

# **BLYC Youth Program Parent Sailing Manual**

*“Things I Wish I Knew Before My Kid Started Sailing”*



## **Let's Get Started**

With the help of many of your fellow parents that have been down this path before, we put together this informative handbook with the objective of giving parents from the newest to the most experienced reference materials for helping navigate the sport of sailing your child is soon to be or now experiencing. Not all this information is original, and we tried to find information (from United States Optimist Dinghy Association (USODA), other Yacht Clubs, manufacturers) we found useful. This manual will focus on the Optimist Dinghy in more detail than the other classes, as this is usually the first boat that a beginner sailor is introduced to. If your child is older and just beginning, the Sunfish is probably a good option to look at, and then progressing into a Laser or Club 420. Seek out our Sailing Director and others for advice.

## **So, Your Child Joined Our Sailing Program, What Does This Mean?**

Sailing is a great sport, in that it gives both physical activity and lots of fresh air. But it is also a sport that teaches your child to learn about winds and water conditions, how to handle these different conditions, and how to respect them safely. Through these experiences, we hope that it will strengthen his/her self-esteem and self-worth and believe in themselves more and more. Fun is also an important part of any sailing program. Many different activities happen at the sailing area of the Yacht Club and your child will be learning with other children. Quickly, new friendships are made and many of those last for a lifetime!

If your child chooses to race in competitive regattas as their experience and confidence grows, these can be all-day events or even several days, so it can be a very time-consuming sport but in a very rewarding way. We have seen kids that had little interest or ability in traditional sports excel to the highest levels in sailing. We will have more on this later.

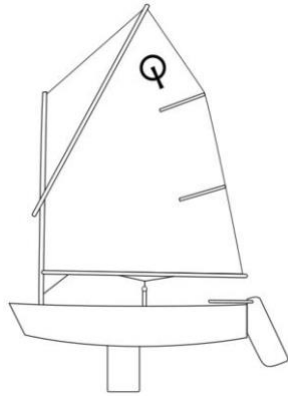
### **Five Reasons Your Kids Should Sail (*an article from Scuttlebutt News*)**

- 1. Self-Confidence.** There is simply nothing like being able to pilot your own craft starting at the age of 7 years old. Riding a bike is one thing. Skillfully steering and docking a sailboat is quite another. All of my athletic endeavors helped to shape my sense of self as a kid, but sailing was without a doubt the most instrumental. I have not only noticed this in myself; during my ten years as a sailing instructor, I have seen it again and again in my students.
- 2. Spatial awareness.** When kids learn how to navigate a boat through narrow spaces and tight turns – how to avoid collisions, coast to a dock with finesse, or squeeze into a packed starting line at a regatta – they develop a spatial awareness that will bring them prowess all activities that involve coordination. Like driving, for instance.
- 3. Sense of direction.** When I was 10 years old, I would sail all week with my class, and then go out on weekends by myself. I would pack a lunch and take my Optimist out for a couple of hours to explore. I believe that it was on those trips that I began to develop a good sense of direction. Noticing which direction I had come from, picking out landmarks, and knowing how to get back became a regular part of my stream of consciousness. That awareness is crucial to having a sense of direction.
- 4. Weather knowledge.** Do you know from which direction thunder storms normally come? Do you know what the water temperature normally is on Long Beach Island in July? If your child is a sailor, he or she will know. Weather knowledge will come in handy both on-the-water and on land.
- 5. Shipshape habits.** Sailing students learn how to properly rig and unrig a boat. Kids learn to put things away in the right place and keep them tidy while on the water. That's a skill no mom or dad can argue with. Many Sailing Schools even have a shipshape award for every class to encourage the behavior.

## **Boats Our Junior Sailing Program Offer Classes In**

Sailing instruction at BLYC is conducted in a large variety of boats. These include Optimist, Sunfish (Adventure Sailing), Club 420 & Lasers: (sub-classes of Laser: Full Rigs (for larger sailors), Radials and 4.7's – (for lighter sailors). These classes represent a standard for Junior/Youth racing in the United States. Between these classes of boats, we have curriculums to suit all ages (7-18), abilities, and sizes.

### **Optimist Dinghy Class:**



The Optimist is the largest one design racing fleet in the world and the international standard in junior instruction. The boat's simplicity and stability make it ideal for teaching young beginners, while the popularity of the Optimist class makes the boat challenging for pre-teen sailors and racers. BLYC currently has several Optis that can be used during class for an additional Boat Usage Fee.

### **Age Group for the Optimist Dinghy Sailboat?**

A skipper can race Optimists until December 31st in the year they turn 15, although many of the kids choose to go to a larger boat at 13 or 14, depending on their skill, size and desire to move past the Optimist class.

### **When Your Child Is Racing at a Regatta in The Optimist Class**

To promote participation across a wide range of skill levels and ages, if your child decides on doing Optimist racing regattas, the events are divided into fleets based on age with the exception of the Green Fleet.

