

Hampton Yacht Club



Program Handbook

2023

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Dear Parents and Participants,

This Handbook is a guide for the sailing classes and programs offered by the Hampton Yacht Club. It is a reference for schedules, procedures and events. However, if you have any questions please feel free to contact the Sailing Director at sailingdirector@hamptonyc.com or visit the Brady Sailing Center in person.

At HYC we have several classes of boats used in the Junior Program; Sail Cubes, Optimist, Club 420, i420, ILCA 4/6/7, RS Feva, and Sonar.

The Optimist is a small single-handed dinghy, 7' 6" long with 3' 8" beam that is designed for young sailors who wish to learn to sail and to race. The boat is forgiving and is the standard training platform for youth all around the world. The boat is utilized for the Explorer, Opti 1/2, Sailors in Motion, and race teams. The Sail Cube is very similar to an Opti in hull shape and size but is produced from a molded plastic with a simplistic rig that is more forgiving for teaching younger sailors.

The RS Feva is the world's leading double handed (two-person boat) dinghy for youth sailors starting their transition out of the Optimist or for young adults that are starting their sailing careers. This boat has exciting performance, modern style (asymmetrical spinnaker) and practical features. The Feva is the class used for Dinghy 1/2, and the Dinghy Development Team.

The Club 420 or (c420) is a double-handed dinghy designed for young adult sailors typically starting around the age of 12. The boat is 13' 11" long with a 5' 6" beam. It requires more physical strength than an Opti or Feva, and when sailed in breeze it can be an exhilarating experience. The 420 has a mainsail, jib, symmetrical spinnaker, and is rigged with a trapeze. A variation of the 420 is used in high school and collegiate level sailing, making it a perfect cross-training platform and conduit for future sailing success. The c420 is primarily used by the Travel Team but can be incorporated into the Dinghy Development Team. The i420 is also very similar in hull shape but is more performance orientated with a bendy rig and a lighter and stiffer hull.

The ILCA Dinghy (Laser) is the single-handed dinghy designed for young adult sailors typically starting around the age of 12-15. The boat is 13',9" long with a 4', 7" beam. The ILCA 6, formally known as the Radial, is the collegiate and female Olympic class, while the men typically move on to the ILCA 7 or "Full" by age 18. The ILCA 4 is a smaller rig that is used for smaller sailors that are usually moving out of Optis and do not have the weight to sail the ILCA 6 rig. The hull remains the same and the bottom sections are easily switched out to complement the appropriate sail size. The Laser is a physical boat and is a lot of fun to sail!

The Sonar is a 23' keelboat with a large open cockpit sailed by 2-6 people. It is a really good boat for our Explorers and Messing Around in Boats to start their sailing careers as well as to teach more advanced keelboat skills in our Adventure Track. Students enjoy

these boats because they offer an opportunity to sail with more than just one friend and learn from each other. It also gives sailors another alternative of learning how to sail outside of a dinghy. The Sonars are used in multiple classes from Explorers, to Sailors in Motion, to Keelboat 1/2, Adventure Sailing, and Adult Sailing Programs.

The Junior and Adult Sailing Programs offer competitive and cruising tracks based on the American Development Model to educate the youth and expand the knowledge and abilities of our members. The American Development Model is a five-stage process adopted by Team USA and US Sailing that is meant to elevate a student's skill development from novice to intermediate, and intermediate to veteran. The structure is complimented by clinics aimed to target certain areas of growth and disciplines.

The sailing program follows a detailed curriculum that the instructors deliver each day to the sailors. The learning model that HYC uses is designed to promote lifelong sailing in a variety of sailing disciplines, including both racing and non-racing, and provide a skill development path for every sailor. US Sailing recommends that sailors try different boat types and sailing disciplines. 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 sailing for a lifetime. Each session allows sailors to become competent in boat handling in all conditions. Our competitive track from Stage 1 through Stage 4 emphasizes skill building in a myriad of areas including boat handling, sail shape, tactics, strategy, team racing, tuning, and preparation that culminate in high performance abilities once a student reaches Stage 5. Our Cruising and Offshore track builds upon a love for the water and exploration in the early stages that tends to lead towards building confidence, leadership, and teamwork through inshore and offshore cruising and culminates in navigation, safety at sea, and passage making. There is a blend of classroom training, land drills, instructor demonstration, on the water practice, and debriefs; however expect every day to incorporate something new and fun!!! A constant focus is to get students physically sailing the boat, as there is no substitute for getting time on the water. The program has many instructional DVD's and videos to complement the practical training (invaluable at times when the weather does not permit the boats to leave the dock). At the end of the program, each student will get to take home a card showing what skills they have mastered or if they are a US Sailing Member they can update their SkillUp App.

