



2020 JUNIOR SAILING PROGRAM



Long Beach Yacht Club



Dear LBYC Members,

Long Beach Yacht Club has a rich history of producing competitive sailors through our renowned Junior Sailing Program. We offer year-round classes for sailors ages 5-17, headlined by our flagship 7-week Summer Sailing Program. Junior Sailing has long been a focal point for the LBYC Board of Governance which enables us to provide the highest quality facilities, equipment, and instruction available.

Our mission is to instill a lifelong appreciation for sailing that promotes sportsmanship, safety and seamanship to the youth of our club. In addition to cultivating a passion for sailing, the program emphasizes teamwork, life skills and a healthy appreciation for competition. Our professional coaching staff is comprised of US Sailing Certified Instructors with CPR and First Aid certifications.

In addition to our Spring, Summer and Fall programming, we provide extensive regatta coaching for our competitive sailors all year. For more focused attention, we offer private or semi-private lessons by appointment. For more information or to schedule a time to get your future sailor out on the water, please contact me or stop by the Sailing Office next time you're at the club!

Regards,

Cameron MacLaren
Sailing Director



Long Beach Yacht Club

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LONG BEACH YACHT CLUB

Welcome to LBYC Junior Sailing! This information guide provides an outline of the youth sailing programs offered during 2020. For more detail please refer to the Parent/Sailor Manual located on the “Sail Programs” tab of the club website.

Important Notes

- Summer Program registration will open on March 1st.
- **\$50 Late Registration Fee applied after May 1st.**
- Class tuition will appear on your June billing statement.
- Registration may be cancelled prior to the start of the program for a full refund. Once the program begins, all class fees are non-refundable after the third day of the program.
- All sailors MUST have a current **LBYC Immunization/Physical Release Form** on file prior to the first day. This form can be found online or in the Parent Manual.
- All sailors and families (including Sea Otters) are encouraged to attend the Summer Awards Banquet on Saturday August 1st at 5:00 pm.
- All racing sailors must be members of their respective class association (Sabot/CFJ/C420)
- Boat storage fees are billed monthly by the Accounting Department. To lease a sabot storage rack, please contact the Sailing Director.

Parent Orientation

Friday, May 29th 6:00-7:00 PM

The Parent Orientation is designed to supplement this information guide and give parents a better understanding of the LBYC Summer Sailing Program. Parent Manual and class schedules will be distributed. We will discuss much-needed volunteer opportunities and answer any questions you may have. This meeting is mandatory for families new to the program and encouraged for returning families; **we request at least one parent attend this orientation.**

Junior Guest Policy

Non-member guests may enroll in the LBYC Jr. Sailing Program under the following conditions:

- Must be at least 10 years of age
- Must have prior sailing experience
- Must enroll in the same class as their member sponsor
- Registration must be submitted by member sponsor. Tuition charges will appear on sponsor’s account

Jr. Guest privileges extended under this policy are for the junior sailor only. This includes the docks, sabot racks, boatyard, storage shed, pool, snack bar, Jobson Room and Regatta Room for briefings. Parents of Jr. Guests are limited to drop off and pick up only, except during scheduled junior events.



MORNING CLASSES

Kick it up a Knot *All Ages*****

Start your morning off right! Get the blood flowing and adrenaline pumping with our Kick it up a Knot Fitness program. Designed to teach our sailors of all ages the importance of staying fit. Instructors will introduce a variety of different calisthenic exercises and conditioning



drills crafted by certified personal trainers. Each week we'll administer a fitness progression test to show strength and stamina improvement and track our results. Take your sailing ability and Kick it up a Knot!

Requirements: Sailors must wear close-toed shoes appropriate for running.

Class Hours: Monday-Friday

June 15th – July 31st

8:00 am to 8:50 am (meet on the back patio)

Price: \$200 for 7 weeks

Sea Otters *Ages 5-7*****

The Sea Otter class is offered to children 5 to 7 years of age and is our #1 seller! This is an introductory class which consists of developmentally appropriate activities such as fundamental sailing concepts and terminology, knot tying, safety, and water-related activities. The class will be split into three subgroups that will rotate through the daily activities, which include group sailing on a Soling accompanied by a certified sailing instructor, swim lessons with our certified swim instructors, and classroom instruction with our credentialed teacher for nautical-themed crafts, songs and much more. Teachers plan a well-rounded curriculum of art activities, gross and fine motor skills development, dramatic play and educational outings. The class introduces prominent features of Alamitos Bay, safe boating practices, and serves as an introduction to the LBYC Junior Sailing Program.

