

The 2023 Avalon Yacht Club Junior Sailing Program Guide



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Introduction

This Guide is designed to answer some frequently asked questions about the Avalon Yacht Club Junior Sailing Program. Hopefully, you can find answers to your questions here or information that points in a helpful direction. To the extent anything is not covered or remains unclear, please reach out to a member of the AYC Sailing Committee or someone else involved in the Program. AYC is, after all, a social club. And if you recognize a question or topic that should be covered in a future guide, please let us know.

-- The Avalon Yacht Club Sailing Committee

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Section 1: An Overview of the AYC Junior Sailing Program

What is the AYC Junior Sailing Program?

The Program is the set of Club activities organized to promote sailing for Members' children and grandchildren. It includes eight weeks of introductory and advanced sailing classes, Arts & Crafts classes for younger children, the AYC Racing Team, weekend intraclub regattas, Family Day, and Family Night. The Program is intended to teach sailing and provide opportunities for sailors to form lasting friendships, learn teamwork, improve self-confidence, and develop other life skills.

The Program has been a part of the Club since the 1950s. Though its details have evolved over time, its purpose as a core component in the Club's summer schedule remains largely unchanged.

Who may participate in the Program?

The children and grandchildren of members (all membership statuses) are welcome in the Junior Sailing Program, provided they meet the minimum age requirement **as of the first day of the overall program (Session I)**, and can continue participating in the program thru the age of 16.

How is the Program Organized?

The AYC Sailing Committee, led by its chairperson, oversees the Junior Sailing Program in coordination with other Club functions. Daily administration of the Program during the summer is handled by the Sailing Director.

Member involvement in the Junior Sailing Program is also key. Members help throughout the summer in ways that include volunteering at regattas, crewing patrol boats, towing trailers and ferrying equipment to away regattas, sailing themselves, providing instruction and guidance to younger sailors, and generally supporting all children in the Program.

How is the Program integrated with other AYC activities?

Junior Sailing activities are intended to complement other Club programs and typically align most closely with Youth Activities and some Adult Sailing events. The Sailing Committee makes every attempt to schedule Junior Sailing Program events to minimize conflicts among Club activities.

What are the dates of Junior Sailing Program activities?

Junior Sailing Program activities occur throughout the summer and are listed on the AYC Summer Sailing Calendar. A link to the list of calendar dates is available here in Appendix D. Event dates are also listed on the Club calendar (available online at www.avalonyachtclub.com in the Members' section of the website) and announced as part of the Club's periodic communications to Members.

Section 2: The Weekday Sailing and Arts & Crafts Programs

When are the weekday sailing and arts & crafts programs?

The weekday Sailing and Arts & Crafts programs are held Mondays through Thursdays in the summer. The programs are divided into two sessions, each lasting four weeks. In 2023:

- Session I will begin on **June 26** and end on **July 20** and celebrate Family Day on **June 22**.
- Session II will begin on **July 24** and end on **August 17** and celebrate Family Night and Perpetual Awards on **August 18**.

What are the hours of the sailing and arts & crafts programs?

The Introduction to Sailing and Arts & Crafts programs are each half-day classes starting at 10:00 a.m. and ending at noon. Sailors have the option of staying for lunch, which ends at 12:30 p.m.

The full day sailing classes start at 10:00 a.m. and finish at approximately 3:00 p.m.

Times may need be adjusted to facilitate staggering of all classes.

Sailors and Arts & Crafts participants should not arrive at the Club before 9:50 a.m. on weekdays, and they should be picked up on a timely basis. There will be days when sailing classes run past the regularly scheduled pick-up times due to tide and wind conditions. Boat cleanup and tie downs are important parts of each sailor's day, and children are asked to assist others in this process once they have packed their own equipment.

On the first day of the Program in each session, it usually takes some time to direct all children to assigned groups and get things organized. Parents should expect drop-off on that day to take more time than on other days. Also, a Racing Team meeting for parents is usually scheduled to start on the first day of each session after all children are organized into their classes.

How old are the children in the weekday Sailing and Arts & Crafts programs?

Children may join the Arts & Crafts program when they are five years old. Children can start in the Sailing program when they are seven years old.

For each of the two sessions during the summer, a child's eligibility is based on his or her age on the first day of the overall program (Session I).

How do children progress through the sailing program?

Sailors old enough to join the sailing portion of the program are introduced to basic sailing skills under direct Instructor supervision. Sailors typically learn to sail in Optimist sailboats, sailing in pairs at the youngest ages and progressing to single-handed sailing as their skills and confidence allow. As skills improve and sailors demonstrate the ability to sail independently, they ascend through multiple levels of instruction. As sailors grow, they eventually age-out or grow-out of the Optimist class and progress to the Sunfish, Laser, Club 420 and/or RS Feva sailboats.

Sailors who can sail by themselves proficiently are encouraged to race in weekend regattas at AYC and to join the Racing Team that represents AYC at weekly travel regattas (MAYRA's South Jersey Summer Series) and other events.

Starting at age 16, some of our sailors train to become Instructor Assistants. At age 18, and upon certification, they may become U.S. Sailing certified Instructors.

How do I determine the appropriate class level for a sailor?

Sailing class assignments are based primarily on ability, not just their age. Classes may be requested during registration, but assignments of sailors to appropriate levels is overseen by the Sailing Director (in consultation with the Sailing Committee Chairperson, if necessary) based on a sailor's skill level, experience, and age. Sailors may be moved between classes during a session. Older sailors who start at lower levels typically develop skills more quickly than younger sailors, so sailors eventually tend to sail with others at or close to their own ages.

What are the class levels in the weekday sailing program?

