, June 21st and ends on August 6th.** Sailors in the program will be given the opportunity to sail and race their own Sabot, Laser or 420, travel to regattas, have a big boat experience, and receive first rate instruction. There is a class to fit all levels of sailors from Sea Urchins in the morning to Advanced Racing in the afternoon. The program runs Monday through Friday. Our classes provide an environment of fun, safety, and sailing that is ideal for sailors of all skill levels.

SEA URCHINS (5-7 years old): Tuesday & Thursday, 9:00 AM – 11:45 AM

This class is designed for children ages 5, 6 & 7 years old (must be 5 years by 6/21/10). Sea Urchins will be introduced to the yacht club, sailing, the bay and ocean in a fun, safe and non-threatening atmosphere. Basics of sailing and water safety are emphasized through group sailing opportunities. Students do not need their own boat for this class.

INTRO TO SAILING (6-7 years old): Monday, Wednesday, Friday, 9:00AM – 12:00 PM

The Intro to Sailing course is an "in between" class for students who are not 8 years old yet but would like to get some individual sailing time on the water. Primarily sailed in Sabots & Lido 14's, the class focuses on the basics of sailing at a pace comfortable for younger students. Sailors are required to have their own sabot or charter a sabot for this class.

BEGINNING SABOTS (Age 8+): Monday through Friday, 9:00 AM – 12:00 PM

This class is designed for the beginning sabot sailor who is at least 8 years old. Beginning Sabots focuses on knowledge of the boat, rigging, basic sailing skills, docking their sabot, points of sail, basic right-of-way rules, and water safety. The class will have opportunities to be involved in coached regattas later in the year.

INTERMEDIATE SABOTS: Monday through Friday, 9:00 AM – 12:00 PM

The Intermediate Sailing class is for sailors who have successfully completed a course in Beginning Sailing or sailors that can demonstrate intermediate level skills. Intermediate Sabots will help sailors advance their skills so they can competently sail anywhere in the bay and tune their boats properly to the wind conditions. As the students progress, they will learn beginning racing techniques and racing rules.

BEGINNING LASERS: Monday through Friday, 9:00 AM – 12:00 PM

The Laser class is designed for sailors with little to no laser sailing experience. In the lighter morning breeze, the students will learn boat handling and boat speed specific to the Laser as well as the fundamentals of sailing and introductory racing skills. Students should have enough size and strength to handle these high performance boats.

INTRO TO SABOT RACING (C3): Monday through Friday, 1:00 PM – 4:00 PM

This class is intended for the first time afternoon sailor who has demonstrated competent boat handling in the morning breeze. These sailors already have the knowledge and skill level of intermediate sabot sailing. Sailors will be taught the basic techniques of racing, including starting, tactics, rules of racing and sportsmanship. Intro to racing sailors will be encouraged to participate in coached regattas they feel comfortable with.

ADVANCED SABOT RACING: Monday through Friday, 1:00 PM – 4:00 PM

This class will focus on advanced boat handling skills, racing rules, winning tactics, boat and equipment maintenance, and sportsmanship. Travel regattas and Sabot Nationals are coached and participation is encouraged. This program is open to sailors who have been approved or completed the Intro to Racing Program (summer or off season).

ADVANCED LASERS: Monday through Friday, 1:00 PM – 4:00 PM

This class will cater to the more experienced sailor and will focus on advanced boat handling, tuning and speed specific to the laser. Racing will be a staple of this program which should only be considered for the sailor who is physically big enough and strong enough to hold the boat flat in the heavier afternoon breeze. Coaching is provided to all regattas listed on the summer calendar. This class will run alongside the advanced 420 program.

ADVANCED 420 DOUBLE HANDED RACING: Monday through Friday, 1:00 PM – 4:00 PM

The advanced racing 420 program will run alongside the advanced Laser program and is designed for those sailors who have a strong racing background and have their own 420. It will focus on trapeze work, skipper/crew communication, boat handling specific to a 420 as well as advanced racing tactics. Coaching is provided to all regattas listed on the summer calendar. Sailors who want to sail a combination of boats (i.e. 420's & lasers or 420's & sabots), they are welcome to do so. A schedule of "420 focus days" will be given out ahead of time.

PROGRAM REQUIREMENTS

All participants will be required to take a swim test the first day they are present. US Coast Guard Type III Personal Floatation Devices (PFD) will be required to fit properly and be worn properly by all participants at all times on the water. The International Naples Sabot Association (INSA) requires a bailer, paddle, and painter (min. 10') on all sabots. INSA also requires that Juniors competing in the Naples Sabot join INSA. Membership forms are available in the Junior office. ABYC Independent Junior memberships are available for children age 9 to 18. Information has been included in this packet if your child is interested in joining. If there are any questions regarding membership please contact Sheila @ (562) 434-9955.

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ALAMITOS BAY YACHT CLUB
Junior Summer Sailing Program
7201 East Ocean Boulevard
Long Beach, CA 90803

DATED MATERIAL