Requirements: Sailors must have a United States Coast Guard (U.S.C.G.) approved life jacket fit for their use.

Class Hours: Monday-Friday (Swim Instruction Tues-Fri)

June 15th – July 31st

9:00 am to 12:00 pm (meet at the Jobson Room)

Price: \$950 for 7 weeks

Optional Supervised Lunch Program



Sabot Novice *Ages 8-12*****

The Novice class is an all-encompassing, fun-filled class for children 8-11 years of age where participants will learn to skipper their own boat. This class is designed for first time sailors, as well as those not yet ready for the C3 Racing class. Curriculum covers the introduction of the Naples Sabot, boat parts, knots, and on-the-water sailing skills with a heavy focus on the fundamentals of upwind sailing. The goal of this class is to teach kids how to safely and comfortably operate their sabot and learn to love the sport of sailing. Limited charter boats are available first come first served, however it is *highly recommended* to purchase your own Sabot.



Requirements: Sailors must pass a swim test, pass a capsizing test, own a fully rigged Naples Sabot and a United States Coast Guard (U.S.C.G.) approved life jacket fit for their daily use.

Class Hours: Monday-Friday

June 15th – July 31st

9:00 am to 12:00 pm (meet at the Long Dock)

Price: \$950 for 7 weeks

Sabot Charter Fee: \$350 for 7 weeks

Optional Supervised Lunch Program

Returning Novice *Ages 8-12*****

This Returning Novice class, or “Pre-C3” is designed for sailors who have completed a full summer of Sabot Novice but aren’t quite ready for the C3 Racing class. Ideal for the sailor who has not been on the water since last summer and wants to build confidence before being introduced to the competitive sailing scene. This class is also great for Novice graduates who still prefer to sail during the calmer morning hours with less breeze. Sailors will continue building on basic sail trim and boat handling while mixing in the fundamentals of racing.



Requirements: Sailors must pass a swim test, pass a capsizing test, own a fully rigged Naples Sabot ready to sail and a United States Coast Guard (U.S.C.G.) approved life jacket fit for their daily use.

Class Hours: Monday-Friday

June 15th – July 31st

9:00 am to 12:00 pm (meet at the Long Dock)

Price: \$950 for 7 weeks

Optional Supervised Lunch Program

CFJ Cruisers *Ages 10-17*****

Our fastest growing class!! CFJ Cruisers is designed to teach beginner sailors the basics in a non-competitive, social setting. This class is a great option for sailors new to the sport who are too old for the Sabot Novice class. It's also the perfect class for younger sailors to experience double-handed sailing while still participating in afternoon sabot racing. We will cover the rigging and parts of the CFJ, boat handling, sailing terminology, safety, and basic sailing tactics. The goals of this class are to offer an entry point for teenage beginners as well as sabot racers looking to try out a new boat.



Requirements: Sailors must pass a swim test, pass a capsizing test, own a United States Coast Guard (U.S.C.G.) approved life jacket fit for their daily use and proper sailing footwear (booties or water shoes).

Class Hours: Monday-Friday

June 15th – July 31st

9:00 am to 12:00 pm (meet at the Jr. Base)

Price: \$1000 for 7 weeks

CFJ Charter Fee: \$50 charter fee for use of club-owned CFJs included in tuition

Optional Supervised Lunch Program

Supervised Lunch Program *All Ages*****

For Junior Sailors enrolled in the Summer Sailing and Corinthian programs, we offer complimentary supervision during the 30-minute recess between morning and afternoon classes. SLP runs from 12:00pm-12:30 pm. This program will be on the pool deck and utilizes snack bar services. No packed lunches.

Requirements: Sailors must be enrolled in the Jr. Sailing Program or Corinthian Program

Class Hours: Tuesday-Friday

NO SLP ON MONDAYS DUE TO KITCHEN CLOSED

June 16th – July 31st

12:00 pm to 12:30 pm (meet on back patio)

Price: Free supervision

***Cost of meals will be applied to membership account**



AFTERNOON CLASSES

Sabot – Beginner Racing (C3) *Ages 8-12*****

The Sabot C3 class is available to children at least 8 years of age. Sailors who have successfully completed the Novice class will enter the C3 class. This will be a skill-building class, teaching kids how to safely maneuver their boat in basic race-course situations. Sailors will compete in weekly regattas within the harbor, with opportunities to enter additional regattas on weekends. Sailors progress to the next level (C2) by winning qualifying class events. Sailors typically spend 1-2 years at each level before moving up.