Half day (morning)

Arts & Crafts/Swimming (5-6 years)

- Fun with arts & crafts, participants learn water safety and gain confidence through swimming
- Many Arts & Crafts children move into the sailing program when they reach the required age
- Option to stay for lunch until 12:30

Introduction to Sailing (7-8 years)

- Most have little or no prior sailing experience
- Sail with Instructors to build comfort on the water
- Option to stay for lunch until 12:30

Full-Day - SAILING

Level I Optimist (8 years plus)

- Begin sailing in pairs or alone based on skill level
- An objective is solo sailing by end of summer
- Water safety, sailing basics & fun races
- Boats are provided as needed

Level II Optimist (Green Fleet)

- Sailors sail by themselves.
- Basic rules of sailing, racing skills, and fun races
- Many compete in SJSS Green Fleet races
- **Sailors must have their own boat, rental Optis are not available**

Adventure Class

- For experienced sailors not interested in the AYC Racing Team
- Available to sailors who have completed at least three summers in the Program.
- Will place less emphasis on racing while allowing sailors to explore different facets of sailing.
- **Sailors must have their own boat.** A few Sunfish and Laser sailboats are available for rental on a first come, first served basis. Full season participants will have priority over single session participants for rental boats.

- **Full-Day - ADVANCED SAILING**

- Level III Optimist**

- Expand on skills introduced in Level II
 - Develop sailing and racing skills
 - Many compete in SJSS White/Blue Fleet races
 - **Sailors must have their own boat, rental Optis are not available**

- Level IV & V Optimist**

- Advanced boat handling and rules understanding
 - Focus on racing skills
 - Many compete in SJSS Blue/Red Fleet races
 - **Sailors must have their own boat, rental Optis are not available**

- **Full-Day - ADVANCED SAILING** (*continued*)

- Intermediate/Advanced Sunfish**

- Sailors sail by themselves
 - Expand rules knowledge and racing skills
 - Many compete in SJSS Sunfish races
 - **Sailors must have their own boat.** A few Sunfish and Laser sailboats are available for rental on a first come, first served basis. Full season participants will have priority over single session participants for rental boats

- Laser, Club 420 and RS Feva**

- Three separate classes, one each for Lasers, Club 420 and RS Feva
 - Must have prior Optimist or Sunfish experience
 - Focus on knowledge of the single-handed Laser (Radial or 4.7) and double-handed Club 420 and RS Feva
 - Many compete in SJSS Laser, Club 420 or RS Feva races
 - RS Feva boats owned by AYC are available
 - **Laser, Sunfish and 420 Sailors must have their own boat.** A few Sunfish, Laser and 420 sailboats are available for rental on a first come, first served basis. Full season participants will have priority over single session participants for rental boats. 420 rentals require two sailors.

The Sailing Committee, in consultation with the Sailing Director, may add or change classes as circumstances require.

- Racing Team Inclusion**

All sailors in the “ADVANCED SAILING” group (Opti 3, Opti 4, Opti 5, Laser, 420, Sunfish and Feva) are automatically included on the AYC Racing Team at time of enrollment, and the fee is included in their registration.

- Lunch Option**

All sailors have the option of adding the club-provided lunch to their registrations at time of enrollment.

What is the Adventure Class?

The Adventure Class was introduced in 2019 to create a class with less emphasis on racing skills while allowing sailors to explore different facets of the sport and lifestyle of sailing. As part of the Adventure Class program, sailors are likely to be introduced to different boat types, from small centerboard boats to larger keel boats.

The Adventure Class will be available to sailors who have completed at least three summers of sailing instruction at AYC and do not plan to travel with the AYC Racing Team. Enrollment will be limited to ten sailors. Priority will be given to older sailors and/or sailors who have completed the greatest number of seasons in the Program. **Sailors must have their own boat for this class**, and preference for this class may be indicated on the online registration form.

Where and when do I register for the weekday sailing program?

Registration is online only at www.avalonyachtclub.com through the Members' section of the website.

All charges will be added automatically to each Member's account. No partial session payments will be accepted.

Participants must be children or grandchildren of Avalon Yacht Club Members (all membership statuses included). Class sizes are limited, and registration will be prioritized by type of membership. If space allows, prospective members who are actively on the Club's waiting list may also register their children for the program.

Copies of birth certificates are required for Arts & Crafts and Introduction to Sailing participants.

What are the fees for the AYC summer programs?

2023 Fees for the Program are listed on the Registration Website and can also be found in Appendix G.

Late Fees:

All registration requests must be submitted thru the website by May 1 for each child enrolling in the program. The registration website will be closed after May 1 and all requests to add or change enrollments after that date must be made by sending an email request to avalonsailing@gmail.com.

New applications or class changes to previously submitted applications after May 1 will incur a \$100 late fee for each affected student. If a request is made to add an additional session after May 1, the registration fee will be the discounted Season rate, but a late fee will still be incurred.

While we regret the need to impose late fees, it has become necessary because decisions on class sizes and staffing must be made well in advance of the program start date, and late changes to enrollment are challenging for the program to accommodate and must be limited.

***How is the sailing curriculum developed?
What are the sailing Instructors' certifications?***

The sailing curriculum and Instructor/sailor ratios are developed in accordance with U.S. Sailing standards. All Instructors and Junior Instructors are certified in CPR, American Red Cross or Green Cross First Aid, and Life Saving, and they have taken US Sailing Level 1. Instructors and Junior Instructors have also completed a Boating Safety course.

Do sailors need to swim?

Yes. All sailors are required to pass a swim evaluation on the first day of each session. Any sailor who cannot swim cannot participate in the sailing program.

Participants in the Arts & Crafts program do not need to pass a swim test, but swimming from the Club docks while wearing a life jacket is a regular Arts & Crafts activity.

Do sailors need their own sailboats?

That depends on the class in which a sailor is enrolled.

- In the Introduction to Sailing and Level I Optimist classes, sailors do not need their own sailboats. However, boat ownership is strongly encouraged in the Level I Optimist classes to allow sailors to be on the water as much as possible.
- **For Optimist Levels II, III, IV, and V, all sailors are required to have their own boats. Rental Optis are not available.**
- **For the Sunfish, Laser and Club 420 classes, and the Adventure Class, sailors are required to have their own boats.** (While boat ownership at these levels is most common, a small number of Lasers, Sunfish and Club 420s are available for rent from the Club for the duration of the program.)