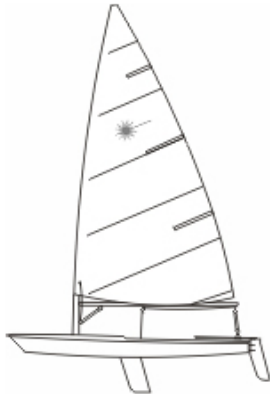
**Green fleet** is a special fleet for beginners only. Green fleet sailors can be any age up to 15. A green fleet might have skippers who are as young as 7 and as old as 15. Green fleeters typically sail relatively close to shore and on short courses. Sailors may be coached during racing. Green fleet focuses on keeping sailors having fun and not as much on competition.

After moving out of green fleet, skippers who are 10 or under, sail in the **"white fleet"**. Skippers who are 11 and 12, sail in the **"blue fleet"**. Skippers who are 13, 14, or 15, sail in the **"red fleet"**. In all fleets, the determining date is the skipper's age on the first day of the regatta. Skippers move up to blue fleet on their 11th birthday and red fleet on their 13th birthday. At most regattas, the red, blue, and white fleets all start at the same time and race on the same course. Coaching for the red/white/blue fleets is permissible before and after, but not during individual races. Coaches can observe the racing from designated areas and provide feedback to the sailors at the completion of the race(s) observed.

The Optimist class website is [www.USODA.org](http://www.USODA.org).

**Tip:** We recommend joining the Optimist class, which gives you a very nice Optinews Magazine published 5 times a year. You get valuable information for both parents and sailors. Go to the link above and look for "Join the Class" on the left side of the navigation. You must be a member of the class to sail in sanctioned USODA regattas.

## The Laser Class (also now known as the ILCA Class):



### Rigging Manual from the Manufacturer:

[https://cdn.shopify.com/s/files/1/0052/7535/3137/files/laser\\_rigging\\_manual.pdf?6500](https://cdn.shopify.com/s/files/1/0052/7535/3137/files/laser_rigging_manual.pdf?6500)

The Laser is a popular single-handed option for sailors who are too big or too old to sail the Optimist. The Laser can be rigged with three different sail plans, providing great versatility across a wide range of sizes. Lasers are best suited to sailors 13 years of age or older, over 125 pounds, and focused on racing. All participants in BLYC's Laser Summer program must supply their own boat. The three different sail configurations are called the 4.7 (for lighter, smaller sailors), Radial (for the intermediate sailor – a larger sail and mast size than the 4.7) and the Full Rig (the largest of the sail configuration and for heavier / larger sailors).

Lasers are one of the largest one-design classes in North America and a primary singlehanded boat used in youth sailing events. The Laser Full Rig has been an Olympic Class for many years and in 2008, the Laser Radial debuted as the Women's singlehanded event at the Olympics. Because of this, many young women are now sailing in the Radial. It is typical to see a significant number of female sailors at Laser Radial events. Lasers take advance skills to sail, so starting in a Laser is not recommended, but not impossible either for a fast learner.

Class participants are expected to own their own boats.

**Tip:** There are many used Lasers on the market, so start with a used Laser to ensure your child wants to make a multiyear commitment before thinking of buying a new Laser.

Additional information about the Laser Class Association is at [www.laser.org/](http://www.laser.org/)

