

Pequot Yacht Club
JUNIOR SAILING PROGRAM

A Guide for Participants, Parents & Instructors

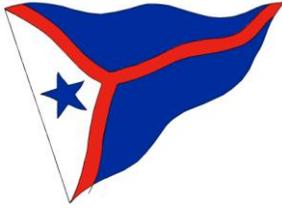


Optimist, RS-Feva, C420, Laser
2019

PEQUOT YACHT CLUB JUNIOR SAILING PROGRAM

TABLE OF CONTENTS

Welcome Letter	Page 3
Important Contact Information & Junior Committee	Page 4
Resources	Page 5
2019 Important Dates	Page 6
Program Overview	Page 7
Safety	Page 10
Communication, Class Attendance & Equipment	Page 14
Discipline	Page 15
Regattas	Page 16
Lunch	Page 17
Junior Sailing Association of Long Island Sound	Page 18
Traditions	Page 19
Volunteering	
Junior Clubhouse Commissioning	
Annual Awards Dinner	
Jennings Cup Parent-Child Regatta & Sunset Sails	
Pequot-hosted Regattas	
Opti Rumble	
Invitational Regatta	
Junior Program Rules	Page 20
Pequot Junior Trophies	Page 21
JSA Annual Awards	Page 22
JSA of LIS Eligibility Requirements	Page 23
Optimist, RS-Feva & 420 Checklists and Other Useful Information	Page 24



WELCOME LETTER

Welcome new and returning sailors to the Pequot Yacht Club's Junior Sailing Program! This guide is your reference for all information related to **TEAM PEQUOT**. Our practices and policies foster a supportive environment for running a safe, fun, and educational Junior Sailing Program. The common ground upon which we base our program is our mission statement:

The Pequot Junior Sailing Program teaches young sailors the essential elements of performance boat handling, seamanship, and racing skills. It instills in them a respect for the sea and the value of teamwork, cooperative learning and good sportsmanship. Most importantly, the Pequot Junior Program creates sailors who will enjoy and contribute to the sport of sailing for their entire lives.

TEAM PEQUOT is our club culture which emphasizes the importance of teamwork and cooperative learning. Sailors help each other rig and launch the boats, work together on the towline, and de-rig at the end of the day. No one leaves the dock until the whole class is finished and all boats are put away.

Safety is non-negotiable in the world of boats and the sea. Our children are drilled in safety procedures and safe behavior and respect for the sea. Properly fitting life jackets or personal flotation devices (PFDs) are required the moment a sailor steps on the dock. More comprehensive safety precautions are presented throughout this guide.

The success of our program can only be measured over time. Many of our current parents are graduates of this Junior Sailing Program and they actively give back to the program by volunteering. Sailing is a sport that is learned by doing and requires more than one week. There are many dependencies to a child's success—the weather, the tides, the currents, the other children in their class, the child's personal desire, and, most significantly, their instructor. One day or one week does not necessarily make the sailor. The experience must be evaluated at the end of the first season and then re-evaluated at the end of each subsequent season. Every summer we have brand new sailors who are afraid of sailing for the first few days of the session. Everyday the instructors meet at lunch and brainstorm different teaching methods. We learn so much from our instructors about patience, creativity, and fun. By the end of the four weeks, every child overcomes his/her fears and has fun sailing, usually coming back the following year.

In the afternoons, the instructors adjust their teaching methods to build the racing skills of our sailors. **TEAM PEQUOT's** racing record both on the Sound and off the Sound is a testament to their teaching abilities as well as to our sailors' perseverance. Each of our racing sailors has been in the Junior Sailing Program for several years. Success in racing requires a long-term commitment and desire to compete.

Please take the time to review this guide in detail and we look forward to infecting your child with the "sailing bug" that has gripped our members for generations!

Important Contact Information 2019

Pequot Yacht Club Main Number

203-255-5740

Junior Program Administrator Office:

Chris Oburchay

Ext. 21

Junior Program Instructors' Office

Ext. 15

Junior Sailing Program E-Mail

jrsailingcommittee@pequotyc.com

JUNIOR SAILING COMMITTEE

Junior Program Chair

Treef Rosow

christopher.rosow@gmail.com

420/Laser Liaison

Ashton Ballou & Dianna Cutler

ashtonballou@me.com dcutler@sascofarms.com

Opti Liaison

Heather Woodworth

hwoodworth@gmail.com

Feva Liaison

Dave Rosow

drosowj@gmail.com

Big Boat Liaison

Ashton Ballou

ashtonballou@me.com

Junior Committee

Ashton Ballou

Ben Kinney

Charlie Reynolds

Candace Wagner

Tim Clark

Alison Lew

David Smith

Heather Woodworth

Diana Cutler

Martha Murphy

Sarah Hamm Stephan

Junior Flag Officers

Commodore

Connor Rosow

Vice Commodore

Hope Smith

Fleet Captain

Will Donovan

Secretary

Annie Lew

Instructors

Head Instructor: Sophia Stanley

Assistant Head: Maggie Costikyan

Returning Coaches

Ben Quincy

Alexa Cimino

Camille Infurna

New Coaches

Ben Craine

Ellie Pieper

Brian Krawiec

Niall Sheridan

IMPORTANT RESOURCES

JSA LIS www.jsalis.org
Calendars, news, results

Pequot YC www.pequotyc.com
Click thru to Junior Sailing

Boat Locker www.boatlocker.com
Local source for boat parts, clothes, gear

Dinghy Locker <http://www.landfallnavigation.com/dinghysailing>
Stamford source for boat parts, clothes, gear