All sailboats must be in good condition with class standard safety equipment and a 25-foot towline attached securely to the bow. Dollies are required for all sailboats so they can be moved to and from the water and around the boatyard. All personal equipment should be labeled clearly.

Do sailboats used in the Program need an AYC Yard Storage sticker?

Yes. A sticker purchase will be automatically included at time of enrollment for Sailors who have their own boat. Additional stickers can also be pre-purchased through the Club website and picked up at the front desk on Memorial Day weekend, or they can be purchased after Memorial Day at the front desk. Stickers should be displayed on the sterns of boats. AYC Yard Storage stickers are also required and should be displayed on personal trailers kept at the Club.

Can I rent an Optimist sailboat for the summer?

No. The AYC-owned Optimist boats are used for the Introduction to Sailing and Level I Optimist classes, where boat ownership is encouraged but not required.

Many Optimist sailors own used boats, some of which have been purchased from the families of older sailors who have moved up to larger boats. Used Optimists are sometimes listed for sale on the Club bulletin board.

Can I rent a Laser, Club 420, or Sunfish sailboat for the summer?

A small number of AYC-owned Lasers, Sunfish and Club 420 sailboats are available for summer rental to sailors registered in the sailing program. Rental terms are set by the Club, and fees must be paid prior to the registration deadline.

Rental boats are assigned by the Sailing Committee Chairperson, with priority given to full season rentals and sailors participating in both the weekday sailing program and weekly South Jersey Summer Series junior regattas. Sailors meeting those criteria will be assigned boats on a first-come/first-served basis. If AYC boats remain available for full-season non-racers or half season rentals, those applications will be considered in that order of priority, then on a first-come/first-served basis.

Rental boats may be used for away regattas, provided an AYC coach is attending the regatta. Rigs or other equipment are not rented separately from boats, and boat rentals by any sailor are limited to two years per fleet. A damage deposit is required for all rentals.

Other than a sailboat and the ability to swim, what else do junior sailors need?

All participants in the weekday program must adhere to the AYC Junior Sailing Program Sailor Code of Conduct. A copy of the Code is reprinted here as Appendix B.

Every day, sailors should have:

- For all sailors above Level I Optimist, their boat with all equipment in good condition.
- A properly fitted and US Coast Guard approved life jacket that will be correctly secured and worn at all times on the water, around the boats, at the beach, and on docks;
- A whistle attached to his or her life jacket at all times;
- Shoes, to be worn at all times on land and in the boats;
- A water bottle, preferably the reusable plastic kind that can be filled at the water cooler on the Youth Room deck;
- A packed lunch (unless the sailor participates in the lunch plan);
- A hat and sunglasses (with a strap to prevent them from falling overboard) and,
- Sunscreen.

All personal items should be labeled with a permanent marker. Too much gear ends up in the Lost & Found, and we prefer to return misplaced items to their owners.

Is there a lunch plan?

Yes. A lunch plan is available for an additional fee and can be signed-up for at registration.

Sailors who participate in the lunch plan and join the AYC Racing Team are allowed to pro-rate the fees for the lunch plan to account for Thursdays they will be away from the Club for travel regattas.

Sailors may also pack their own lunches.

Are there opportunities for organized sailing outside of classes?

Sailors who can sail by themselves and have reached an appropriate level of proficiency are encouraged to participate in weekend races at the Club and to join the Racing Team that competes in weekly junior regattas that are part of MAYRA's South Jersey Summer Series. Additional details regarding those activities are described below in Sections 3 and 4.

Are private sailing lessons available?

AYC does not offer private lessons, but some Instructors make themselves available for that purpose. Please contact the program Director for a current list.

Section 3: The AYC Racing Team

What is the AYC Racing Team?

The Racing Team is the group of sailors in the Junior Sailing Program who participate in local and regional racing events, plus all the organizational and logistical support provided by the Club and sailors' families related to those events.

Sailors improve their abilities by sailing more and in more challenging conditions. The Racing Team provides those types of opportunities for interested AYC sailors outside of the weekly classes.

We encourage all our sailors beyond the beginner levels to test their skills, join the Racing Team, and compete in the weekly MAYRA South Jersey Summer Series (SJSS) regattas and other regional sailing events.

All sailors in the "Advanced Sailing" group of classes (Opti 3, Opti 4, Opti 5, Laser, 420, Sunfish, Feva) are automatically included on the AYC Racing Team at time of enrollment, and the fee is included with their registration.

Has the AYC Racing Team been successful?

We think so. All sailors on the team participate in an activity that allows them to compete against sailors from other clubs and improve their sailing skills while having fun. As the Racing Team has grown, more and more AYC sailors and their families have been able to enjoy the challenges, fun, and social opportunities that are part of racing.

The AYC racing team has earned the MAYRA South Jersey Summer Series Championship for 5 of the last 7 years. It's not necessary to win to be successful, but it's nice. ☺

How many AYC sailors participate on the AYC Racing Team?

The Racing Team has traveled with as many as forty sailors, thirty boats, a dozen Instructors, two patrol boats, and all the accompanying sails, spars, blades, bailers, dollies, trailers, and other equipment needed to support the team.

The effort required by the entire Club to organize and support the Racing Team demonstrates how sailing is truly a team sport. The sailors, instructors, parents, friends, and other Members all come together to create great memories that last all winter and beyond.

How is the AYC Racing Team connected to the weekday sailing program?

Part of learning to sail in the Club weekday sailing program involves learning the rules of sailing and racing skills. The Racing Team is an extension of the weekday sailing program.

While the Racing Team is part of the Junior Sailing Program, it is optional. The Club supports the Team as part of the overall sailing program.

Sailors in the "Advanced Sailing" group of classes (Opti 3, Opti 4, Opti 5, Laser, 420, Sunfish, Feva) comprise most of the Racing Team and travel on Thursdays to the MAYRA SJSS junior regattas.