Safety is a prime factor in the program and the boats do not leave the dock or head straight back to shore if the conditions are not suitable.

Apart from being safe and learning to sail, the program provides a fun and rewarding experience for both participants and instructors alike.

Wishing everyone an enjoyable summer!

Maxwell Plarr– HYC Sailing Director

John Blais– HYC Fleet Captain

HYC JUNIOR MISSION STATEMENT

The mission of the HYC Junior Program is to develop sailing, seamanship, and racing skills in a safe, fun and structured environment for our youth. HYC Juniors will demonstrate respect and care for others, care for their equipment and always be willing to lend a helping hand both afloat and ashore. We will create skilled and confident young people who will be a lifelong credit to the Hampton Yacht Club and their community.

In addition, the HYC Junior Program strives to:

- Interest and lead juniors in developing safe sailing skills.
- Promote maximum attendance at all junior activities, events and local regattas.
- Conduct and further develop our year-round sailing program.
- Develop curriculum that promotes self-esteem, camaraderie, and sportsmanship.
- Encourage parental involvement for the various activities of the HYC Junior Program.
- Provide a safe and healthy environment for all of our junior athletes

HAMPTON YACHT CLUB HISTORY

In 1907, Hampton yachtsmen founded the Virginia Yacht Club. Interest dwindled during the war and the clubhouse fell into disrepair. Then, in 1926, six men not associated with the Virginia Yacht Club formed the Hampton Yacht Club and were ceded gratis the property and equipment of the old club. Since that time the Hampton Yacht Club has been a yachting and social center of the Virginia Peninsula. At the 1949 HYC annual meeting, the Board of Directors created a youth sailing program. The first year of the Junior Program was held during the summer of 1950. Since then, the Hampton Yacht Club has fielded many fine teams of young sailors winning many Chesapeake Bay Yacht Racing Association and other junior club championships.

The first junior program building, the "Junior Shack", was located on the current site of the Yacht Club. A new building was constructed in 1975 and in 1997 was named in memory of long time racer, committee chair and junior supporter Tom Brady. The Junior Program has been granted use of a new larger building that provides the opportunity for multiple simultaneous classroom training and gives more space for each of the sailors. Many of the junior boats were damaged/destroyed when a tornado struck Hampton in 2013 and with the aid of the HYC Board, parents, and friends the fleet was restored.

Outstanding junior members have become members of the US Sailing Team, gone on to compete in Olympic trials, coach championship collegiate teams, qualify for US Sears, Bemis, Smythe & Youth National Junior Championships, qualified for the North American & National Optimist Teams and have won numerous national and international sailing honors. Many adult HYC members have come from the ranks of our outstanding Junior Program. In 2021, the Junior program soared to new heights by winning the USODA National Fleet Race Championship, the Sears Cup Junior National Keelboat Championship, and the RWB Fleet for the Orange Bowl International Youth Regatta; also in 2021, the Junior Program crowned two CBYRA High-Point Champions in the Optimist and ILCA fleets.

SAFETY

SAFETY IS EVERYONE'S RESPONSIBILITY!

