

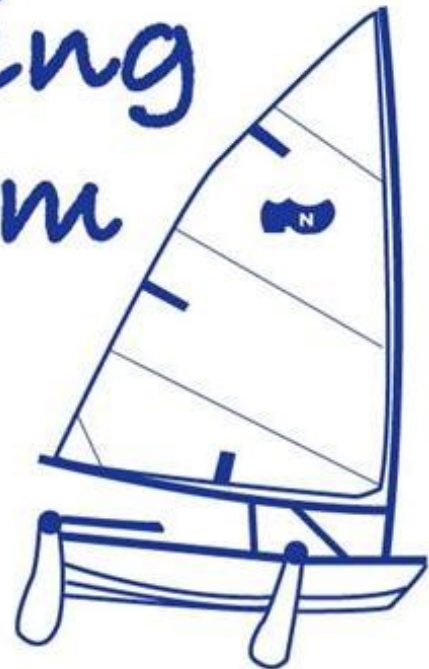
# Parent Handbook



Seal Beach YC



Junior  
Sailing  
Team



Seal Beach Yacht Club  
Junior Sailing Program

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# Seal Beach Yacht Club Junior Sailing Program

## **Welcome Letter**

Welcome to another exciting year of sailing. This year, the year-round program will be from March 7, 2010 until October 17, 2010. Besides our excellent sailing program, we have lots of events that are sure to be fun for the entire family.

Our staff this year will be Amanda Buda (Sailing Director ) and Instructors Kevin Bergeron, Taylor Leach, Eric Hanna and Terry Johnson. Amanda Buda and Kevin Bergeron are US Sailing Level 1 Certified Instructors and all of our instructors have current CPR and First Aid certifications.

Please take the time to look through this booklet as it covers our program outlines, calendar and contact information.

Very sincerely,

Brad Bergeron  
SLBYC Junior Chairperson  
(562) 335-5212  
[sealbeachsailing@yahoo.com](mailto:sealbeachsailing@yahoo.com)

# Seal Beach Yacht Club Junior Sailing Program

255 Marina Drive

Long Beach, California 90803

Office Phone: (562) 594-6337

Email: [sealbeachsailing@yahoo.com](mailto:sealbeachsailing@yahoo.com)

Jr. Website: [www.sealbeachyc.org/juniors](http://www.sealbeachyc.org/juniors)

Club Website: [www.sealbeachyc.org](http://www.sealbeachyc.org)

## 2010 Sailing Staff

Brad Bergeron

Kim Bergeron

Amanda Buda

Kevin Bergeron

Taylor Leach

Eric Hanna

Junior Chairperson

Asst Junior Chairperson

Sailing Director/Instructor

Sailing Instructor

Sailing Instructor

Sailing Instructor

## 2010 SLBYC Officers & Directors

### Elected Officers:

Commodore

Vice Commodore

Rear Commodore

Board of Directors

Jeff Dawson

Bob Schweitzer

Jim Hanna

John Caldwell, Luke Sayer,

RJ Ferro, Dan Duchanin,

Andy Sibert, Roger Gripe,

Bob Henly, Matt Radigan,

Rowanda Tucker

### Appointed Officers

Secretary

Treasurer

Port Captain

Power Fleet Captain

Sail Fleet Captain

Membership Chair

Race Chairperson

Cruise Chairperson

Juniors Chairpersons

Judge Advocate

Lynn Buscher

Laura Ellsworth

John Neff

Hank Walker

Andy Sibert

Robbi Nagashima

Terry Hanna

Dan Duchanin

Brad and Kim Bergeron

Victor Danhi

Seal Beach Yacht Club  
Junior Sailing Program

Fleet Surgeon  
Chaplain  
House Chairperson  
Historian  
Ships Store  
OD Chairman  
Calendar  
Bar Captain  
Whaler Captain

Dr. H. Terry Wespic  
Bob Green  
Jerry King  
Cynamon Dawson  
Randy Line  
Ski Novodvorsky  
Beth Yates  
Frank Ellsworth  
Ken Kozuch

**Sea Belles Appointed Officers**

President  
Treasurer  
Secretary  
Social Committee

Mara Duchanin/ Dee Fether  
Laura Ellsworth  
TBA  
Jill Gorski

**Burgee Newsletter**

Editor

Kelly Walsh

**Web Site**

Club

John Caldwell

# Seal Beach Yacht Club Junior Sailing Program

## Mission Statement

Provide an enriching, safe and enjoyable sailing experience for youth sailors from ages 7 to 17 through recreational sailing, sailboat racing, navigation and other marine interests that will foster a life long appreciation for yachting.