Sailors in the Level II Optimist classes can also be on the Racing Team, usually competing in the Green Fleet races designed as fun and low-key introductions to competitive sailing. Green Fleet racecourses are usually simple and very close to shore, and we encourage our Level II Optimist sailors (and Level III sailors, before they are ready for the White, Blue, or Red Fleets) to participate in the Green Fleet races when they are ready.

We emphasize, though, that participation on the Racing Team is optional. Sailors who do not travel on race days when the weekday sailing program is in session will still sail at the Club with a focus on fun, safety, and more relaxed levels of competitiveness.

How do I know if my sailor is ready to join the AYC Racing Team?

To travel, sailors should understand the basic rules of sailing, be able to rig and de-rig their boats by themselves and be able to handle their boats independently in racing conditions. Instructors in the weekday program can give sailors an informal skills evaluation to help determine if they are ready to join the Racing Team and travel.

Sailors can join the Racing Team at any time during the summer, so there is no need to make a commitment at the beginning of the season.

Most younger Optimist sailors start in Green Fleet races, which are fun and low-key introductions to competitive sailing staged close to shore. Green Fleet races typically start later and finish earlier than all other races at MAYRA SJSS regattas, allowing Instructors to assist the younger and less experienced racers, if needed, more than they can help other racers.

The weekend regattas at the Club also provide opportunities for younger and less experienced sailors to experience racing in a smaller and more familiar setting.

Should a sailor be discouraged from joining the Racing Team if he or she is not as fast as other boats?

Absolutely not.

Consistent with the overall purposes of the Junior Sailing Program, the Racing Team is an opportunity for sailors to expand their sailing experiences while forming friendships, learning teamwork, improving self-confidence, and developing other life skills. Sailors join the Racing Team for different reasons and place at the top, middle, and bottom of fleets at regattas. Some sailors just want to sail. Others enjoy the weekly travel. Others like interactions with racers from other clubs and being part of the team. These and others are all fine reasons to join the Racing Team.

How does a sailor join the AYC Racing Team?

Sailors in the “Advanced Sailing” group of classes (Opti 3, Opti 4, Opti 5, Laser, 420, Sunfish, Feva) are automatically included on the AYC Racing Team at time of enrollment. Sailors may also join the Racing Team during the summer by expressing interest to their instructors.

What are the fees for the AYC Racing Team?

There are additional registration fees for participating in a MAYRA SJSS regattas:

The Regatta Fees: Each regatta typically charges a registration fee covering the administration of the regatta and lunch. Registrations for the MAYRA SJSS are usually completed online before race days. Details about individual regatta fees are typically described in the Notice of Race for the individual regattas that are available through MAYRA's website (mayra.org). Sailors are responsible to ensure they are individually registered for regattas, including the payment of required fees.

Other costs include the personal expenses incurred for highway tolls and fuel used traveling to regattas.

To the extent that sailors participate in regattas outside of the MAYRA South Jersey Summer Series, there may be other costs (e.g., coach boats) in addition to the regatta fees. Those fees are typically determined in advance, before commitments are required, and divided among participating sailors.

How are responsibilities divided for the AYC Racing Team?

Sailors on the Racing Team are expected to:

- Be responsible for themselves, their boats, their equipment, and their belongings;
- Be a team player, assisting with the loading and unloading of all boats and equipment;
- Be capable of rigging (and de-rigging) their boats independently;
- Have a working knowledge of racing skills and the Racing Rules of Sailing;
- Read and be familiar with the SJSS 2023 Rules & Regulations for Junior Events, available for download at [MAYRA Junior Events - SJSS \(mayrasailing.org/upcoming-events\)](http://MAYRA Junior Events - SJSS (mayrasailing.org/upcoming-events));
- Read the Notice of Race and any Sailing Instructions issued for each regatta, attend the Skippers' Meetings, and prepare to race;
- Act appropriately as AYC representatives while guests at the host yacht clubs; and,
- Compete to the best of their abilities, with enthusiasm and sportsmanship.

Instructors assigned to work with the Racing Team on race days are expected to:

- Coach sailors before, during, and after regattas, checking for proper rigging, helping with any equipment issues, and offering sailors instruction and encouragement (within the limits of the Racing Rules of Sailing);
- Be attentive to the safety of all sailors on the water;
- Communicate with sailors' parents and guardians; and,
- Oversee the loading and unloading of boats on trailers, including the safe tie downs of all boats and equipment for road travel.

Parents of sailors on the Racing Team are expected to:

- Attend the Parent Racing Meeting on the first Monday of each sailing session;
- Register sailors for regattas, including the payment of fees;
- Be present with your sailor at each regatta in case of emergency (or arrange for a designee to act if needed);
- Trailer boats, haul equipment, and/or transport sailors to and from regattas;
- Assist with loading and unloading of boats and equipment, launching, and general organization of sailors, boats, and equipment;
- Volunteer at the AYC Junior Regatta and extend all courtesies to our guests; and,
- Cheer on all sailors (within the limits of the Racing Rules of Sailing).

Is coaching or assistance to sailors permitted during regattas?

Coaching and assistance from sailing instructors is permitted before racing, prior to the preparatory signal for each race. Coaching or any other form of assistance from sailing instructors, parents, or other spectators is strictly prohibited during races. In SJSS races, there is a limited exception for instruction from sailing instructors who have received permission from the Race Committee to coach competitors sailing significantly behind other competitors. The penalty for violations of these rules is usually disqualification of the improperly coached or assisted participant.

What are the roles of AYC Racing Coaches?

The Racing Coach (or Racing Coaches) are positions on the AYC staff that are expected to give particular attention to the Racing Team. Ideally, Racing Coaches have demonstrated advanced accomplishments in their own racing careers and may be active participants on collegiate sailing teams.