PEQUOT JUNIOR SAILING PROGRAM 2019 CALENDAR

Mandatory Parent Orientation	Mon, May 6	7:30PM – 9:00PM
Rigging Days (1 st session, all classes)	June 21 June 22	12:00 - 4:00PM 9:00AM - 12:00 noon
Swim Check (1 st session, all classes)	June 21 June 22	12:00 - 4:00PM 9:00AM - 12:00 noon
Jr. Commissioning & Pizza Party	Sun, June 23	5:30PM – 7:00PM
SESSION I Begins		
Optimist Morning Programs Starts	Mon, June 24	8:45AM – noon
Feva/Laser/420 Racing Program Starts	Mon, June 24	1:00PM – 5:00PM
Advanced Racing Optimist Program Starts	Mon, June 24	1:00PM – 5:00PM
Parent Sailing Chalk-Talk!	Thurs, June 27	9:00 AM
Parent Coffee	Tues, July 2	9:00 AM
Program Open	July 4	
Pequot Invitational	Thurs, July 11	7:30AM – 8:30PM
PROGRAM CLOSED	Fri, July 12	7:30AM – 5:00 PM
FOR NON-PARTICIPATING SAILORS		
PYC Opti Rumble Regatta	Sat, July 13	7:30AM - 5:00PM
Sunset Sail (Opti & Feva)	Tues, July 16	5:30 PM
First Session Ends	Fri, July 19	take 4 week boats home
Rigging Day & Swim Check (2nd Session only)	Sat, July 20	3:00PM - 5:00PM
SESSION II Begins	Mon, July 22	
Awards Dinner	Thurs, Aug. 15	6:00 – 9:00PM
Last Day of Program / Clean Up	Fri, Aug. 16	take boats home

***PLEASE PLAN TO REMOVE BOATS AND EQUIPMENT FROM THE CLUB
ON THE LAST DAY OF THE SESSION FOR WHICH YOU ARE REGISTERED.***



PROGRAM OVERVIEW

The Pequot Yacht Club Junior Sailing Program is designed to foster a life-long love of the sport of sailing. The organization of our program is designed to maximize on the water learning and to build and strengthen lifelong friendships.

Learn to Sail (Novice); Intermediate; Introduction to Racing Classes

Session I (4 weeks) and Session II (4 weeks)

8:45 am to 12:00 pm

Our learn-to-sail, intermediate and learn-to-race classes are taught in **Optimist 8' Prams (Optis)**. Originally designed in 1947, the Optimist Dinghy has become the world standard as both the introductory junior trainer and a premier one design racing class. It is the only sailboat designed specifically for children allowing them to learn the essentials of sailing without danger or fear. Most sailors will stay in the Optimist class for about 4 years. Children must be nine (9) years old within the calendar year to start in our regular program.

Depending on space available as well as an application process, we also have an eight (8) year olds' program during our second session, 9:00 a.m. to 12:00 p.m.

Opti sailors progress from the learn-to-sail class, through the intermediate classes, then to introduction to racing. Assignment in the classes is at the sole discretion of the Head Instructor.

The ratio of students to instructors is 6:1 for novice sailing classes.

As skills improve, a morning Opti sailor has several potential paths to expand and enhance their sailing experience: they can choose to sail with a friend in an intermediate double-handed boat called the Feva; they can choose to join the advanced racing Opti class in the afternoon, or they can choose to sail a 420 or Laser. These choices are age, weight, and skill dependent, and vary per child; the Head Instructor and instructing staff can help with this process.

Intermediate Double-Handed Class

8-week Session

Afternoons: 1:00pm to 5:00pm

RS-Feva is a 12' sailing dinghy designed for two (2) sailors to teach kids how to sail as a team and how to interact to make the boat sail its best. Young sailors will learn how to sail with a mainsail, jib, and asymmetrical spinnaker. This boat is designed for intermediate sailors.

The ratio of students to instructors is 8:1 for intermediate classes.

As skills improve, a Feva sailor can choose to sail a 420 or Laser. These choices are age, weight, and skill dependent, and vary per child; the Head Instructor and instructing staff can help with this process.

Racing Classes: Optimist Advanced Racing; 420 and Laser Racing

8-week Session

Afternoons: 1:00pm to 5:00pm

Sailors can choose to race starting in the Optis. The Instructors and Head Instructor recommend children for the racing program based on a child's demonstrated desire to race and their ability. Placement in the Opti Racing program is at the sole discretion of the Head Instructor.

Children progress from the Optis to either a single-handed boat, the Laser, or to a double-handed boat, either Feva or Club 420s.

Laser is the gold standard in single-handed, one-design sailing. The Laser was built on the philosophy that the sailor wins the race, not the boat. Every Laser in the world is identical. Laser racing is a true test of skill. A sailor must weigh 110 pounds or more to sail a radial rig (smaller sail area) or 130 pounds or more to sail a full rig Laser.

Club 420 is a 13' 8" boat with a jib, spinnaker, and trapeze. The Club 420 enables young sailors to learn teamwork, trapeze and spinnaker techniques that simply can't be learned in single-handed boats. The Club 420 is safe and quick enough to keep competitive sailors challenged from high school to college. Sailors graduating from the Optimist and Feva classes will find the Club 420 to be manageable and a lot of fun.

Our afternoon racing teams learn and practice daily from 1:00 p.m. to 5:00 p.m. Throughout the 8-week season, they travel to Junior Sailing Association (JSA) sponsored regattas at various clubs around Long Island Sound. All Pequot sailors are members of the Junior Sailing Association of Long Island Sound. See www.jsalis.org for eligibility requirements and additional information regarding regattas and events.

Optional Advanced Program Offerings

Sailors who are 14 years and older in the calendar year are eligible to participate in additional programs at no extra charge except a nominal fee for big boats. These offerings expand and enhance the junior sailor's experience.

Junior Mentors: The Head Instructor selects a few experienced junior sailors to volunteer as Junior Mentors. The Junior Mentors assist the instructors during the morning Opti classes teaching the less experienced sailors. They are expected to volunteer three (3) mornings per week. They inspire the younger sailors and learn about the job of a sailing instructor.

Wednesday Night Big Boat Races: Juniors 14 years and older are invited to join members of the Senior Yacht Club on their privately-owned boats as crew on Wednesday night racing. Boats typically leave the harbor between 5:30 and 6pm, and return soon after sunset. Any interested sailor should contact Treef Rosow by email at christopher.rosow@gmail.com and he will try and match them with an owner who is looking for crew. This is not a part of the Junior Program, and there are no instructors on these boats. Parents are encouraged to talk to the boat owner before the Junior sails with them so that they understand the risks. In accordance with our Rules of Conduct, Juniors are required to wear PFDs. Big Boat owners must use their discretion when

taking on Juniors as crew and may decide that it is unsafe or unwise to take them out in certain conditions.