## Program Goals:

The goal of our program is to create a platform in which youth sailors can learn the following goals.

- Create a life long interest in the sport of sailing, recreational or racing.
- Provide a safe environment for instruction
- Environmental awareness
- Educate the children about charity by supporting various charity events
- Water safety
- Appreciation for wind and sea effects
- Team work, sportsmanship and communication skills
- Enhances self confidence
- Enhances respect for other people and their property

## Boat Storage

If you are a member of the SLBYC Junior Sailing Program and there is space available, you may store your Sabot or Laser on our racks. We suggest you mark all of your personal belongings to help prevent accidental use by other sailors. Also, it is highly advisable that you lock your boat and personal equipment.

## Junior Program Rules

1. Sportsman-like behavior is to be demonstrated by all juniors at all times.
2. Juniors shall respect the club house at all times.
3. Life jackets **MUST** fit properly, and be worn while on the dock and on the water.
4. Appropriate sailing attire must be worn during program hours.
5. Shoes or some form of foot protection are required to be worn at all times.
6. Do not use, borrow, or take equipment that is not yours unless you have received specific permission from the owner.

## Seal Beach Yacht Club Junior Sailing Program

7. Water guns, water balloons, and other non-sailing related toys are not permitted during program hours. These toys will be confiscated and returned at the end of the program.

8. The use of skateboards, bikes, roller blades, scooters, and other recreational modes of transportation are not allowed on SLBYC grounds and will be confiscated if not parked in the appropriate areas at all times.

9. Alcohol, drugs and profanity of any kind are prohibited on club grounds and at junior events.

## Parent Responsibilities

### What to Bring

Your child will be exposed to the elements this summer and there are a few required safety items that will be needed every day:

1. Sunscreen (30 SPF or higher is best)
2. Personal Flotation Device (must fit properly) \*
3. Sunglasses \*
4. Hat
5. Close-toed footwear \*
6. Towel \*
7. A change of clothes \*
8. Water resistant wrist watch with a count down timer

Sunglasses should be of good quality. Even when it is overcast our eyes are exposed to the harmful rays of the sun. Too much exposure at an early stage of life can affect vision in the future. Make sure they have UV-ray protection and remember something to keep the glasses on their heads like croakies.

Personal flotation devices are mandatory and if forgotten your child may not be allowed on the water. All PFD's need to be U.S. Coast Guard approved, should fit properly, and be worn at all times on and around the water. If a PFD does not fit right your child has a chance of slipping out of it in the water. A lifejacket that fits snug on your child allows maximum maneuverability in the boat and assures comfort and safety while sailing.

## Seal Beach Yacht Club Junior Sailing Program

Close-toed footwear is a must to avoid splinters and stubbed toes. The docks and pavement around the club are easy ways to get hurt when in a hurry and without shoes. You can also look into aqua socks or sailing boots. Sandals are not good protectors from splinters and stubbed toes.

A towel and change of clothes should be brought every day as sailing is a wet sport! It will not be every day that a student gets wet, but when it happens, it is essential to have something warm and dry to change into. We also go sailing when it rains (with the exception of lightning or visibility deterrents), so plan on sailing still happening if the occasion should arise.

### When to be ready

Sailing is one of the most complex sports in existence. To maximize instruction time, please enable your child to arrive with enough time to rig their boat and be ready to sail by the beginning of their class period. We suggest arriving at the club by 9:00 am for morning classes and 12:30 pm for afternoon classes. Instruction will begin promptly at the scheduled time and if your child is not ready they might miss out on some important aspects of sailing. As the season progresses so will your child's ability to rig faster. At first don't be frustrated with how long it takes, but please help them stay on task so they can be ready for their class.