Specific responsibilities for Racing Coaches include:

- overseeing the Racing Team's adherence to safety procedures;
- running or assisting with daily sailing practices;
- providing guidance to other Instructors to assure that appropriate levels of instruction are given;
- traveling with the sailors to SJSS Regattas (includes organizing and keeping track of equipment as well as on-water and on-land coaching at events);
- mentoring Junior Instructors who are assigned to the travel program;
- communicating regularly with parents about practices, races, and coordinating the logistics of regatta travel;
- identifying maintenance needs of Club-owned boats and maintaining a list of equipment needs with the Sailing Director; and,
- as members of the travel team coaching staff with designated Racing Team responsibilities, providing oversight and support, as necessary, to other coaches and sailors who travel with the AYC Racing Team.

What is the South Jersey Summer Series (SJSS)?

The SJSS is a series of junior regattas held throughout the summer, typically on seven consecutive Thursdays between late June and early August. The regattas are hosted by yacht clubs in the Mid-Atlantic Yacht Racing Association (MAYRA), including the Avalon Yacht Club. The SJSS junior regattas are the most visible and well attended of the events in which AYC Racing Team members participate.

The 2023 SJSS regatta schedule is:

- June 29 Cooper River Yacht Club (CRYC)
- July 6 Yacht Club of Stone Harbor (YCSH)
- July 13 Brigantine Yacht Club (BYC)
- July 20 Avalon Yacht Club (AYC)
- July 27 Corinthian Yacht Club of Cape May (CYCCM)
- August 3 Greater Wildwood Yacht Club (GWYC) and Yacht Club of Sea Isle City (YCSIC)
- August 10 Ocean City Yacht Club (OCYC)
- TBD MAYRA's SJSS Awards Event (YCSIC)

When does a sailor on the Racing Team need to commit to sail in a particular regatta?

For the Thursday MAYRA SJSS regattas, AYC sailors planning to race with the team must commit by the start of the sailing program at 10 am on the Tuesday before the particular regatta. This deadline allows the Sailing Director time to organize the necessary logistics for the weekly roster of travel sailors, including the assignments of Instructors, the allocations of trailer space, and drivers' assignments. It is difficult to add boats (or remove them from trailers) and move equipment at the last minute, and it is especially hard to add trailers that have not been pre-planned.

For regattas other than those in the MAYRA SJSS, deadlines are established and communicated on an event-by-event basis.

Where and how does a sailor register for a Regatta?

The Racing Team does NOT register sailors for away regattas.

In past years, registrations for MAYRA SJSS regattas have been completed online through the SJSS regatta webpages on U.S. Sailing's www.regattanetwork.com website. The easiest path to those webpages is via the direct links on [MAYRA Upcoming Events](#) website. Sailors' parents or guardians should complete registrations before race days.

Sailors' names and their sail numbers are needed for registration. Registration fees are paid by credit card, and there is usually a different fee for single-handed boats (Optimist, Laser, and Sunfish) and double-handed boats (Club 420, Feva).

Some regattas allow on-site registration. Those registrations often come with an additional fee and are not guaranteed, so advance registration is highly recommended.

Are there age or other qualifying requirements for regattas?

Yes. Qualifications for events are typically publicized in the Notice of Race and any other rules or regulations applicable to the particular regattas.

For the MAYRA South Jersey Summer Series, the age requirements are as follows:

- Optimist age requirements adhere to the US Optimist Dinghy Association (USODA) class rules. The competitive Optimist Dinghy fleet is grouped in three divisions based on the ages of competitors on the first day of the scheduled competition (*i.e.*, June 29, 2023):
 - White Fleet: 10 years old or younger
 - Blue Fleet: 11 or 12 years old
 - Red Fleet: 13, 14, or 15 years old and shall not have reached their 16th birthday in the current calendar year (*i.e.*, sailors who will turn 16 in the current year have aged out of the class).
 - Sailors up to 15 years old may participate as Green Fleet sailors. The purpose of the Green Fleet is to encourage novice sailors, and the USODA's policy is to present "Participation Awards" to all skippers sailing Green Fleet. A sailor is only eligible to race in Green Fleet for one season, after which he or she should join the appropriate fleet based on his or her age.
- Laser 4.7, Laser Radial, RS Feva, Club 420, and Sunfish sailors may be 18 years old or younger, and no sailor may turn 19 years old at any time during the summer series.

For Optimist sailors, what are the differences between the “Green,” “White,” “Blue,” and “Red” Fleets?

The answer to this question has two parts.

Sailors are grouped in the White, Blue, and Red Fleets based upon their ages in accordance with the categories established by the US Optimist Dinghy Association (USODA) and described in response to the previous question. At regattas, sailors in the White, Blue, and Red Fleets typically sail together at the same time and on the same racecourses, though awards are usually given out for placements within the distinct White, Blue, and Red Fleets.

The Green Fleet is separate from the White, Blue, and Red Fleets. Green Fleet sailors are usually beginner sailors of any age up to age 16. Green Fleet races are run separately from the White, Blue, and Red Fleet races, and they are usually shorter and closer to shore. The purpose of the Green Fleet races is to introduce younger and less experienced sailors to competitive racing in a fun and low-key setting. After gaining experience and confidence in Green Fleet races, sailors can be better prepared to join the main Optimist Fleet and sail with the combined White, Blue, and Red Fleets.

What is the usual plan for away regattas? For example, when are boats loaded on trailers, when is the equipment packed, and how do we travel?

Depending on who signs up for a particular Thursday regatta, the Sailing Director prepares a list of assignments for trailers and hauling of sails, spars, blades, bailers, and other needed equipment. The list is usually distributed by email to Racing Team parents late Tuesday or early Wednesday before regular Thursday SJSS regattas.

Assignments are usually made, if possible, so that trailers and vehicles transporting equipment contain consistent sets of gear (e.g., Lasers and Laser equipment (sails, blades, masts, booms, and dollies) are packed and transported together in one vehicle or in a combined set of vehicles that caravan together). This serves several purposes, including helping sailors know where their gear is packed, helping adults know what gear they have, and being more efficient when we arrive at the regatta sites as the different classes of boats sometimes unload and rig in different areas.

