

The HYC learning model promotes lifelong sailing in a variety of on-the-water disciplines, including both racing & non-racing to provide a skill development path for every sailor. The American Development Model promotes an athlete's advancement through a pathway supporting a healthy sport experience based on their physical, mental, and emotional level and potential for growth. By gaining experience and building confidence in a variety of watercraft, young sailors are better prepared to take advantage of new sailing opportunities in the future. The skills built at an early age lay the foundation for safe, fun, and successful sport that can last for a lifetime.

**FOR INFORMATION ON
PRICING AND DATES GO TO
www.hamptonyc.com**

Contact Information
Contact Information
4707 Victoria Blvd
Hampton, VA 23669
(757)722-0711

**FOR ALL QUESTIONS REGARDING PROGRAMMING,
PLACEMENT, RACE TEAMS, ETC. PLEASE CONTACT:**

SAILING DIRECTOR
Maxwell Plarr
sailingdirector@hamptonyc.com

**HAMPTON
YACHT
CLUB**



JUNIOR SAILING

Open to the Public!



@hamptonyc_sailing

MAKE EVERLASTING
Friendships



MOST RECENT HYC SAILOR ACCOMPLISHMENTS

- 2020, 2022 PAUL MILLER TROPHY WINNING TEAM
- 2021 OPTI NATIONAL FLEET CHAMPION
- 2021 SEARS CUP NATIONAL CHAMPIONS
- 2021, 2022 ORANGE BOWL OPTI CHAMPION
- 2022 ORANGE BOWL C420, 3RD PLACE
- 2021, 2022 HOST USODA NATIONAL TEAM RACE CHAMPIONSHIP
- 2021, 2022 CBYRA OPTI HIGH-POINT CHAMPION
- 2021 CBYRA ILCA HIGH-POINT CHAMPION
- 2022 CBYRA OPTI HIGH-POINT CHAMPION WHITE FLEET
- 2023 USODA TEAM RACE MIDWINTERS, 1ST SILVER FLEET



To REGISTER
www.hamptonyc.com/
summer-sailing-
program

NOT ALL CLASSROOMS
have four walls



NOVICE

DISCOVER, LEARN, AND PLAY

Explorer, Age 5-7

Offered Jun 26-30, July 10-14,
July 24-28, Aug 7-11

Prerequisites: None

One Week, half-day class. Primary focus of the Explorer Program is to connect young novice sailors to the water through a safe and fun experience messing about on Optis and Sonars. 6:1 sailor to instructor ratio.

Opti 1, Age 8-12

Offered Every Week M-F Jun 19-Aug. 18 (Except July 3-8)

Prerequisites: None

One Week, full-day class, lunch included. This class provides a foundation of wind recognition, basic boat handling skills, and rigging fundamentals of the Optimist. This course will instill safety, seamanship, and confidence in a fun environment.

Dinghy 1, Age 13-18

Offered Jun 19-23, July 10-14, July 24-28,
Aug 7-11

Prerequisites: None

One Week, full-day class, lunch included. This class provides a foundation of wind recognition, basic boat handling skills, and rigging fundamentals of the Feva Dinghy. This course will instill safety, seamanship, and confidence in a fun environment.

Something New for 2022

STEM FOIL Board, Offered by Private Lesson Only Age 15+ Foiling is the future! Everyone is flying over the water these days!!! The STEM Foil Board class focuses on the science behind foil technology and lets you get hands on learning to foilboard!!!

*Age Ranges are recommendation based; Sailing Director may authorize participation in any class as necessary.



HYC JUNIOR SAILING

EST. 1950
EDUCATION, TRAINING, PERFORMANCE

SUMMER 2023 PROGRAM CATALOGUE

INTERMEDIATE DEVELOP & CHALLENGE

Opti 2 (Green), Age 8-13

Offered Full Summer or By Session

Prerequisites: Opti 1

Two Week, full-day class, The Opti 2 course works to further develop skills geared towards better boat speed and increases the student's understanding of sail trim. This course will introduce basic concepts of sailboat racing and promote fun competition and sportsmanship. Regatta opportunities will be offered but not mandatory.

Dinghy 2, Age 13-18

Offered Jun 26-30, July 17-21, July 31- Aug 4,
Aug 14-18

Prerequisites: Dinghy 1 or Opti 2

One Week, full-day class, lunch included. The Dinghy 2 course works to further develop skills geared towards better boat speed and increases the student's understanding of sail trim in a sloop rigged vessel, as well as how to use a spinnaker. This course will introduce basic concepts of sailboat racing and promote fun competition and sportsmanship. Regatta opportunities will be offered but not mandatory.

VETERAN

TRAIN & COMPETE

Opti Travel Team (R,W, B), Age 8-15

Offered Full Summer or By Session
Summer Team, full day practices. The Opti Travel Team is made up of sailors of differing levels that come out of the Opti 2 program. On the travel team, sailors are taught in depth skill development for racing as well as the rules of sailing and an introduction to team racing. The Opti Travel Team will have distant regatta opportunities.

ILCA 4/6 or c420 Travel Team Age 13-18

Full Summer or By Session

Summer Teams, full day practices, Sailors are taught in depth boat handling and strategies for racing. Teams are encouraged to compete. The Elite ILCA Team is in partnership with Big Blue Sailing Academy based out of Old Dominion University.

Inshore Keelboat, Age 13-18

Prerequisites: Opti 2 or Dinghy 2

Offered By Session

Wednesday Night Class The Keelboat course builds upon the basic sailing skills learned in foundational courses to focus on operation of a keelboat and basic inshore cruising/racing including operating winches, how to read a chart, anchoring, mooring, docking, and provisioning. This course is taught on the club's fleet of Sonars and other qualified keelboats.