### Rigging boats

Please do not rig your child's sabot for them. While they may need help to get it off the racks and to put up the mast, please encourage them to do the rest on their own only offering assistance when they need it. Our instructors will be on hand to answer any rigging questions during the time before a class. Our classes are structured to create the stepping-stones necessary for your child to progress through the program, and learn the proper ways to independently rig, launch, and sail a sabot. Please help them by not helping!

### Do not interfere or disrupt

Once class has started, it is extremely important that you do not interfere. Parents are encouraged to give their child the space to learn and the instructors space to teach. All of our coaches have extensive sailing backgrounds and are certified to teach your children how to sail. It is their job to provide a safe and fun atmosphere for your child to learn in. The amount of independence you give your child is directly proportional to how fast they learn and how confident they will become. If you have any issues regarding instructional time or coaching techniques, please talk to the junior director.

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## After class

It is imperative that you pick your child up, or make arrangements to do so immediately after class is over. **The instructors will not be able to supervise your children after class.**

## Regattas

It is the responsibility of the parent and the student to be registered for regattas in advance. There are Notices of Race for most events may be found in our website <http://www.sealbeachyc.org/juniors/>

## Away regattas

If your child is intending on racing away regattas it is required that parents assist in transferring their boats from the docks to the trailer. Upon return from regattas parents are also required to assist in returning the boats back to the docks.

The logistics of these events have proven to be challenging. Your prompt attendance is required to ensure arrival time at the events destination.

## Volunteering

Parents can directly affect the success of a junior program by volunteering some of their time. There will be many times through out the program that your help will be needed. Some of the events we will need help for are listed below. Please get a hold of the Junior Chairman if you will be able to help. Thank you, your volunteer time will be valuable towards your child's experience within this sport!!!

# Volunteer Needs

## **Away Regatta/Event Duties**

Trailer Towing - Drivers to tow trailers to these away events and regattas:

- Summer Gold Cup @ NHYC (ALL racers) - July 10 & 11
- Flight of the Lasers @ NHYC (Lasers ONLY) - July 25
- Corinthian Cup @ BCYC (ALL racers) - Oct 9 & 10

## **Home Event Duties**

Volunteers - Parents and children to help support the following club activities:

- SLBYC Opening Day Ceremony (Juniors to support) - May 1
- 4<sup>th</sup> of July Club Party/Juniors Host Fundraiser event - July 4
- Club Children's Christmas Party - December 11, 2010

Seal Beach Yacht Club  
Junior Sailing Program

## Frequently asked questions

**When will my sailor take the swim test if they are absent the first week?**

We will give the swim test to each student on their first day of class.

**Is there a snack bar?**

No, but we offer drinks and snacks for sale in our Honor Bar.

**Where can I watch without interfering with the classes?**

Naples Island, Navy Yacht club or ask your chairman a boat may be available.

**What if my child's boat flips over?**

Nothing bad will happen to your child. The worst thing is they get wet. If this happens they are to stay with their boat and an instructor will be over to help right away. Remind your child that even though it might be scary, the worst thing that can happen is they will get wet. Each child will be instructed and tested on their ability to right a sabot. If it happens it is not a big deal.

**Where can I store my sabot/laser?**

We have allocated storage locations for Lasers and Sabots please ask your director or Chairman for details.

**How can I help?**

There are lots of opportunities throughout the season for you to volunteer your time. Check the volunteer needs on page 9 to see where you want to help out.

# Seal Beach Yacht Club Junior Sailing Program

## Event Schedule

March 7	First day for Spring Session
May 1	SLBYC Opening Day Ceremony (Juniors to support)
May 29 & 30	Memorial Day Regatta @ ABYC (racers)
May 30	Last day for Spring Session
Jun 21	First day for Session 1
Jun 29	Tuesday Night Twilight Series #1
July 3	4th of July regatta @ ABYC (racers)
July 4	4 <sup>th</sup> of July Club Party/Juniors Host Fundraiser event
July 6	Tuesday Night Twilight Series #2
July 9	Last day for Session 1
July 10 & 11	Summer Gold Cup @ NHYC (racers)
July 12	First day for Session 2
July 13	Tuesday Night Twilight Series #3
July 20	Tuesday Night Twilight Series #4
July 22	C Fleet Championships @ Alamitos Bay - SLBYC Hosts
July 25	Flight of the Lasers @ NHYC (lasers)
July 27	Tuesday Night Twilight Series #5
July 29	Jessica Uniack Beach to Bay @ LBYC
July 30	Last day for Session 2
Aug 2	First day for Session 3
Aug 3 & 4	Alamitos Bay Fleet Championships @ Alamitos Bay - ABYC Hosts
Aug 19	Sea Festival @ Leeway SC (racers)
Aug 20	Last day for Session 3
Oct 31	Halloween Regatta @ ABYC (wear your costume!)