The parents or guardians of Racing Team members who participate in the SJSS regattas are expected to share the work of trailering boats, hauling equipment, and transporting sailors on Thursdays. Assignments are made weekly based on availability. Boats and equipment are usually loaded on trailers and packed in vehicles on Wednesday afternoons at the Club. A Racing Team Parents Meeting will be conducted at AYC on Monday June 26 at 10:00 AM (first day of session one) where details of travel team logistics and responsibilities will be discussed, and questions answered. All Racing Team parents are strongly encouraged to attend.

Those transporting equipment in their vehicles to a SJSS regatta should plan to be at the Club on Wednesday afternoons to load equipment at the end of the sailing program hours. We usually then meet at a designated time on Thursday mornings to confirm that all sailors, boats, and equipment are accounted for, to connect trailers, and to caravan to the regatta site.

For races other than the MAYRA SJSS regattas, similar plans are usually made based upon the details of those events and the sailors who participate.

Does the AYC Racing Team transport everyone's boat to regattas every week?

Yes, usually. The Club is working to continue doing so, but it can only do so with help on race days from Racing Team parents.

More specifically, the Racing Team has been fortunate to accommodate in recent years almost all sailors who have wanted to sail in the SJSS junior regattas on Thursdays through the summer. AYC's high levels of participation at regattas has been possible because of the support from the Club and its Members.

To move boats to other yacht clubs at which regattas are held, the Racing Team relies on a mix of Club-owned trailers, Member-owned trailers, and enough parents ready and willing to tow boat trailers, haul equipment, and transport sailors to and from the regattas. That has allowed the Racing Team to support dozens of sailors on the water at the away regattas.

The Club continues to make investments in equipment with the expectation that interest in our Racing Team will continue for the foreseeable future. One resource the Club does not control, however, is the number of parents ready and willing to tow boat trailers. Almost all our trailers are pulled by parents. Accordingly, all parents are asked to tow, if at all possible.

We remain cautiously optimistic that we will continue to transport all interested sailors' boats to away regattas. In the event that trailer spaces become limited, decisions for the travel team will be made on a weekly basis by the Sailing Director in consultation with the Sailing Committee Chairperson (if necessary) based upon priorities set by the Sailing Committee.

What do I need to know in order to tow a trailer to and from regattas?

Many Racing Team parents who tow trailers to regattas had never towed anything behind their vehicles before they started helping the Racing Team. Many learned from the parents of older racers who preceded them on the team and are now passing to parents of younger racers their knowledge about securing couplers to ball hitches, attaching safety chains, and checking brake light electrical connections. (Most of the Club-owned and Member-owned trailers have couplers with sockets designed to fit either a 1-7/8 inch or 2-inch trailer ball, with four pin electrical connectors.)

The Club maintains the Club-owned trailers, and Members maintain the Member-owned trailers. Trailers are numbered, and any problems (e.g., burned out bulbs, low tire pressure) should be reported to the Sailing Director so that repairs or adjustments can be made promptly.

Trailers are kept in the boatyard at the northeast corner of the Club property. Before regattas, they are almost always picked up there. After regattas, the trailers (still carrying boats) should be parked there, pushed back as far as possible to be outside of the normal traffic pattern and allowing maximum weekend parking at the Club.

Travel to some away regattas includes travel through tolls on the Garden State Parkway. A normal EZPass tag can be used while towing a trailer. However, it is recommended that drivers use their EZPass tags in the combined EZPass/Cash toll lane (with the attendant present) to confirm that the trailer is accounted for. A mis-read in the high speed EZPass lane can result in an inappropriate charge which then needs to be challenged. While such charges have been successfully challenged in the past, the preferable course is to avoid them in the first instance.

What do I need to know if I help ferry equipment to and from regattas?

Sails, blades, bailers, dolly handles, and other equipment transported in vehicles (as opposed to on or in trailers) are usually packed and loaded in cars the afternoon before regatta days.

When equipment is brought back to the Club after regattas, sailors should help move the gear neatly into the shed on southeast side of the Club property. All Racing Team equipment is stored in the shed until it is next used on weekends or the following Monday mornings. Because the shed is used regularly, it should be kept as organized and accessible as possible. No equipment should be stored in the Youth Room.

While efforts are made to plan reasonably based upon available information, it is always appreciated when sailors, instructors, and adults can remain flexible to the extent plans change or unforeseen challenges need to be overcome.

What do sailors need to do before regattas?

Before the regattas, sailors need to:

- make sure their registration for the regatta is complete, and make sure their commitment to sail in the regatta is communicated to the Sailing Director on time;
- help load their boat (and others) on assigned trailers, help pack equipment in assigned vehicles, know where their equipment is, and know they have all equipment needed for the regatta;
- know how they are traveling to the regatta, and know who their supervising adult will be;
- make sure they are and will remain responsible for themselves, their equipment, and their personal belongings (e.g., life jacket, sunscreen, water bottle, water shoes, extra clothes, etc.). Making sure that all personal equipment and belongings are clearly labeled is especially important given the number of sailors at away regattas;
- Read and be familiar with the Notice of Race and any Sailing Instructions; and,
- Prepare to race.

Importantly, while Instructors and parents help sailors load and transport boats and gear for the away regattas, sailors are ultimately responsible for having all their equipment, knowing where it is, and making sure they have everything they need.

Do parents need to stay with their junior sailors at travel regattas?

Yes, or they need to arrange for someone who will be present to act in their place if it is needed for any reason.

The Racing Team coach and Instructors who travel with the Racing Team to away regattas are typically on the water during races and cannot easily attend to sailors who need to come in early for any reason. Parents and guardians often organize with others to share coverage.

What are the racing rules at the regattas?

The Racing Rules of Sailing always apply to the races in which the Racing Team participates, subject to modifications and/or supplements in the Notice of Race for the regatta and the Sailing Instructions published by the organizing club. The Notice of Race is usually available well in advance of the regattas and available on the SJSS regatta webpages accessible through [MAYRA \(mayra.org\)](https://www.mayra.org).