Big Boat Program: Advanced Junior Sailors are invited to participate in racing on privately-owned "Big Boats" with members of the Senior Yacht Club. The Junior Sailors must be willing to commit to on-the-water practices one night per week during the program. In addition, they must take Seamanship lessons and the JSA Seamanship test. A skipper, navigator, and two (2) watch captains are designated by the Head Instructor. These sailors must also take the navigation course and the JSA Navigation test.

The Seamanship and Navigation lessons are offered two (2) to three (3) times during the program either in the mornings or afternoons. A member of the Senior Yacht Club volunteers his/her time to teach the Junior Sailors.

All this preparation culminates in the JSA-sponsored Dorade, a one day regatta, hosted by Stamford Yacht Club and an overnight JSA-sponsored regatta hosted by Beach Point Yacht Club.

Sailors (and parents of sailors) in the Big Boat program are reminded, and agree as a condition of being invited to participate in the program, that boat assignments, crew assignments, and selection into the program are all decisions based on the safety of the vessel and its crew. The responsibility for these decisions is with the Head Instruction, the Big Boat Liaison, and the boat's owner (or authorized representative).

SAFETY POLICY

The Pequot Yacht Club Junior Sailing Program emphasizes safety first and foremost and fosters the safe enjoyment of sailing by teaching and enforcing the principles of safe boating with the goal of protecting life and property on the water.

The decision to sail or not sail due to weather conditions is ultimately made by the Club Manager in consultation with the Head Instructor.

Instructor Training Requirements

1. US Sailing Instructor Level 1 at a minimum
This four-day forty-hour course covers:
 - a. Teaching from and using a Safety Boat.
 - b. Use of land and on-the-water drills.
 - c. Sports psychology and physiology
 - d. Lesson Planning
 - e. Classroom teaching techniques for eye-hand coordination skills
 - f. Risk management and other legal issues
 - g. Safety considerations
 - h. Rainy day activities
2. CPR
3. First Aid
4. Safe Power Boating Certificate
5. CT Safe Boater's License

Boat Safety Check

All Boats are required to pass a boat safety check at the beginning of the session, periodically throughout the session, and prior to every regatta. The check list for each boat is attached in the reference section of this guide.

The Optimist Safety Check is performed during rigging day on June 21 and 22 for session I and July 20 for session II. All private boat owners and club charterers are required to attend the rigging day.

Club-owned Fevas and 420s will be inspected by the club prior to being signed out to a charterer. Privately-owned Fevas, 420s and Lasers will be inspected during rigging days.

The Inspection Process:

1. Arrive with your boat to the dry sail area next to the parking lot.
2. Check in with Rigging Day Chair
3. You are assigned to an inspector and your boat is put down on a tarp.
4. You will rig your boat on land, as the inspector will check the checklist which is in the Reference section of this document.

5. Once your boat has passed the inspection, you are given your assigned slot number on the Opti Racks. (for Optis only)
6. The process takes about 15 – 30 minutes. First come, first served.

Swim Check

All participants in the Pequot Junior Sailing Program must take and pass the swimming check outlined below, except those 15, 16, and 17-year olds who passed the swim check the previous year. The check will be given on the date(s) previously specified on the Pequot Junior Sailing Program calendar. Sailors should bring a towel, Personal Flotation Device (PFD) and a complete change of clothes. Valuables should be left at home.

The check:

1. Test the proper fit of the PFD.
2. Drop into the water from the junior dock dressed in normal sailing clothes and PFD without shoes or socks.
3. Float in order to check PFD support.
4. Remove PFD.
5. Tread water for two (2) minutes.
6. Swim the length of the dock and back again. (Approx. 180 feet)
7. Put PFD on.
8. Climb back onto the dock.

Clothing for Safety

The Junior Program requires that each participant wears a U.S. Coast Guard approved Personal Flotation Device (PFD) with a whistle. We strongly recommend that each participant wear a hat, UV sunglasses and closed-toed shoes. It is recommended that each participant bring a re-useable (not disposable please) water bottle each day.

The PFD must have your CHILD'S NAME WRITTEN IN LARGE LETTERS ON THE BACK. Labeling the PFD serves 2 purposes: identifies the PFD as belonging to your child and identifies the child to everyone on the water. The PFD must be properly fitted and then is tested during the Swim Test.



A special whistle is tied to a string on the PFD. This whistle is used to call for help in an emergency. The whistle is designed to work in wet conditions.



Closed-toe shoes designed for water are recommended. Samples of sailing shoes are:



Sailing Safely under the Sun

Junior sailing programs provide a wonderful opportunity to enjoy the outdoors during the summer. But young sailors and their parents must be aware of the dangers of sun exposure and the few simple, but vitally important, precautions that can be taken to reduce the risks of skin cancer.

Young sailors are exposed to a lot of sun and will receive 80% of their total lifetime exposure to ultraviolet radiation by the time they are 18. A typical sampling of 140 sailors participating in an Optimist regatta shows only 13% of the fleet wore both hats and sunglasses. 42% wore neither!

Precautions:

- Daily use of a waterproof sunscreen, SPF 20 or higher, will reduce the risk of skin cancer in children by 80%.



- Clothing is not as protective as you may think. A cotton T-shirt has a SPF of only 3 to 9, and is at the low end when it's wet. There is now new sun-protective clothing (30+SPF) on the market.

- Sunglasses with ultraviolet protection are also vitally important.



- The hours between 11 a.m. and 2 p.m. are the most dangerous time – think about ways to reduce exposure during the middle of the day.
- Hats with wide brims to protect your child’s head and to screen his/her face and neck. Samples of hats are as follows:



Parent Safety

1. Parents are NOT permitted on docks, on the seawall or in the dry sail area during instruction time. Parents are only allowed on the porch of the Junior Clubhouse when the program is in session.
2. Parents may NOT drive into the Club driveway to pick up or drop off junior sailors during program hours. Our program administrator greets your children at the entrance each morning and parent volunteers assist with pick up during the lunch hour.
3. Parents must drop off their children on the yacht club side of the street.
PLEASE DO NOT BLOCK THE DRIVEWAY.