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**Yacht club funtivities and More!**

Pop Tops racing - Every Thurs evening between May 6- Sept 16

Fundraisers - Various

Grill Your own Sundays - Every Sunday @ 6:00 pm

4<sup>th</sup> of July Club Party - July 4, 2010 (afternoon)

Interclub Racing: Chuck Riordan (Cruisers) & Scuba Duba (Racers)

Club Children's Christmas Party - December 11, 2010

## Traveling Procedures

The week before each away regatta there will be an email sent home to those attending the regatta. The flyer will contain:

Notice of race

Entry form

Schedules

Towing information

Supervision information

Trailer Assignments

The week before the event, **ENTRY FORMS ARE DUE**. It is the responsibility of the parent to turn in their student's entry form to the host yacht club or proper location.

# Seal Beach Yacht Club Junior Sailing Program

## Sailing Associations

### **US Sailing**

US Sailing is the national Governing body for the sport of sailing. It establishes and publishes racing rules, conducts and sanctions regattas, and helps organize various national championships. US Sailing also oversees the Olympic Programs for The United States Sailing Team. US Sailing offers training for instructors and creates coarse material to help raise the level of junior sailing within our nation.

[www.ussailing.org](http://www.ussailing.org)

### **Southern California Youth Yacht Racing Association (SCYYRA)**

SCYYRA helps to organize and publicize youth yacht racing in southern California. SCYYRA promotes all junior sailing classes and helps organize junior championships.

[www.scyyra.org](http://www.scyyra.org)

### **California International Sailing Association (CISA)**

CISA is a non-profit organization designed to assist amateur racers in their training for international and Olympic events. CISA runs an annual advanced sailing clinic each year that is by application only.

### **International Naples Sabot Association (INSA)**

INSA is the one design association for the Naples Sabot class. It is responsible for the administration of the class and organizing various events throughout the year, including Junior Sabot Nationals. You must be a paid member of INSA to race in the Naples Sabot Class.

[www.naples-sabot.org](http://www.naples-sabot.org)

### **North American Laser Class Association (ILCA-NA)**

The ILCA-NA is an organization that regulates laser regattas and class compliance. To compete in the bigger regattas, sailors need to be a member of this organization which they can register for online at [www.laser.org](http://www.laser.org).

### **Alamitos Bay Fleet (ABF)**

ABF is a conglomerate of the local junior sailing programs. They organize and run all of the Alamitos Bay junior sabot events. It is comprised of Alamitos Bay YC, Long Beach YC, Leeway Sailing Center, Seal Beach YC, Huntington Harbor YC, and the US Sailing Center. [www.usclub.org/abf](http://www.usclub.org/abf)

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## Boats and Parts Dealers

**Minney's Surplus Sales** - Buys and sells used sails and parts. You can find very reasonably priced used beginner sails and boat parts here.

1500 Newport Boulevard  
Costa Mesa, CA 92627  
Phone: (949) 548-4192, Fax: (949) 548-1075  
Website: [www.minneysyachtsurplus.com](http://www.minneysyachtsurplus.com)

**West Marine** - Chain retailer of general boat parts. Usually it does not carry sabot or laser specific parts, but is the most convenient for "nuts and bolts" kind of parts.

251 North Marina Drive  
Long Beach, CA 90803  
Phone: (562) 598-9400  
Website: [www.westmarine.com](http://www.westmarine.com)

**Sailing Pro Shop** - Local dealer of small boat parts and accessories.

194 North Marina Drive, Suite 201  
Long Beach, CA 90803  
Phone: (562) 594-8749, Fax: (562) 594-0208  
Website: [www.sailingproshop.com](http://www.sailingproshop.com)

**Quantum Sails and Boat Parts** - Nancy Wheatley is a member of our club and is very junior friendly who owns this store in Seal Beach. Call for group discounts on sails.