1. **Zipped** lifejackets must be worn at all times on the water and on the docks by juniors as well as instructors.
2. All lifejackets must be USCG approved and shall have a whistle attached. All students shall be instructed when and when not to use their whistles.
3. Instructors' cell phones and radios must be in the tenders at all times.
4. In case of emergency, 911 will be called first, and then the HYC office (757) 722-0711.
5. A first aid kit will be in each tender and in the junior shack.
6. All tenders will meet all Coast Guard regulations. No exceptions.
7. The maximum person or weight limit for each tender will not be exceeded. No exceptions.
8. There should be at least one tender on the water for every 10 boats.
9. There will be no body parts hanging over the sides of the tenders.
10. There will be no running or horseplay on the water, shorefront or docks.
11. All instructors and juniors will have adequate drinking water and will use only reusable water bottles, not single-use water bottles.
12. Closed toed shoes are required on and off the water.
13. Juniors will not sail unless an instructor is in the tender to supervise.
14. Race courses should avoid navigable channels.
15. When going on the water, a count will be taken of students and sailboats leaving the dock. Instructors will periodically count and confirm that students and boats are in the assigned area. When returning to the dock, instructors will again count to make sure all have returned safely.
16. All students will be taught and must practice the procedures of being towed off the water in the event of bad weather.
17. Juniors will be coached in the proper manner of safely sailing through the navigable channels between leaving the docks and reaching the off shore sailing areas.

HYC STUDENT MINIMUM REQUIREMENTS

All Students:

- 50 yard swim test and 3 minute water tread (this test will be conducted with life jackets per US Sailing Guidelines)
- Appropriate Sailing Attire

Required Items:

- Sunscreen
- Water Bottle (Only a reusable water bottle, no single-use is allowed)
- US Coast Guard approved life jacket with whistle
- Closed-toe shoes
- Light colored, cool clothing
- Towel

Optional Equipment:

- Sailing gloves
- Hat (strongly encouraged)
- Sunglasses (strongly encouraged)

CODE OF ETHICS AND CONDUCT; DISCIPLINARY PROCEDURES

The HYC Junior Sailing Program is based on a foundation of SAFETY, FUN, and LEARNING. One of the goals of the Junior Program is for all involved to have a safe and enjoyable experience on and off the water. If any participant is unwilling to maintain good and safe conduct within their class and the structure of the code of conduct, she/he will be subject to discipline. The **Code of Ethics and Conduct** is attached at the end of this Handbook and represents the most important ideals and guidelines to follow in order to have the most fun during your summer sailing experience. Each sailor and parent is required to sign the Code. The Code also contains the disciplinary procedures used in the Program.

“You haven’t won the race if in winning the race, you have lost the respect of your competitors.” - Paul Elvestrom - 4 time Olympic Sailing Medalist

SAFESPORT

We recognize that the safety of athletes depends on all those involved in the sport. Hampton Yacht Club takes seriously its responsibility to help raise awareness about misconduct in sport, promote open dialogue, and provide resources to our individual members, member organizations, athletes, coaches, parents, and volunteers.

We are more active than ever in preserving the integrity of sport safety. US Sailing's partnership with the U.S. Center for SafeSport reinforces our commitment to creating a safe and positive environment free from abuse and misconduct. US Sailing and Hampton Yacht Club have a **ZERO TOLERANCE** policy for abuse and misconduct. This includes not only on-water safety, but also safety ashore in any part of US Sailing's programs.

All HYC instructors, coaches, volunteers, race committee, and any other persons interacting with junior sailors must take U.S. Center for SafeSport Training. This training is offered to any US Sailing Member and provides education on:

1. Sexual Misconduct Awareness
2. Emotional and Physical Misconduct
3. Mandatory Reporting (Understanding Your Responsibilities)

By being better educated and more aware of the various types of misconduct and how to recognize them, each of us can make our sport safer and help end abuse in sport.

For more information please visit:

<https://www.ussailing.org/competition/resources/safesport-us-sailing/>

For free online parent training please visit: <https://www.athletesafety.org/training/index>

To report misconduct please report to:

<https://www.ussailing.org/competition/resources/safesport-us-sailing/report-safesport-incident/>

THE BASICS

Dropping off and Picking up

Sailors should be dropped off and picked up at the front entrance to the Brady Sailing Center. We ask all parents/caregivers to drop off their sailor no earlier than 15 minutes before their scheduled class and pick up no later than 15 minutes after their scheduled class. Instructors will not leave the Yacht Club until all students are picked up. Students are expected to be on time each day unless there is an emergency. Late students prevent the class from getting on the water in a timely manner. An absent sailor can lead to another sailor being unable to sail if both sailors are scheduled to sail a two-person boat. If a sailor is going to be late or cannot show up for any reason it is important to inform the Sailing Director prior to 8:30AM (12:15 for PM sessions) on the same day so that provision can be made to accommodate the lateness or absence.