OTHER POLICIES

Communication

1. The Head Instructor or his/her delegated representative is available for brief conferences **between the hours of 11:30 a.m. to 12:00 p.m. and 4:30 p.m. to 5:00 p.m.** on most class days. However, it is strongly recommended that parents make a prearranged appointment for a conference with the Head Instructor whenever possible. This can be arranged by calling the program administrator at 203-255-5740.
2. Should you have any issues or concerns regarding the program in general or a specific situation, please contact the Program Administrator, at 203-255-5740 X21. She will work with you to resolve the issue and/or arrange a meeting with the Head Instructor or the Junior Program Chair.
3. All issues or concerns may also be submitted in writing to the Head Instructor by e-mailing jrsailingcommittee@pequotyc.com

Class Attendance

1. Class will take place on schedule regardless of weather conditions. (Rainy or no-wind day activities are planned.)
2. Please be on time when dropping off your child for class. **8:45am is the start time for all morning classes.** This is necessary for maximizing on-the-water lesson time. Any child arriving late to class may be required to stay on shore with the Head Instructor.
3. Parents must assume full responsibility for supervision of their children when they are not participating in a scheduled sailing class; i.e., before and after scheduled classes, as well as during lunch break.
4. Parents must notify the Head Instructor or Program Administrator if their child(ren) will be absent from class. Voice mail may be left by calling 203-255-5740 X21 or an e-mail may be sent to jrsailingcommittee@pequotyc.com

Equipment

1. Private owners/charters: parents and junior sailors must label each piece of their boat equipment and all personal belongings. Personal storage lockers are available for 420 and Feva equipment (padlocks recommended).
2. Club charters: parents and junior sailors will sign out equipment at the beginning of the year and be financially responsible for replacing damaged or lost equipment. A \$250 deposit will be required this year for 420 club charters. Personal storage lockers are available for 420 equipment (padlocks provided).
3. Parents and junior sailors are responsible for transporting boats to and from regattas and, once there, assembling and launching. Instructors are responsible for making sure junior sailors are properly rigged and ready once launched, and staying on premises until all pick-ups or drop-offs are completed for regatta participants.

DISCIPLINE

PYC Instructors will rigorously enforce safe and sensible behavior at all times.

In addition, PYC requires all of its sailors to follow the JSA Code of Ethics and Guidelines as outlined in the JSA Yearbook. Junior sailors must pay particular attention to Rules 11.1 and 11.2 that govern JSA events as follows:

“11.1 All junior sailors and instructors at all JSA events are expected to behave in accordance with the recognized principles of sportsmanship, good manners and fair play. The organizing authority or protest committee may discipline and/or penalize a junior sailor or instructor for actions that include but are not limited to the following:

- a) swearing at, intimidating or harassing anyone, including teammates on or off the water;*
- b) stealing or borrowing, without permission, anything that does not belong to them;*
- c) possessing, consuming, or being under the influence of alcohol or illegal drugs.*

11.2 When at a regatta a junior sailor or instructor is disciplined under JSA 11.1, the regatta organizer shall notify the offending sailor’s parents, program chairperson and yacht club Commodore, and the Chairman of the JSA. The junior sailor’s club will take disciplinary action within 48 hours and will notify the Chairman of the JSA regarding this action. In addition to any action the Club takes, further disciplinary actions may be taken by the Chairman of the JSA including initiation of action under Section 13 of the JSA By-Laws.”

Infractions pursuant to any of the above whether at JSA events or during PYC activities shall be subject to any of the following actions at the discretion of the Head Instructor:

- a) Conference with instructor in charge at time of infraction.
- b) Conference with Head Instructor as soon as possible (11:30am & 4:30pm daily)
- c) Dismissal from class for remainder of day.
- d) Conference with Junior Committee Chair, Head Instructor and sailor.
- e) Conference with Junior Committee Chair, Head Instructor, PYC Flag Officer, parent and sailor.
- f) Dismissal from class for one week.
- g) Dismissal from program for remainder of summer (**no refunds**).

REGATTAS & TRAILERING

Pequot actively participates in the full compliment of JSA Regattas. The Racing Coaches in consultation with the Head Instructor determine who is ready to go to a regatta. It is also important to notify the Racing Coaches of your child's availability to participate in the regattas.

Getting a boat and the sailor to an outside event, whether a Club boat or privately-owned, **is the responsibility of the sailors using the boat**. Although one or more instructors will be on hand to assist at each major regatta, the jobs of loading, car-topping and trailering, and unloading are up to the juniors sailing the boat and their parents, so be prepared!

1. If borrowing a Club boat and trailer, get the registration and plates from the Club Manager, provide a copy of both car insurance card and driver's license, and sign a release form.
2. Make sure the trailer hitch ball on your car is the same size as the ball socket on the trailer. The smaller trailers fit a 1 7/8" ball; the larger trailers need a 2" ball; some SUV's require an adaptive sleeve. If in doubt, check with the Manager.
3. Get the trailer lights hooked up to your car lights. This may take time if things need wiring, so plan ahead.
4. You may want to check that your car insurance covers use of Club equipment.
5. Know how to tie down boat and rig properly. Ask instructors and experienced parents for advice well in advance of regatta.
6. Review checklist for your boat. Some spare parts will be available at the host Club at retail cost.
7. Ask experienced parents or instructors for instructions on car-topping boats. Optis and 420s can easily be car-topped.
8. Know who your parent team captain is for each boat class. Volunteer parents for each racing class—Optis, Fevas, Lasers and 420s—lead a discussion for the parents at a break-out session during Orientation.
9. Check the regatta schedule on the JSA website, www.jsalis.org, and note any conflicts with your family schedule.
10. Please review the JSA website, www.jsalis.org, for directions to clubs, class rules, etc.
11. Please review the Notice of Race ("NOR") on the JSA website, www.jsalis.org, for regatta arrival and departure times, meal plans (should you pack a lunch?) and other regatta details
12. If your sailor is receiving housing at an away regatta, PLEASE TAKE A SMALL HOSTESS GIFT.
13. Remind your sailors that they are representing Pequot Yacht Club when they attend regattas.

LUNCH

The Pequot Yacht Club Junior Sailors have the privilege of staying or coming early to eat lunch on the property when they are enrolled in a session. Sailors are expected to behave respectfully and to clean up after themselves.