714 Marina Drive  
Seal Beach, CA 90740  
Phone: (562) 799-7444  
Email: [twheatley@quantumsails.com](mailto:twheatley@quantumsails.com)

**Tony's Boat Repair** - A private owned sail boat fix it company. Tony does outstanding gel coat and fiberglass repair.

1105 Victoria Street  
Costa Mesa, CA 92627  
Phone: (949) 642-7353

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**Vanguard Sailing Center** - Dealer of any Vanguard dinghies (Lasers, Optimists) and their parts. Also has most Naples Sabot parts.

2035 Placentia Ave, #B2  
Costa Mesa, CA 92627  
Phone: (949) 646-5096

# Seal Beach Yacht Club Junior Sailing Program

## The Naples Sabot

The Naples Sabot is the most commonly used boat for junior sailing in Southern California. Simple and small enough for the young beginner and competitive enough for the most advanced racer, the Sabot makes a good training boat. Over the years the Naples Sabot has helped create Olympic Athletes, America's Cup winners, and some of the best family cruisers.

All Sabots in the SLBYC Junior Program are required to have the following equipment.

- Basic Boat: Mast, Boom, Sail, Rudder, Tiller, and Tiller Extension, Leeboard, Leeboard Fittings, and Hiking Strap.
- Coast Guard approved life jacket: The life jacket must be the correct size for your child, and able to be worn comfortably.
- 15 Foot Bow Line: To tie your boat up and to tow in emergencies.
- Paddle: Required by all Junior Programs. Ping pong paddles work great.
- Bailer: A cut off laundry detergent bottle works great.
- Adjustable control lines: It is imperative that all the adjustments work properly and easily. All the lines must be the proper length. (see diagram)

**All Boats Must Float When Capsized!!!**

## Description of Sabot Racing Classes

\*Sailors move up a fleet when they win or place high at a regatta in their current fleet. If you are unsure of what fleet your sailor should be in, please ask an instructor.

**C3 Fleet** - For the sailors new to racing. Coaching is allowed throughout the races and all the way around the race course. If a sailor has passed the mid

## Seal Beach Yacht Club Junior Sailing Program

fleet in a race, coaches are expected to let them sail on their own with only occasional coaching.

**C2 Fleet** - This fleet is only allowed to be coached in between races. It is usually for sailors that have just graduated from the C3 fleet, but are still relatively novice to the racing world.

**C1 Fleet** - The C1 fleet begins the move into advanced racing. Simply more skilled than a C2 sailor, they may move into B fleet upon winning in a C1 regatta.

**B Fleet** - B fleet sailors are advanced racers. Coaching is only allowed in between races and they may move into A fleet upon winning in a B regatta.

**A fleet** - A fleet sailors are the best of the best and compete at a top level. Once they are in this fleet, there is intense and very strong competition. 'A' sailors must always carry weights according to INSA rules.

The coaches generally know where your student should be. If you are unsure, ask an instructor before signing them up for a regatta.

**WEIGHTS:** All A sailors should carry required weights for all regattas as will be carried for Junior Sabot Nationals. Gross weight of skipper, all equipment and hull should total 220 lbs.

a. For Junior Championship regattas, the gross weight of the skipper plus hull and equipment, as defined in the specifications, must equal two hundred twenty (220) pounds. If it does not, the skipper must add weight in the boat to bring it up to this minimum, except no skipper is required to carry more than twenty (20) pounds of added weight. Therefore, in the case of a very light skipper, the gross weight might not reach two hundred twenty (220) pounds but would still be legal if the maximum twenty pounds of weight were added. Any weight (ballast) added shall not destroy the 10 pound minimum positive buoyancy of the yacht.

### When a Sabot Sailor Should Move Up

- The regatta or series must be coed, have a minimum of three races, have a minimum of three different yacht clubs represented, and must not have mixed fleets in order to be considered a move up regatta.
- If a sailor qualifies to move up, he/she **MUST** move up.