What other races away from AYC are there for members of the Racing Team?

Other regattas in New Jersey at which Racing Team members may sail in the summer of 2023:

- July 7 - Powder Puff Regatta at the Metedeconk River Yacht Club. Popular girls-only event with races for Optimists, Sunfish, Lasers, and Club 420 Fleets
- July 17-18 - Junior Olympics at the Island Heights Yacht Club. Large regional regatta open to Optimists, Sunfish, Lasers and 420s
- TBD – No Tears Regatta at Toms River Yacht Club – Sailors 10 years old or younger, 3 years or less in a sailing program.
- August 20-22 — New Jersey Optimist State Championship at Brant Beach Yacht Club. Competitive, Optimist-only event recommended for the more advanced Optimist sailors.

Additional details for each of these events is published by the regatta organizers in their Notices of Race. The extent to which the Club will support these events—potentially in coordination with other MAYRA clubs—will be determined on a case-by-case basis after considering the interest from Racing Team sailors.

What are the Racing Team Parents' Meetings?

Parents or guardians of Racing Team members are asked to attend a meeting held on the first Monday of each sailing session. The purposes of the meetings are to discuss plans for the upcoming regattas, to share information, and to identify any issues to be addressed before they become problems.

Section 4: The AYC Weekend Regattas for Optimists, Sunfish, Lasers, RS Feva, and Club 420s

What are AYC weekend regattas for Optimists, Sunfish, Lasers, RS Feva, and Club 420s?

The seven weekend AYC intraclub regattas for 2023 are:

Sunday, May 28 at 1 pm	Memorial Day Regatta
Sunday, July 2 at 1 pm	Independence Day Regatta (“AYC Summer Series” #1)
Sunday, July 9 at 1 pm	Past-Commodores’ Regatta (“AYC Summer Series” #2)
Sunday, July 16 at 1 pm	Pirates’ Regatta (“AYC Summer Series” #3)
Sunday, Aug. 6 at 1 pm	AYC Foundation Pizza Regatta (“AYC Summer Series” #4)
Saturday, Aug. 12 at 10 am	Commodore’s Regatta (“AYC Summer Series” #5)
Sunday, Sept. 3 at 1 pm	Labor Day Regatta including Mother, Fathers & Old Timers

The times listed are the start times for the Skippers’ Meetings. All sailors’ boats should be rigged and ready before the Skippers’ Meetings so that boats can launch immediately after the meetings.

Who is invited to sail in the AYC weekend regattas?

The weekend regattas are open to all AYC sailors, regardless of age.

What classes of boats participate, and in what divisions?

Optimists, Sunfish, Lasers, RS Fevas, and Club 420s all race in the following divisions:

- Club 420s
- RS Fevas
- Lasers: Full, Radial, and 4.7 classes, each with Adult & Junior (under age 16) divisions
- Sunfish class: Master, Alumni (under age 40), and Junior (under age 16) divisions.
- Optimists: Opti sailors are grouped into Gold and Silver Fleets, divided by skill level (not age).

What is the format of the weekend regattas?

Up to three races are run for each class, and scoring is based on a sailors’ overall finishes.

How does a sailor register for the weekend regattas?

Sailors register by showing up at the Club on race days and adding their names and sail numbers to the sign-up sheet. Registration usually opens forty-five minutes before the scheduled Skippers’ Meeting start time.

Is there a fee to participate in the weekend regattas?

No. There are no fees for the AYC weekend regattas.

For most regattas, awards are announced at a lunch for sailors and their guests after the races. Everyone is welcome and lunch is optional, though there is a food charge for those who have lunch.

Who runs the weekend regattas?

The weekend regattas are run by Club Members who act as Principal Race Officers and Race Committee Members, operate patrol boats, and keep score. The Club typically assigns two or three Instructors to assist with each regatta, and the AYC Volunteer Fleet often assists as start/finish boats and patrol/mark boats.

The more Club Members participate, the easier it is to run the races and the more fun we have. Members with boats are invited to join the Volunteer Fleet. Members who stay on land are often helpful unloading any needed boats from trailers and overseeing the launch ramp. No experience is required, and all help is welcome.

Do junior sailors need adult supervision at the weekend regattas?

Yes. Junior sailors need a parent or other designated adult at the Club during the races.

What are the rules for the weekend regattas?

The weekend regattas are conducted in accordance with the Racing Rules of Sailing, as modified by the Notice of Race and the Sailing Instructions. And while rules apply, the regattas are friendly competitions among Club Members, run by Club Members, for Club Members. Accordingly, the races are conducted in a relaxed atmosphere. We follow the rules and keep score, and we do so among friends.

Are there awards at the weekend regattas?

Yes. Sailors, families, and friends gather after the races for an awards presentation, usually with food. Also, Club perpetual awards are presented on Family Night based on sailors' performance in the five "AYC Summer Series" regattas that are five of the eight weekend regattas.

Where is there more information about the AYC weekend regattas?

Additional information is in the **AYC Notice of Weekend Races – 2023**. A link to that NOR can be found in Appendix E.

Section 5: AYC Equipment Use & Care

Policy Statement: AYC owns several sailboats (Optimists, Sunfish, Lasers, RS Fevas, and Club 420s). If these boats are not chartered by sailors in the Junior Sailing Program, they will remain available for use by Members during Club-sponsored weekend regattas. Members are responsible for any damage that an AYC boat and/or its equipment may incur while in use by the Member. Instructors will inform parents if an AYC boat has been damaged by their sailor, and that Member will be responsible for the repair or replacement of the damaged equipment. It is important for sailors and parents to understand that equipment damage is an inherent part of sailing. Sailors should never store their personal boats on AYC dollies. AYC also has several trailers for use by the racing teams. The Sailing Director must grant permission for use of any trailer.