Sailors may order food from the window on the parking lot side of the Senior Clubhouse between the hours of 11:45am and 1:00pm. Each sailor has been assigned a charge code which is printed on their confirmation letter. Parents will be billed on a monthly basis for charges to the sailor's account. Please pay these charges promptly or this privilege may be revoked. Parents should establish guidelines with their children ahead of time for the amount and kinds of purchases.

Sailors may eat their food on the west lawn of the Senior Clubhouse or in the Junior Clubhouse. Sailors are expected to dispose of all trash properly or lunch privileges may be revoked.

Junior sailors may invite their parent to join them for lunch once a week.

Parent volunteers are on-duty during lunch from noon until about 1:00 p.m. to facilitate children safely across the parking lot to the food window, to direct them to eating areas and to supervise clean up of the area.

Please be advised that there is NO instructor on-duty to supervise lunch.



Junior Sailing Association of Long Island Sound **www.jsalis.org**

The Junior Sailing Association of Long Island Sound (JSA of LIS) is a unique organization in the United States. It was organized in 1924 to promote and support sailing for young people involved in the 40+ Yacht Clubs and Sailing Centers on Long Island Sound. Of the seven founding fathers, three, Roderick McNeil, Hugh M. Wharton, and Joseph W. C. Bullard, came from Pequot Yacht Club. The first regatta for those under eighteen was held at Pequot in 1924. Today, the JSA of LIS continues to support sailing for young people in the following ways.

- Creates a schedule of sanctioned regattas and events.
- Sponsors training symposia for junior sailors, junior program committee people and instructors.
- Publishes instructional materials for sailing programs, such as registration forms, rating test and manuals.
- Prints a quarterly newsletter containing informative articles and race results which is e-mailed to JSA of LIS members throughout the summer season.
- Updates a JSA Blog daily which can be viewed at www.jsablog.com.
- Conducts surveys and publishes the results.
- Publishes a yearbook delineating special rules and conditions for JSA sanctioned events.

To fulfill these activities and others, the JSA of LIS needs the support of all interested people - parents, instructors and friends. Membership dues are included in your Junior Program fee. Contributions play a critical role in providing these services, as well.

TRADITIONS

Volunteering

The Pequot Junior Program has a long history of volunteerism. It takes over 20 people working since October to prepare for the 8-week Junior Program. The Junior Committee meets monthly and then spins off sub-committees to hire our nine (9) instructors, plan our Pequot regattas, register sailors for the summer, design T-Shirts, maintain the fleet of club boats, etc. While it is a lot of work, it is really fun for everyone. We look forward to working with you!!

Sign up sheets for volunteer opportunities will be available during the Orientation Program.

Junior Clubhouse Commissioning

The Junior Clubhouse commissioning ceremony is the official opening of the Junior Program, held the Sunday evening of the first week. The Junior Yacht Club Officers officiate the ceremony. The Senior Club's Reverend blesses the Junior Club with a prayer, followed by a few words from the Senior Yacht Club Commodore. The Junior Yacht Club Flag and the U.S. Flag are hoisted on the Junior Flagpole.

A casual pizza dinner follows in the Junior Clubhouse.

Annual Awards Dinner

The Annual Awards Dinner is hosted by the Junior Yacht Club Officers. The list of perpetual trophies is listed in the Appendix. Additionally, each instructor awards their "Coaches" award for each of their classes. The evening is wrapped up with a slide show of the season's highlights.

Jennings Cup Parent-Child Regatta

Arthur O. Jennings started this tradition so that he could see how much his children learned in the Junior Sailing Program. Each year, the Jennings family organizes this one day regatta on a Saturday in August. Rules and boat classes are announced prior to the event and vary; the regatta has been contested in boats ranging from club-owned Ideal 18s, where the Junior Sailor is the skipper, to remote-controlled "pond yachts", where the Junior and parent alternate at the controls. The winner is awarded the Arthur O. Jennings Trophy at the Awards Dinner.

Pequot-hosted Regattas

Opti Rumble is a one day regatta for experienced Optimist sailors and is a qualifier for Opti Champs. These sailors are generally between 10 and 13 years old.

The Pequot Invitational Regatta is a long running tradition at the Club. Established in 1954, the regatta attracts 12–15 year olds from all over Long Island Sound. This year the Invitational is anticipating classes to include Fevas, 420s, Lasers, and potentially other classes to be determined when registration opens.

PEQUOT YACHT CLUB JUNIOR PROGRAM CODE OF CONDUCT

As a participant in the Pequot YC Junior Sailing Program I promise to adhere to this Code of Conduct while I am a member of the program. I understand that if I don't abide by these rules the Head Instructor or Junior Program Chair can restrict my participation in any Program activities.

1. I promise to follow the JSA Code of Ethics and JSA Guidelines as outlined in the JSA Yearbook and in our Orientation Guide.
2. I shall wear a U.S. Coast Guard approved Personal Flotation Device (PFD) while on the dock as well as while afloat.
3. I shall wear a shirt, shorts and shoes while on shore. I understand that it is strongly recommended to wear a hat, sunglasses and closed toe shoes.
4. I will behave and dress in a manner that is respectful of others and will not bully, taunt, tease or use profane language or gestures.

Boats:

5. Club Whalers will be operated only by Instructors.
6. Individuals using Club boats will sign out equipment and be financially responsible for replacing damaged or lost equipment.
7. Parents will sign out equipment when receiving registration and plates for trailers.

Pequot Facilities:

8. No riding of bicycles, scooters, roller blades, or skateboards on PYC property.
9. Parents may not drive into the parking lot during program hours. Parents must drop off and pick up their child on the yacht club side of the street.
10. Use of Cell phones, computers, MP3 players is not allowed on PYC property or while sailing.
11. Club use is a privilege to be used by sailor only on days when class for which they are enrolled is in session.
12. Sailors must cleanup after themselves at lunch. Failure to do so can result in losing dining privileges.
13. No one is permitted on the fire escape except in the case of fire.

USE OF ALCOHOL OR ANY OTHER ILLEGAL SUBSTANCE AT ANY TIME DURING A PEQUOT JUNIOR PROGRAM ACTIVITY OR DURING ANY JSA or LIS SANCTIONED EVENT MAY RESULT IN IMMEDIATE EXPULSION FROM THE PROGRAM.