## Seal Beach Yacht Club Junior Sailing Program

- A competitor/parent/program director can file a written appeal (with evidence) for a sailor to move up without qualifying. The appeal committee will consist of the program directors (or designee [not a parent]) from SLBYC, ABYC, SLBYC, Leeway & HHYC. The appeal committee must vote UNANIMIOUSLY in order to grant the appeal.
- A competitor/parent/program director can file a written appeal (with evidence) for a sailor to postpone moving up even if he/she qualified to move up. The appeal committee will consist of the program directors (or designee [not a parent]) from SLBYC, LBYC, ABYC, Leeway & HHYC. The appeal committee must vote UNANIMIOUSLY in order to grant the appeal.

SABOT B	The First Place Skipper shall move up to the Sabot A Class, if there are at least 10 starters in all of the races from 3 or more yacht clubs. If there are at least 20 starters in all races, the First and Second Place Skippers shall move up to the Sabot A Class. (1:10, Maximum of 2 move-ups)
SABOT C1	The First Place Skipper shall move up to the Sabot B Class, if there are at least 7 starters in all of the races from 3 or more yacht clubs. If there are at least 14 starters in all races, the First and Second Place Skippers shall move up to the Sabot B Class. If there are at least 21 starters in all races, the First, Second, and Third Place Skippers shall move up to the Sabot B Class. If there at least 28 starters, the First, Second, Third, and Fourth Place Skippers shall move up to the Sabot B Class. (1:7)
SABOT C2	The First Place Skipper shall move up to the Sabot C1 Class, if there are at least 5 starters in all of the races from 3 or more yacht clubs. If there are at least 10 starters in all races, the First and Second Place Skippers shall move up to the Sabot C1 Class. If there are at least 15 starters in all races, the First, Second, and Third Place Skippers shall move up to the Sabot C1 Class. If there at least 20 starters, the First, Second, Third, and Fourth Place Skippers shall move up to the Sabot C1 Class. If there at least 25 starters, the First, Second, Third, Fourth, and Fifth Place Skippers shall move up to the Sabot C1 Class. (1:5)
SABOT C3	The First Place Skipper shall move up to the Sabot C2 Class, if there are at least 5 starters in all of the races from 3 or more yacht clubs. If there are at least 10 starters in all races, the First and Second Place Skippers shall move up to the Sabot C2 Class. If there are at least 15 starters in all races, the First, Second, and Third Place

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	Skippers shall move up to the Sabot C2 Class. If there at least 20 starters, the First, Second, Third, and Fourth Place Skippers shall move up to the Sabot C2 Class. If there at least 25 starters, the First, Second, Third, Fourth, and Fifth Place Skippers shall move up to the Sabot C2 Class. (1:5)
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## Beginner Outline

- The parts of a sabot and sail
- How to independently rig and de-rig a sabot
- How to handle a capsize
- How to tie the basic knots required to rig a sabot
- How to tie a sabot up to the dock
- Proper boat care
- Points of sail
- Sailing terms
- How to Tack
- How to Gibe
- How to get out of Irons
- How to Dock properly and safely
- How to reach, run, and beat
- Understand the basic right of way rules

## Advanced Sabot Racing Outline

- How to start and basic starting tactics
- Advanced boat handling & boat speed
- Basic racing rules
- Basic boat tuning

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- Learn about coarse charts
- Favored side of the course and wind shifts
- Learn about tides and currents
- Rounding marks
- Finishing
- Learn the Principles of sportsmanship
- Competing in Alamitos Bay events
- Master Tacking, gibing, and basic boat handling
- Master sailing the various points of sail
- Basic weight trim
- The starting sequence
- Basic racing
- How to use a stopwatch
- Master the basics of boat handling
- Introduction to boat speed
- Learn basic "rules of the road"
- Understand pinching, heading up and down
- Boat tuning
- Advanced racing tactics
- Boat speed maximization
- Advanced boat tuning

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- Learn in-depth racing rules
- Learn various starting tactics
- Learn about tides and currents
- Geographical affects on the wind
- Protest procedures
- Learn the principles of sportsmanship
- Introduction to coaching
- Competing in other bays

### The Laser (Full Rig & Radial)

The Laser class is one of the largest in the world and has been around for quite a time. There are three types of Lasers which are distinguished simply by the size of the sail. Laser Standard (or full-rig) has the largest sail, Laser Radial (pictured below) is a slightly smaller sail, and Laser 4.7 is the smallest sail. To compensate for the different sail size, there is also a separate mast bottom section for each size of laser sail (masts are composed of a bottom and top section unlike the one piece sabot masts). Our program will use Full-rig and Radial based on your child's weight and skill. The class association website is [www.laser.org](http://www.laser.org). Your sailor should be a registered member of this organization to sail in any large laser events.