Lunches

Full day participants will eat lunch in the yacht club at 11:45am. Approximately 30-45 minutes will be allocated for the lunch period. Sailors will be supervised at all times. Lunch is provided for by the Yacht Club and is included in the price of registration. Please inform the Sailing Director when registering your sailor for summer camp if your sailor has dietary restrictions.

Weather Protection

Sailing is an outdoor sport and, therefore, sailors will be exposed to the sun, waves and possibly rain. Each sailor should bring adequate sunscreen and it is strongly advised to wear a hat and sunglasses. Being out in the elements for most of the day is dehydrating and so **it is mandatory that each student arrive with a full water bottle each day in a reusable water bottle.** Caffeinated drinks and sodas are not allowed.

Supervision on the water

Instructors will be with the sailors at all times. If a sailor is in any kind of trouble, the instructor will be present to provide assistance. All sailors must follow the commands of the instructors.

All boats under the supervision of a single instructor leave and return to the dock at the same time.

Rigging, de-rigging and clearing up

Sailors are required to rig and de-rig their allocated boats. At the end of the day the sailors are required to clean any trash out of the boats, rinse the salt off of the boats, and tie down the boats. Sails are to be properly stowed in the sail room. Sailors are responsible to leave the floating docks and the junior building free of trash.

Valuables

The Club shall not be responsible for any valuables lost or misplaced. It is strongly advised that valuables are not left in the Junior Shack. The Club does not have lockers for personal belongings. Your sailor's cell phone is not allowed on the water.

Weather

Sailing in rain is a sail you'll remember, especially if the wind is up. Safety is our priority, and we will not send our sailors out in lightning/thunder or any other threatening weather scenario. Nor will we sail in winds exceeding the capabilities of the student or athlete. If bad weather occurs, land-based activities will go on until the weather clears up. **But please understand – weather conditions can and do change quickly and unpredictably and can cause risks even despite the Club's best precautions.**

Racing and Regattas

We will be hosting our Junior Annual Regatta on ____ - ____ June __ - __. This is a great opportunity for sailors in the Opti 2 and Dinghy Development Team to come and try out

their racing skills in a fun learning environment. Coaching will be provided to those sailors who have participated in these classes listed above.

Sailors are encouraged to compete in both local and out of town regattas. Support will be provided in the form of boats and on-the-water coaching for Opti, Dinghy Development, and c420 Race Teams.

Fun Summer Sailing Events

We will be having Pirate Days periodically throughout the summer for appropriate sessions. For the little sailors (ages 6 to 12), we will be having dress up contests, relay races and more! You may dress up your sailor, and yourself too, if you would like.

HYC will be having Parent Days on Friday afternoons of each session. Parents will get to come see their sailors demonstrate what they have learned! Parents can watch from shore or are welcome to take out powerboats or sailboats provided that they stay at a safe operating distance from our youth sailors and our coaching boats. Parents willing to take other parents out would be greatly appreciated so everyone can enjoy and take pictures of their sailors. Please email the Sailing Director if you would be able to help out sailingdirector@hamptonyc.com.

Contact Information

Contact	Phone	Email
HYC Office	(757) 722-0711	hyc@hamptonyc.com
Maxwell Plarr, Sailing Director	(757) 969-3973	sailingdirector@hamptonyc.com

Organizations and Optional Memberships for Consideration

US SAILING (www.ussailing.org)

US SAILING develops and maintains programs for instructors, race officials, volunteers, clubs, and sailors across the country. US SAILING most likely impacts your sailing activities, whether it is through your children's junior program, the regattas you sail, insurance and/or other services for the Club or resources for local community sailing programs.

Being part of US SAILING will bring you a strong sense of community and contribution. Whether you race, cruise or day sail, you can take pride in knowing you are part of an organization focused on encouraging advancement, promoting integrity and serving as guardians of the sport. You will help us connect the dots to motivate the next generation of sailors, to keep the racing fair, and to enable those who might not otherwise have the opportunity to go sailing.

Membership in US SAILING can also provide your student access to the SkillUp App, which instructors will be utilizing to monitor progress of your sailor and also provides online learning outside the classroom to keep your young sailor engaged!