Requirements: Novice sailors must satisfy the Novice Graduate criteria to be eligible to enroll in the C3 class. Sailors must complete and pass a swim test, complete and pass a capsizing test, own a fully-rigged Naples Sabot and a United States Coast Guard (U.S.C.G.) approved life jacket fit for their daily use. Parents may be asked to tow a trailer to travel regattas if their child participates.

Class Hours: Monday-Friday

June 15th – July 31st

1:00 pm to 4:00 pm (meet at the Jr. Base)

Price: \$950 for 7 weeks (regatta and travel expenses not included in class tuition)

Optional Supervised Lunch Program



Sabot – Advanced Racing (A / B / C1 / C2) *Ages 9-17*****

The Advanced Racing class is available to sabot sailors who have moved up beyond the C3 class by winning an eligible regatta. This program is dedicated to sabot sailors who are beyond entry level racing and are dedicated to improving their boat-handling and tactics. This includes experienced racers working towards a strong performance at Sabot Nationals. Advanced boat handling, race tactics, course strategy and the Racing Rules of Sailing will be covered extensively. The goal of this class is to produce winning results at the highest level of youth sabot sailing. **Sailors in this class are expected to participate in summer regattas, including Junior Sabot Nationals.**

Requirements: Sailors must complete and pass a swim test, complete and pass a capsizing test, own a race-rigged Naples Sabot and a United States Coast Guard (U.S.C.G.) approved life jacket fit for their daily use. Parents will be asked to tow a trailer to travel regattas if their child participates – please plan accordingly

Class Hours: Monday – Friday

June 15th – July 31st

1:00 pm to 4:00 pm (meet at the Jr. Base)

Member Price: \$950 for 7 weeks (regatta and travel expenses not included in class tuition)



RS Feva Intro to Sportboats *Ages 11-15*****

The Intro to Sportboats class is sailed in the RS Feva, which is a 12 foot double-handed dinghy with a sail plan that includes a main, jib and asymmetric spinnaker. This class is designed to teach intermediate sailors how to sail as a team and fly an asymmetric spinnaker on a forgiving platform. Curriculum will cover rigging and derigging, boat parts, boat handling and intermediate level racing techniques. As their skill levels improve, class participants will compete in the weekly bay races throughout the summer.

Requirements: Sailors must have previous sailing experience and show proficiency in fundamental skills such as upwind sailing, getting out of irons, basic maneuvers such as tacking and gybing, points of sail and right of way rules. Sailors must pass a swim test, pass a capsizing test, own a US Coast Guard (U.S.C.G.) approved life jacket fit for their daily use as well as proper footwear (no bare feet).

Class Hours: Monday – Friday

June 15th – July 31st

1pm – 4pm (meet at Jr. Base)

Member Price: \$1000 for 7 weeks

***Club boat charter fee included in class tuition**



CFJ Racing *Ages 12-17*****

The CFJ Racing class is available to sailors with some previous sailing experience. The class introduces the Club Flying Junior to sailors new to the boat by covering proper rigging and de-rigging, boat parts, and boat handling. In addition, the class will cover race tactics, course strategy, and the Racing Rules of Sailing. Racing is a large component of this class and participants will be competing in regattas throughout the summer. The goals of this class are to teach and improve on-the-water boat-handling skills and racecourse tactics. **Sailors in this class are expected to participate in the Junior Olympic Festival and CFJ Nationals.**

Requirements: Sailing experience is required. Sailors must be over 110 lbs. to safely handle the boat in all conditions. If your teen is new to sailing and would like to get involved, please contact the Junior Sailing Director for an information meeting. Sailors must pass a swim test, pass a capsizing test, and own a United States Coast Guard (U.S.C.G.) approved life jacket fit for their daily use as well as proper footwear (no sandals or bare feet). Parents will be asked to tow a trailer to travel regattas if their child participates.