- Basic Boat: Mast (radial bottom and top section), Boom, Sail, Rudder, Tiller, Dagger Board, Tiller Extension, Hiking Strap, Traveler and Traveler Blocks.
- Coast Guard approved life jacket: The life jacket must be the correct size for your child, and able to be worn comfortably.
- 20 Foot Bow Line: To tie your boat up and to tow in emergencies.
- Control Lines (boom vang, outhaul, cunningham or downhaul, and clew tie down:

There are two type of set ups you can have for Lasers including the new very easy to use laser vang system - more expensive but very effective and can be

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purchased. There is also the older model which is basically home made. If you have questions regarding these set ups, discuss it with a laser instructor or visit online rigging guides such as <http://www.lasersailboat.com/rigging.php>

### Laser Program Outline

- Boat handling as pertains to a laser
- Boat tuning and rigging as pertains to a laser
- Boat speed maximization.
- Starting
- Racing in lasers
- Learn in-depth racing rules
- Ocean sailing - waves & chop
- Learn about tides and currents
- Geographical affects on the wind
- Wind shifts
- Learn the principles of sportsmanship
- Proper form in a laser
- Competing in regattas

*Class Goals:* To accomplish all of the above skills, sail in at least one regatta and gain confidence in boat handling and control of a laser.

# Seal Beach Yacht Club Junior Sailing Program

## Glossary of terms

**Bailer** - A bailer is a required piece of equipment for a Sabot. It is used to "bail" out water after capsizing. It is easy to make a bailer out of an old bleach bottle. Simply cut out the bottom and make sure the cap is tightly sealed.

**Batten** - Thin fiberglass or wood slats that are inserted in the leech of the sail for added support.

**Block** - A pulley that is encased in its own housing. A block will help to add purchase when pulling on a line.

**Boom** - Horizontal spar that supports the bottom of a sail.

**Boom Vang** - A line that runs from the boom to the base of the mast. The boom vang helps pull the boom down.

**Bowline** - Also known as a painter. The bowline is used to tie the boat to the dock. It is recommended that bowlines be 12 to 15 feet in length and at least  $\frac{1}{4}$  inch in diameter.

**Burgee** - The emblem for each yacht club.

**Cat Boats** - Sail boats with only one sail (i.e. Sabots & Lasers) are known as cat boats.

**Centerboard** - A blade projecting through the bottom of the hull in the center of the boat. This blade helps to keep the boat from going sideways in the water. It serves the same purpose as a daggerboard or a leeboard.

**Class** - Similar boats are grouped together to form a class.

**Cleat** - Fitting in which a line can be secured.

**Clew** - The outermost lower corner of a sail is the clew. It is where the foot and the leech of the sail meet. The outhaul is attached to the clew.

**Clew** - Tie Down Both Sabots and Lasers have a small line that goes through the clew of the sail and around the boom. This line holds the sail to the boom.

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**Dagger Board** - (see centerboard)

**Dolly** - A trailer that is used to move boats from their storage place to the docks.

**Downhaul** - A line attached to the tack of the sail that pulls the sail down.

**Duct Tape** - A heavy duty tape that works well around water.

**Fiberglass** - Most Sabots and Lasers are made of fiberglass. It is a woven material impregnated with a liquid resin that is very stiff when the resin dries.

**Fleet** - For racing purposes, sailors are grouped in fleets according to experience. "A" fleet is usually the advanced group while "B" fleet is a more intermediate.

**Flying Junior** - The FJ is a two-person boat used primarily by colleges on the west coast. It is also used in many junior regattas as a training boat.

**Foot** - The bottom edge of the sail between the tack and the clew.

**Gooseneck** - A hinged fitting on the mast that connects the boom to the mast.

**Grommet** - A metal ring in a sail that allows lines to be connected to the sail. Both the clew and the tack have grommets.

**Gudgeon** - A "U" shaped fitting on the back of a boat used to connect the rudder to the hull. Most sailing dinghies have at least two gudgeons.