US Sailing offers memberships for Youth, Individuals, and Families, as well as Contributing memberships.

Membership information for US Sailing can be found at: <http://membership.ussailing.org/>.

CBYRA (Chesapeake Bay Yacht Racing Association)

The Chesapeake Bay Yacht Racing Association (CBYRA) is an organization comprised of over 75 member yacht/boat clubs, more than 50 classes of racing sailboats and over 1,800 individual members from the greater Chesapeake Bay region. CBYRA represents these clubs, classes and individual members to the United States Sailing Association.

CBYRA was founded in 1914 to promote fair yachting competition by supporting standard yacht racing and measurement rules and by coordinating racing schedules and regattas for the Chesapeake Bay area. These functions are still central to CBYRA tasks. CBYRA

also provides an appellate function for protests for all sailing events in the Chesapeake Bay area. Over the years, CBRYA has taken on many additional tasks to provide various services to its members.

CBYRA Junior Sailing hosts a season-long High Point (HP) Racing Series. The HP system provides a way to measure each sailor's performance against all of the other sailor's performance in a particular fleet throughout the season without having to sail in all of the same regattas. HP is calculated for Club 420s, Laser Radials and Optimist fleet events. The HP Series uses a scoring formula that takes into consideration the total points earned (based on boats beaten) throughout the season's racing, as compared to the total possible points (i.e. if the sailor won every regatta they entered). Additional points are earned for participation in our region's Junior Olympic Sailing Festival, Maryland State Championship and the Virginia Commonwealth Championship, plus for participation in more than 7 events.

The top performing skippers and crews in each fleet are recognized for their achievements at our annual awards ceremony. Awards are given to the highest scorers in Laser Radial, Club 420, Optimist fleets, and top Opti girl sailors. Awards are also given for overall regatta participation to recognize those sailors who have competed in at least 10 CBYRA regattas.

High Point Qualification Requirements

In order to qualify for the final standings and High Point Awards, sailors need to;

- (1) be a current CBYRA Junior Member (*or part of a CBYRA family membership*) (Individual Junior Memberships are available as well as family memberships)
- (2) enter 'the Series' by completing the series registration form. There are fees charged to register and enter individual events, but there is no fee to complete the series registration process, which is for administrative and scorekeeping purposes only.
- (3) compete in at least 5 High Point regattas. At least one regatta out of the 5 must be in 2 out of our 3 regions. (Eastern Shore, Western Shore,

Virginia). *Example: Attend 4 regattas on the Western Shore, and 1 in Virginia or the Eastern Shore)*

Significant effort goes into scheduling and coordinating the regattas that comprise the Junior HP series, and the CBYRA organization provides the structure and authority of the Junior Division Committee to do this. The majority of the effort is provided by volunteers, but CBYRA does have expenses to administer the organization so your membership and support is needed.

Regardless of your membership status or regatta participation, results will be recorded and factored into the overall competitor formula. However, at the end of the year, you will not qualify for the final standings or awards without meeting the three basic requirements stated above. In previous years, a number of junior sailors have sailed in sufficient events to win Highpoint awards, but failed to qualify for these prestigious awards because they didn't join CBYRA. Make sure this doesn't happen to you, and join early!

For any questions about scoring or the High Point series, contact CBYRA Junior Scorer: David Marcic - dmarcic@gmail.com. Membership information for CBYRA can be found at <http://www.cbyra.org/>.

Virtual Regatta

Have a junior that's maybe more interested in video games?

Have a junior that loves sailing so much that they want to learn more when they can't be on the water?

Then, check out <https://www.virtualregatta.com/en/>

Virtual Regatta started in 2010 as a small team of passionate designers, engineers, and entrepreneurs gathered around the idea that virtual sailing sports games can mix with real races and real skippers. Their R&D has lead them to release a popular sailing game with a reported 1 million players. And now, Virtual Regatta is an exclusive partner of the "World Sailing" federation and of the "eSailing World Championship" which empowers people to

take an active part in the most famous regatta across the world (Vendée Globe, Route du Rhum, Sydney Hobart, Volvo Ocean Race, America's Cup...). AND It's FREE to try!