Please be aware of the following:

1. Parents must assume full responsibility for supervision of their children when they are not participating in a scheduled sailing class; i.e., before and after scheduled classes, as well as during lunch break.
2. Each junior boat owner will be aboard his own boat during sailing class, but not always as "skipper". Use of the boat when the junior owner is not aboard will require approval by a parent of the junior owner.

Junior Participant's Signature

Parent's Signature

Junior Participant Name – Printed

PEQUOT YACHT CLUB JUNIOR PROGRAM JUNIOR TROPHIES AWARDED AT FINAL DINNER

PEQUOT CUP - To the member of the Junior Club who has demonstrated the most outstanding qualities of sportsmanship and leadership.

HENRY A. JENNINGS CUP - To the skipper and crew of the Junior Club who have compiled the best racing record in the Junior Sailing Association of Long Island Sound's events.

PANDORA'S BOX - To the member of the Junior Club who has demonstrated the best ability in setting spinnakers.

RENNELL IMPROVEMENT AWARD - To the junior who has shown the greatest improvement in seamanship during the year.

JOHN WALTER PERRY TROPHY - To the member of the Junior Club who has shown the most improvement in their year as a beginner.

ARTHUR O. JENNINGS, JR. MEMORIAL CUP - To the winner of the parent-child race sponsored annually by the Pequot Junior Yacht Club.

MIKE HAFER PEQUOT ACHIEVEMENT AWARD - To the intermediate member of the Junior Club who has demonstrated all-around excellence in sailing ability, seamanship and sportsmanship.

REGINALD W. RAY, JR. TROPHY - To the outstanding junior mentor.

CAMERON CLARK, JR. NAVIGATION AWARD - To the outstanding junior navigator.

JOHN H. SHERWOOD AWARD - To the Optimist showing all-around excellence.

INSTRUCTORS' TILLER AWARD - To the most improved helmsman.

DAVID S. SPROUSE AWARD - For spirit and enthusiasm.

INSTRUCTORS SHIPSHAPE AWARD – To the junior who is the best at keeping his boat shipshape.

EDWIN S. GAYNOR TROPHY – To the junior who exhibits superior sportsmanship on a Big Boat



Junior Sailing Association of Long Island Sound, Inc.

JSA ANNUAL AWARDS

- Championship Trophies for winners of the class championships for which competitors have qualified at JSA qualifying events:
 - The Pequot Cup for Club 420's
 - The Commodore Edgar L. Raymond, Jr. Trophy for Lasers
 - The Joseph Cosulich Trophy for Laser Radials
 - The Midget Bowl for Pixels
 - The Commodore Leo M. Cardillo Trophy for Optimists
- Season Trophies for best finishes at JSA open events (scored using high point system – see below for more detail):
 - The Clinton M. Bell Trophy for Laser, Radial or Club 420
 - The Christopher Goodyear Neff Trophy for runner-up in open events for Lasers, Radials or Club 420's
 - The Thomas W. Fowler, Jr. Trophy for double handed events (Club 420's)
 - The Timothy Sinclair Memorial Trophy for highest score in Pixel Open events
- Trophies for Specific Events:
 - McIntyre Team Racing Trophy
 - Everett B. Morris Trophy for the winner of the Beach Point overnight race
 - The Dorade Trophy for the winner of the PHRF series
 - Sears YRALIS Finals (triple-handed national series)
 - Bemis YRALIS Finals (double-handed national series)
 - Smythe YRALIS Finals (single-handed national series)
 - Founders' Trophy for the Girls' Championship (Leiter)
- Trophies for Skills and Achievement:
 - Seamanship Trophy awarded to a club whose juniors achieved the highest scores for the Dorade and Beach Point Regattas and the Navigation and Seamanship Tests – weighted 25% each
 - Junior Navigation Trophy awarded to the individual with the highest score on the Navigation Test
- Sportsmanship, Character and Achievement Awards:
 - Mitchell S. Weeks Trophy for sportsmanship in the 420, Laser and Laser Radial classes as selected by their peers
 - Brooke E. Gonzalez Memorial trophy awarded to a girl chosen from nominations by clubs for her outstanding character, achievement and dedication to sailing.
- Trophies for Instructors:
 - Susie Trotman Trophy for outstanding sailing instruction
 - Jesse A. B. Smith Trophy for the Associate Championship

These awards are announced and presented at the Junior Sailing Association of Long Island Sound Annual Meeting held at Larchmont Yacht Club.

For more detailed information regarding these awards, please see the JSA website at www.jsalis.org under “JSA Organization.”



Junior Sailing Association of Long Island Sound, Inc.

Age & Weight Requirements for Eligibility in JSA Events

Fleet	Divisions	Min. Age	Max. Age	Min. Weight Requirement	Number of Crew
Optimist	Red	13	15	None	1
	Blue	11	12	None	1
	White	-	10	None	1
	Green (Novice)	-	15	None	1
420*	Open	14	18	220	2 or 3
Laser*	Open	14	18	130	1
Laser Radial*	Open	14	18	110	1
PHRF	Open	14	18	-	-

* Weight and age requirements may be waived by written consent of the Sailor's parent together with recommendation of Program Chair and Head Instructor.

Additional Notes:

Age: A sailor's age on December 31 of each year shall be considered his/her age for any event during that year except for Optimist events where the competitor's age on the first day of the event will determine eligibility.