**Head of the Sail** - The top of the sail. It is the part of the sail where the luff meets the leech.

**Hiking Out** - The action of hanging over the side of the boat in order to keep it from tipping over while sailing.

**Hiking Boots** - Boots used to help protect sailor's feet. They also provide extra support while hiking out.

**Hiking Strap** - A strap attached to the bottom of the boat under which a sailor places his/her feet in order to hold the sailor in the boat when he/she is hiking out.

**Hull** - The actual body or shell of the boat.

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**Inspection Port** - A hole in the hull of the boat which allows the skipper to reach inside the hull to make repairs.

**Jib** - On boats with two or more sails the jib is the forward of the two sails.

**Jibe (Gybe)** - Turning the boat away from the wind so the stern passes through the wind.

**Laser** - A one person training boat. Designed for larger junior sailors and adults.

**Laser Radial** - The same as a Laser with a smaller sail.

**Leech** - The outside edge of the sail is called the leech. The leech connects the head and the clew.

**Leeward** - The side of the boat away from the wind.

**Life Jacket** - All juniors must wear a US Coast Guard approved Personal Floatation Device. (PFD) This will keep them afloat in the water  
**Luff** The forward edge of the sail that connects the tack and the head of the sail.

**Luffing** - When the boat turns its bow toward the wind the sails are shaking back and forth, the sail is said to be luffing.

**Mainsheet** - The line that brings the sail in and lets it out.

**Marine Tex** - A putty that can be used to fix small cracks and holes in boats.

**Mast** - The vertical spar that supports the sail.

**Mast Tube or Can** - A tube in the bottom of the boat into which the mast fits.

**One-Design** - Classes of boats that have specific requirements for design of the boat, sails and equipment in order to keep the boats equal. Sabots and Lasers are one-design boats.

**Outhaul** - The line that pulls the sail to the end of the boom. The outhaul is connected to the clew of the sail.

**Paddle** - A device to help move the boat in case of emergency or lack of wind.

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**Pintles** - The pins on the rudder that are inserted into the gudgeons on the stern of a boat to connect the rudder to the hull.

**Port** - Port refers to the left side of the boat. Port also refers to a tack the boat is on. If a boat is on port tack then the wind is coming over the left hand side of the boat. The color red also indicates port.

**Ratchet Block** - Most commonly found in lasers. Ratchet blocks are used for the mainsheet in Lasers and some Sabots. They aid in relieving pull on the mainsheet.

**Rudder Blade** - on the transom that steer the boat.

**Sabot** - The Naples Sabot is a one person sailing dinghy. Sabots are 8 feet long and are a one-design class.

**Sail** - The part of the boat's equipment which is usually made from cloth and which is attached to the mast and is the primary reason for movement.

**Sailing Instructions** - At each regatta, sailing instructions are made available to all competitors. These instructions tell the sailors the schedule for the day, the starting order, and any special rules for the races.

**Shackle** - A "U" shaped hook containing a pin which is used to connect objects together.

**Sheets** - All the ropes or lines on boats which are used to control sails are referred to as sheets (i.e., mainsheet)

**Silicon** - A liquid or gel rubber substance which when hardener is used to create a waterproof seal.

**Skippers Meeting** - All regattas begin with a skippers meeting. This is a time where special instructions will be given to the competitors. Competitors will also be able to ask questions to clarify uncertain topics.

**Starboard** - Starboard refers to the right side of the boat. Starboard also refers to the tack the boat is on. If the wind is coming over the right side of the boat than it is on starboard tack. The color green also denotes starboard.

**Tack** - 1. Changing of direction when sailing. If a boat's bow passes through the wind then it is said to be tacking. 2. The direction the boat is sailing (see starboard and

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port) 3. The lower front corner of the sail where the luff and the foot of the sail meet.

**Thwart** - The seat in the center of a sabot.

**Tiller** - The long, horizontal piece of wood that is connected to the top of the rudder, which changes the boats direction when moved from side to side. The tiller helps you steer the boat.

**Tiller Extension** - Hinged extension attached to the tiller that allows the skipper to steer the boat while sitting forward and hiking out. This is a must for all boats!

**Transom** - The very back edge of the boat is called the transom or the stern.

**Traveler** - A line or track running across the boat that the mainsheet is attached to.

**Windward** - Towards the wind.