Class Hours: Monday – Friday

June 15th – July 31st

1:00 pm to 4:00 pm (meet at the Jr. Base)

Member Price: \$1000 for 7 weeks

***Club boat charter fee included, regatta and travel expenses not included in class tuition**



OFF SEASON PROGRAMS

Fall & Spring Sailing

2020 Spring Sailing Sundays: Feb 16, Feb 23, Mar 8, Mar 22, Apr 19, Apr 26

2020 Fall Sailing Sundays: Sep 13, Sep 20, Oct 4, Oct 25, Nov 1, Nov 8

MORNING CLASSES

Sea Otters *Ages 5-7*****

The offseason Sea Otter class is designed for children 5 to 7 years of age, no experience necessary. Sea Otters will be paired with Novice sailors for buddy sailing in sabots. On days with a larger group, Sea Otters will sail together with an instructor on a Soling. This class will give these youngsters who are new to the sport some exposure to life on the water, with opportunities to learn from other sailors in addition to their coaches.

Requirements: Sailors must have a United States Coast Guard approved life jacket fit for their use.

Class Hours: 6 Sunday classes

9:00 am to 12:00 pm (meet at the Long Dock)

Price: \$250 for 6 classes



Sabot Returning Novice *Ages 8-12*****

The offseason Returning Novice class is geared for sailors who have already experienced at least one summer of the Sabot Novice program. Offseason classes meet twice per month to keep things fresh and prevent our sailors from getting too rusty! Class curriculum will reinforce the fundamentals of boat handling and points of sail which were introduced during the summer program. Novice sailors will also have the opportunity to help the Sea Otter sailors gain confidence on the water in a buddy sailing format.

Requirements: Sailors must have at least one summer of Sabot Novice experience. Must own a United States Coast Guard (U.S.C.G.) approved life jacket fit for their use. Highly recommended to own a fully rigged Naples Sabot.

Class Hours: 6 Sunday classes

9:00 am to 12:00 pm (meet at the Long Dock)

Price: \$300 for 6 classes

Charter Sabot Fee: \$100 for 6 classes



AFTERNOON CLASSES

Sabot – Beginner Racing (C3) *Ages 8-12*****

The offseason Sabot C3 class is available to sailors who have successfully completed the Novice class. This class will reinforce the basics of boathandling and points of sail in a racing format. Focus will be on starts and short course racing. Sailors enrolled in this class are encouraged to participate in the weekend regattas throughout the Fall and Spring.

Requirements: Novice sailors must satisfy the Novice Graduate criteria to be eligible to enroll in the C3 class. Sailors must own a fully-rigged Naples Sabot and a United States Coast Guard approved life jacket fit for their use. Parents may be asked to tow a trailer to travel regattas if their child participates.

Class Hours: 6 Sunday classes

1:00 pm to 4:00 pm (meet at the Jr. Base)

Price: \$300 for 6 classes (regatta and travel expenses not included in class tuition)



Sabot – Advanced Racing (A / B / C1 / C2) *Ages 9-17*****

The offseason Advanced Racing class is available to sailors who have moved up beyond the C3 class by winning an eligible regatta. This program is dedicated to competitive sabot sailors who are actively racing year-round. The goal of this class is to continue improving during the shoulder seasons and prepare for weekend regattas throughout the year.

Requirements: Sailors must own a race-rigged Naples Sabot and a United States Coast Guard approved life jacket fit for their daily use. Parents will be asked to tow a trailer to travel regattas if their child participates – please plan accordingly.

Class Hours: 6 Sunday classes

1:00 pm to 4:00 pm (meet at the Jr. Base)

Price: \$300 for 6 classes (regatta and travel expenses not included in class tuition)



CFJ Racing *Ages 12-17*****

The offseason CFJ Racing class is available to sailors with some previous CFJ sailing experience. The class will review proper boat handling with a focus on race tactics, course strategy, and the Racing Rules of Sailing. Sailors enrolled in this class are encouraged to compete in weekend regattas throughout the year. The goals of this class are to improve racing skills, including starts and upwind tactics.

Requirements: Sailing experience is required. Sailors must be over 110 lbs. to safely handle the boat in all conditions. If your teen is new to sailing and would like to get involved, please contact the Junior Sailing Director for an information meeting. Sailors must own a United States Coast Guard approved life jacket fit for their daily use as well as proper footwear (no sandals or bare feet). Parents will be asked to tow a trailer to travel regattas if their child competes.

Class Hours: 6 Sunday classes

1:00 pm to 4:00 pm (meet at the Jr. Base)

Price: \$350 for 6 classes (regatta and travel expenses not included in class tuition)

***Club boat charter fee included, regatta and travel expenses not included in class tuition**