Optimist:

Green Fleet:

- Competitors must be 15 years of age or under
- Have won fewer than three trophies, in any combination of 1st, 2nd or 3rd place in prior green fleet competition
- Not have competed in any red, white or blue fleet regattas

Opti Rigging Day Checklist

SLOT # _____

SAIL # _____

Name of Sailor: _____

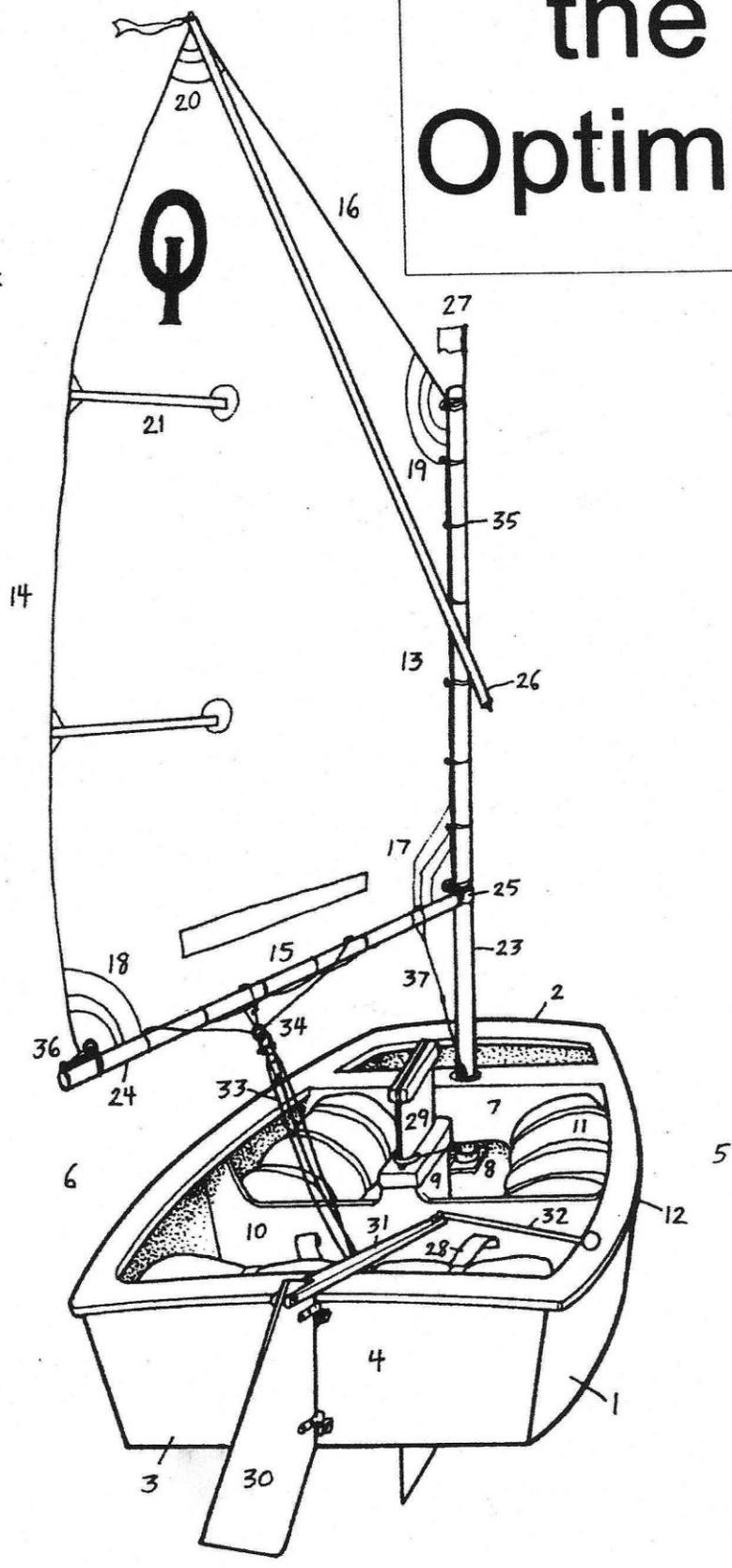
Name of Parent: _____

- Life jacket** – USCG-approved Type III PFD (non-inflatable), proper size and correctly worn.
- Whistle** – Functional and attached to competitor’s life jacket.
- Painter** – The bow line must be all of the following:
 - at least 8 meters (26’ 3”) long;
 - buoyant;
 - at least 3/16” in diameter;
 - securely fastened around the mast step;
 - tied with a 4-6” bowline at the towing end; and
 - led through a loop of line at the bow, not through the bow drain hole.The painter should also be free of chafe and all other knots, with no hardware attached.
- Mast tie-down** – There must be a line or other device that is secure enough so you can lift the boat by the mast without disengaging the mast from the mast step
- Air bags** – Three buoyancy bags made of strong fiber-reinforced material with non-return valves. Each must be properly inflated and secured to boat.
- Daggerboard** – Securely attached to the boat with a lanyard.
- Rudder catch** – The rudder shall have a retaining device so that it will not become detached from the boat during a capsize.
- Bailer** – At least one bailer, with a minimum capacity of one half gallon, securely attached to the boat with a lanyard.
- Mainsheet bridle** – No looser than 100 mm (4 inches) from the boom at any point.
- Mainsheet hook** – Covered and/or securely closed. The hook must have no chance of trapping a line that drags across it.
- Paddle** – attached to the boat with enough line or shockcord to allow use.

Parent Signature: _____

- 1. hull
- 2. bow
- 3. stern
- 4. transom
- 5. starboard
- 6. port
- 7. mast thwart
- 8. mast step
- 9. daggerboard trunk
- 10. bulkhead
- 11. flotation
- 12. gunwale
- 13. luff
- 14. leech
- 15. foot
- 16. head
- 17. tack
- 18. clew
- 19. throat
- 20. peak
- 21. batten
- 22. grommets
- 23. mast
- 24. boom
- 25. boom jaws
- 26. sprit
- 27. wind indicator
- 28. hiking strap
- 29. daggerboard
- 30. rudder
- 31. tiller
- 32. tiller extension
- 33. mainsheet
- 34. shackle
- 35. sail tie
- 36. outhaul
- 37. boom vang

