

## Hampton Yacht Club Junior Program Track

Development	Program	Competitive Track	Competitive Track		Program	Cruising Track	
<b>STAGE 5</b>		<b>THRIVE &amp; MENTOR</b> AGE: FOR LIFE	HYC Corinthian Member		<b>THRIVE &amp; MENTOR</b> AGE: FOR LIFE	HYC Corinthian Member	
<b>STAGE 4</b>		Excel for High Performance		Participate and Succeed			
	PROGRAM:	<b>C420 Travel Team</b> Prerequisite: OPTI Travel Team or DDT		HIGH PERFORMANCE, FOILING, & KEELBOAT CLINICS	ADVANCED ADVENTURE: OFFSHORE CRUISING Prerequisite: Inshore Cruising	NAVIGATION, SAFETY AT SEA, & PASSAGE MAKING CLINICS	
	AGE RANGE:	AGE 13-18	AGE 13-18		AGE 15-18		
<b>VETERAN</b>							
<b>STAGE 3</b>		Train & Compete			Train & Venture		
	PROGRAM:	OPTI TRAVEL TEAM (RED, WHITE, BLUE) Prerequisite: OPTI 2		DINGHY DEVELOPMENT TEAM (DDT) Prerequisite: DINGHY 2 or OPTI RWB		ADVANCED ADVENTURE: INSHORE CRUISING Prerequisite: ADVENTURE SAILING AND WATERSPORTS	KEELBOAT 2 Prerequisite: Any Stage 2 Course
	AGE RANGE:	AGE 8-15	AGE 13-18	Sailors are encouraged to take advanced level courses in racing and cruising to provide a well rounded education in sportsmanship, teamwork, rules, navigation, and safety at sea.	AGE 13-18	AGE 13-18	
<b>INTERMEDIATE</b>							
<b>STAGE 2</b>		Develop & Challenge			Develop & Challenge		
	PROGRAM:	OPTI 2 (GREEN) Prerequisite: OPTI 1	DINGHY 2 Prerequisite: DINGHY 1		ADVENTURE SAILING AND WATERSPORTS Prerequisite: NONE	KEELBOAT 1 Prerequisite: Any Stage 1 Course	
	AGE RANGE:	AGE 8-13	AGE 13-18	Sailors are encouraged to take competitive and cruising courses during Stage 2 in order to provide a solid foundation of skills built upon both tracks.	AGE 8-13	AGE 13-18	
<b>INTERMEDIATE</b>							
<b>STAGE 1</b>		Discover, Learn, Play			Discover, Learn, Play		
	PROGRAM:	OPTI 1 Prerequisite: NONE	DINGHY 1 Prerequisite: NONE		OPTI 1 Prerequisite: NONE		
	AGE RANGE:	AGE 8-12	AGE 13-18		AGE 8-12		
				Sailors in the 8-12 age range are encouraged to take Opti I and Sailors in Motion.			
	PROGRAM:	EXPLORER Prerequisite: NONE			EXPLORER Prerequisite: NONE		
<b>NOVICE</b>	AGE RANGE:	AGE 5-7			AGE 5-7		
		<b>COMPETITIVE TRACK: YOUTH</b>	<b>COMPETITIVE TRACK: YOUNG ADULT</b>		<b>CRUISING AND OFFSHORE TRACK: YOUTH AND YOUNG ADULT</b>		
		<b>START</b>					