Can Club Members' children use AYC owned sailboats for the weekly sailing program?

As is described above in Section 2: (a) AYC-owned Optimists may be used by children in the Introduction to Sailing and Level I Optimist classes, and (b) a small number of Lasers, Sunfish and Club 420s are available for rent from the Club and may be used by sailors in the Junior Sailing Program. Those are the only circumstances in which AYC-owned boats may be used during the weekly sailing program.

Are AYC boats that are rented for the summer available for use, or are those boats solely for those who rent the boats throughout the rental period?

Boats which have been rented by participants in the Junior Sailing Program are not available for use by any other Member for any purpose.

If a Club Member wishes to use a Club-owned boat at a Club-sponsored event, how does he or she know which boat to use and where the equipment (e.g., sails and blades) is stored?

Requests to use a Club-owned boat at a Club-sponsored weekend regatta may be sent to the Sailing Committee Chairperson at avalonsailing@gmail.com.

The Club owns a Flying Scot and a J24. What are these sailboats used for?

The Club-owned Flying Scot was donated to the Club for the purpose of building the Flying Scot Fleet. Any member who would like to learn more about the Flying Scot Fleet, including the use of the club-owned Flying Scot, should contact our Fleet Captain Phil Berger at berger@bergerlawpc.com

The Club-owned J24 is for the exclusive use of the Junior Sailing Program. The Sailing Director and the most senior Instructors are responsible for the use of the J24. Under their guidance, that boat may be available to some classes within the Junior Sailing Program on various days throughout the summer. The J24 may also be used by a team of AYC Instructors in MAYRA offshore regattas. AYC Members may not rent or borrow the Club's J24.

Section 6: Communications

In what ways is information about the AYC Junior Sailing Program communicated?

- *The Junior Sailing Program Guide*: This Guide is intended to be a collection of information about the Program.
- *The Junior Sailing Program Welcome Letter*: The Sailing Committee prepares annually and publishes on the AYC website a letter announcing Program plans for the upcoming summer, including information about Program registration. The welcome letter can be found on the AYC website under “Junior Sailing”
- *The AYC Racing Team Information Sheet*: The Sailing Committee prepares annually a short summary of AYC Racing Team information. A copy is published on the AYC website under “Junior Sailing”, and reprinted here as Appendix C.
- *The Registration Form*: Information about the costs of the Junior Sailing Program and other registration requirements are included on the Registration Form. The Registration Form is online at www.avalonyachtclub.com in the Members’ section of the website, and registrations should be completed online.
- *The AYC Sailing “Dates at a Glance” Calendar*: The Sailing Committee prepares at the beginning of the sailing season a one-page list of scheduled events that is published in the *Topsider* and reprinted here as Appendix D.
- *The AYC Calendar*: Most AYC Junior Sailing Events are listed on the AYC Club Calendar, which is published at the beginning of the season and updated regularly in the Members section of the Club website.
- *The Topsider*: Junior Sailing Program and Arts & Crafts information is often included in the *Topsider* published by the Club monthly between March and December. Electronic copies of the *Topsider* are sent to Members via email and available in the Members’ section of the Club website.
- *AYC Weekly Updates*: Junior Sailing Program and Arts & Crafts information is often included in the weekly updates sent electronically to Club Members during the summer season.
- *Junior Sailing Email Updates*: The Sailing Director often circulates by email during the summer notes on current and upcoming Program activities. Parents, grandparents, and other interested Members who do not receive those emails can contact the Program Sailing Director to be added to the distribution list.
- *Racing Team Planning Emails*: The Sailing Director and/or a Racing Coach often sends Racing Team schedules, plans, and assignments via email during regatta weeks. Parents, grandparents, and other interested Members who do not receive those emails can contact the Program Sailing Director to be added to the distribution list.
- *The Avalon Yacht Club Facebook Page*: Junior Sailing Program activities are sometimes mentioned on the Avalon Yacht Club Facebook page.
- *The Avalon Yacht Club (AYC) Sailing Page*: All AYC sailors are invited to join the AYC Sailing Page on which AYC events are often publicized or celebrated, and on which AYC sailors often share sailing-related news and notes.

Whom can I contact with questions about the Junior Sailing Program?

Questions can be directed to the Sailing Committee at avalonsailing@gmail.com. Other parents, grandparents, and guardians of children in the Junior Sailing Program can also be resources, especially as they are likely to have encountered over time some of the same questions that typically arise as people become more familiar with our Programs.

Appendix A

The 2023 Junior Sailing and Arts & Crafts Program Class Guide

[2023 AYC Class Guide](#)

Appendix B

The 2023 AYC Junior Sailing Program Code of Conduct

[2023 AYC Junior Sailing Program Code of Conduct](#)

Appendix C

The 2023 AYC Racing Team Information Sheet

[2023 AYC Racing Team Information Sheet](#)

Appendix D

The 2023 AYC Summer Sailing Calendar “Dates at a Glance”

[2023 AYC Sailing Dates at a Glance](#)

Appendix E

The AYC Notice of Weekend Races – 2023 (for Optimists, Sunfish, Lasers, and C420s, Including the Five “AYC Summer Series” Regattas)

[2023 AYC Notice of Weekend Races](#)

Appendix F

AYC Junior Sailing Program Contact Information

Avalon Yacht Club

7th & the Bay
P.O. Box 189
Avalon, New Jersey 08202

AYC Main Office: 609-967-4444

AYC Youth Room: 609-967-4020

AYC Website: www.avalonyachtclub.com

AYC Junior Sailing Program Email: avalonsailing@gmail.com

The Avalon Yacht Club Sailing Committee

John Groskoph (Chair)

Frank Cirii	Don Echevarria
Bryan Eshelman	Bob Hartel
Joe Loeper	Michele Lynch
Ted Lynch	Mike Mandell
Dave Mohr	Bud Thalman
Lee Warren	Jeff Whiteway
Doug Gumbs	Phil Berger

Appendix G

2023 AYC Fee Schedule