the Optimist



Boat handling & Tuning Lessons

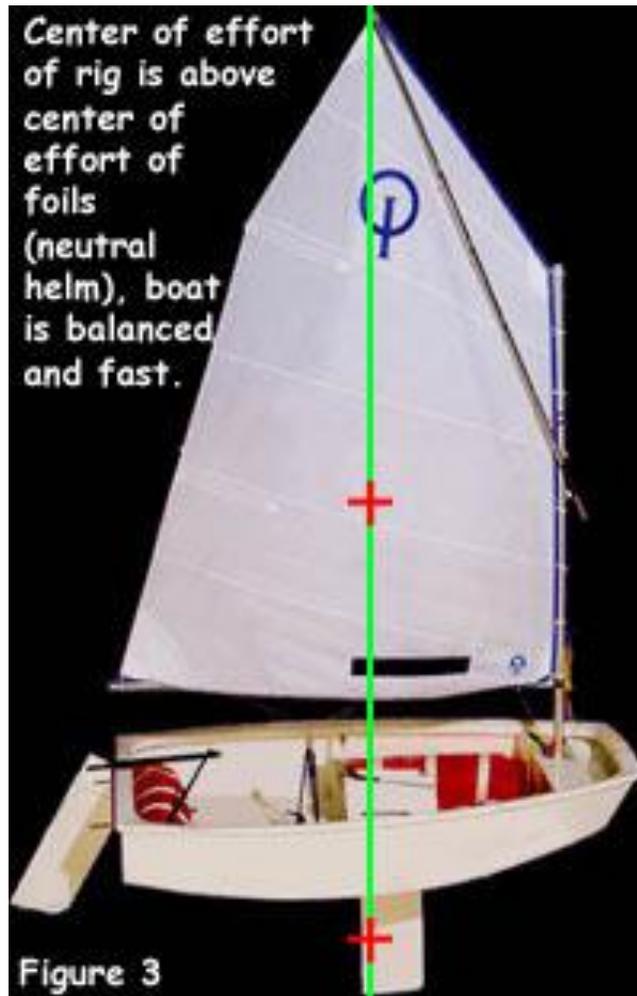
Lesson 01 - Adjust Your Mast Rake for More Speed

On all of the JSA program boats, except the Laser, one can adjust their mast rake. Mast rake is how far forward or aft your mast is at its top. Mast rake is important, because it is a major component in the boat's balance and feel. If the mast rake is off, you may end up with your rudder always slightly turned just to maintain your boat's heading. A rudder that's slightly turned is never as fast as one that's almost neutral (not much pressure on it when sailing). When you tack, you push the rudder way over, which slows the boat down because the rudder creates resistance with the water in order to make the boat turn.

The following images show how the rake affects the boat's balance. In Figure 1, the mast is raked too far aft. This moves the center of effort of the sails behind the center of effort of the foils, causing excessive weather helm and the boat to round up. In Figure 2, the boat's mast is raked too far forward, moving the center of effort in the sails forward of the center of effort of the boat's foils. This causes excessive lee helm and the boat to want to fall off.



Finally, in Figure 3, the boat's mast rake is correct, since the center of effort in the sails is directly above the center of effort of the foils. With the sails and the foils balanced, the tiller should have very little weather helm, and so you can sail straight without the tiller constantly being turned, producing very little rudder drag.



You can adjust your rake using the following method. First, if you have a tuning guide that tells you what the boat's mast rake should be, check that the rake is at that point. For sailors with and without a tuning guide, now go out sailing. Mast rake affects performance the most when sailing upwind. Get the boat's trim right by sitting where you should be, and make sure that the sails are correctly trimmed. It is also important make sure that your centerboard or daggerboard are in the correct upwind positions. For example, if the jib is cranked in and the main too far out on a Blue Jay, the results of mast rake adjustment will be incorrect. If your centerboard is only 3/4 of the way down, results will also be off.

Now that the boat and sails are trimmed correctly, notice how the helm feels. If you let go of the tiller, does the boat round up really quickly? Does the boat go straight, or want to fall off? Remembering the balance images above, if the boat wants to round up quickly, the mast is probably too far aft. On an Optimist, move your mast step back and try the process again. On a 420, move your mast step aft, loosen your shrouds and tighten your headstay and jib halyard and try the process again. Your goal is to have the helm neutral, with just a slight touch of weather helm (when the boat wants to round up slowly). If, when you let go of the tiller, the boat wants to fall off, the mast tip is too far forward, and should be moved aft. On Optimists, move the mast step farther forwards to rake the mast aft. On 420s, move the mast step farther forwards, and tighten your shrouds and loosen the forestay and jib halyard. Repeat the process until your boat is balanced, and you'll be sailing faster without using the rudder to keep you going straight and slowing you down.

RS-Feva Checklist / Condition

Checked by _____ PYC Boat # _____ Weight _____
 (Student(s)) (190 min)

Instructor _____

Date

Out In

--	--

SAIL# _____

Hull Condition

		Attachment point (i.e. Shroud chain plates, turning block, etc.)
		Mast Step
		Centerboard pivot point
		Traveler
		Pintles and Gudgeons
		Hull/deck Seam
		Other _____

On Boat

		Hiking Strap
		Rudder /Tiller
		Spinnaker pole
		Spinnaker sheets (2)
		Main sheet
		Towline-floatable at least 28 feet long
		Paddle
		Plug
		Front shackle
		Cunningham Line
		Porthole cover
		Jib sheets
		Jib Halyard
		Spinnaker Halyard
		Main Halyard
		2 side stays/shrouds
		Mast
		Boom
		Topping lift
		Cover

Sails/Safety

		Main
		Jib sail and bag
		Spinnaker and bag
		PFDs with whistle

Trailer

		Ready to tow
		Dolly disassembled
		Anti-turtle float

Any Problems with your boat? Tell your instructor!!!

Club 420 Checklist / Condition

Checked by _____ PYC Boat # _____ Weight _____
 (Student(s)) (220 min)

SAIL# _____ FHS _____ FPrep _____ PJYC _____ (circle one)

Coach/Instructor _____

Date _____

Out In

--	--

Hull Condition

		Attachment point (i.e. Shroud chain plates, turning block, etc.)
		Mast Step
		Centerboard pivot point
		Traveler
		Pintles and Gudgeons
		Hull/deck Seam
		Other _____

On Boat

		Hiking Strap
		Rudder /Tiller
		Spinnaker pole
		Spinnaker sheets (2)
		Main sheet
		Bowline
		Plugs (4)
		Front shackle
		2 shackles on side stays for lifting hooks
		Cunningham Line
		Pin for jib
		Trapeze rigging
		Baler & line
		Jib sheets
		Jib Halyard
		Spinnaker Halyard
		Main Halyard
		2 side stays/shrouds
		Mast
		Boom
		Topping lift
		Porthole covers (2)

Sails/Safety

		Main
		Jib sail and bag
		Spinnaker and bag
		PFDs with whistle

Trailer

		Ready to tow
		Dolly disassembled
		Anti-turtle floatation

Any Problems with your boat? Tell your instructor!!!