## Club 420 Class



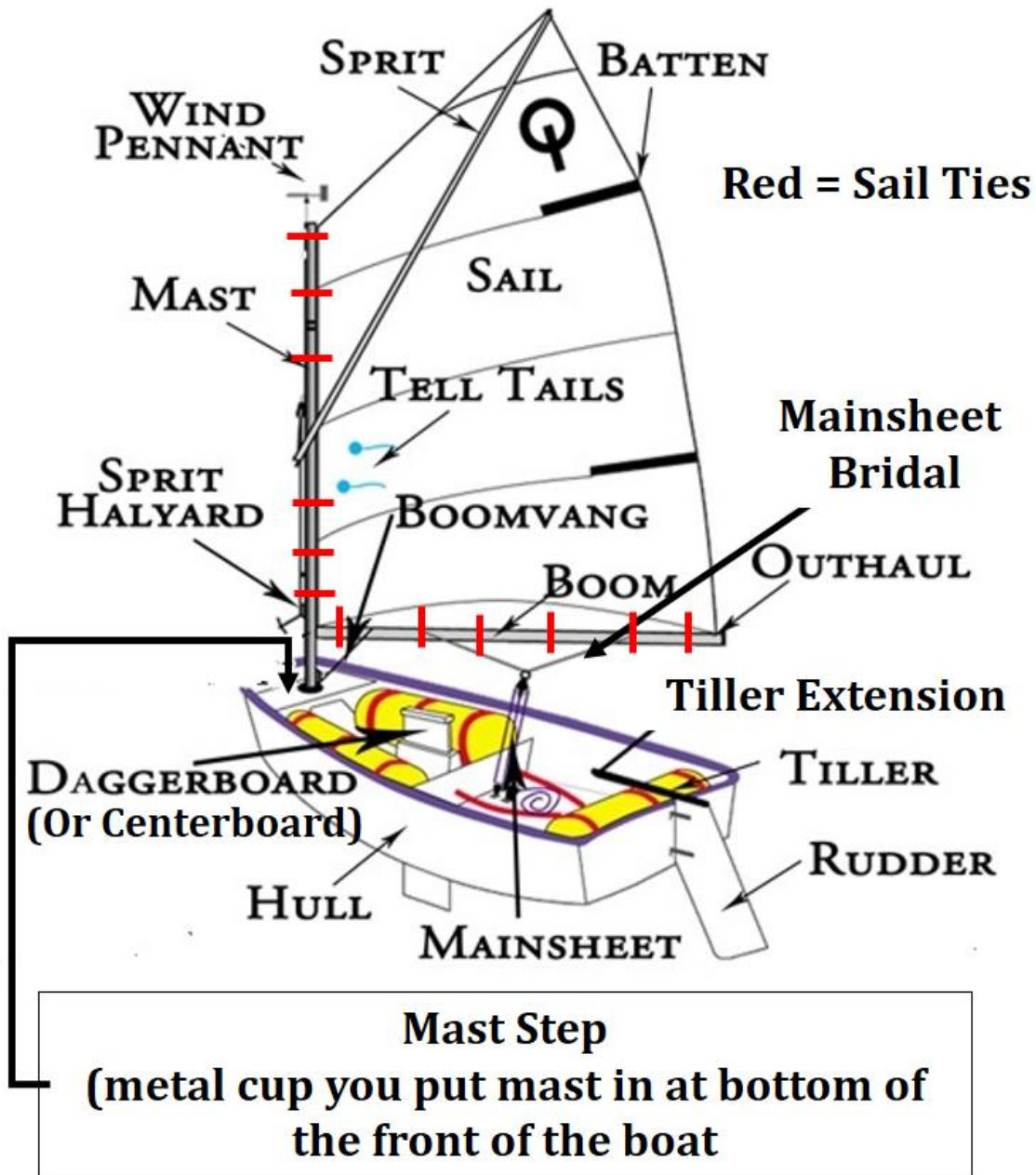
The Club 420 (C420) is the most popular and versatile double-handed (two person) junior sailboat in North America. The C420 is a durable and stable boat while providing the challenge of having 3 sails, including a spinnaker and trapeze where the crew, with what is called a harness, attaches to the boat and leans out ('on the trapeze") in heavier air. The boat is best suited for sailors 12-19 years of age (class rules allow up to age 21) and over 100 pounds. Having both sailors total over 220 pounds is a good rule of thumb, but in heavy air it may be difficult to sail the boat flat/well. A good balanced weight to handle most conditions is 250-300. BLYC, at times, has one or two C420 boats to try out, and is used in the Adventure Sailing Class, but it is expected that each participant in our class has their own boat. Because this is a COED boat class, it is a very socially oriented class and once fully engaged in the class at regattas, it is a very enjoyable experience is the feedback from the sailors. You will see skippers and crews as: boy/girl, boy/boy, girl/girl; it is all about finding a crew that you want to sail with.

**Tip:** Plan early to seeking out your crew or skipper for your boat. Finding someone who is compatible and has same expectations and commitment level is suggested.

Additional information about the 420 Class Association is at [www.club420.org](http://www.club420.org). Since the Club 420 has three different manufacturers, they all have different rigging guides. Go to resources at the Class Website above to get the rigging guide of choice!

Ok now that we have introduced you to the classes of boats we sail at BLYC, so let's go back and concentrate on the Optimist boat.

Let's Now Understand Some of the Many Parts of the Optimist:





## **SAFETY is Most Important**

### **Swimming**

Your child is required to be able to swim and thereby be comfortable in and around the water. All programs begin with a swim test to check your child's ability. We need to make sure the sailors do not panic the first time the boat capsizes, and they will practice capsizing and righting the boat back up. Your sailor will be taught to stay near the boat, which floats, so they will never have to swim far from the boat and they will always have a personal floatation device on.

### **Lifejacket (or PFD – Personal Floatation Device)**

A mandatory requirement is that all sailors, at all times, wear an adequately sized life jacket. This needs to be US Coast Guard approved which will be printed on the inside of the jacket. Do not be fooled by some that look like it but are not. When it gets hot it will be tempting to take it off or unzip it, but that will not be allowed and if you see it, especially on the water, please politely say something to a child or point out to one of our sailing instructors/coaches.

### **Airbags in the Optimist Boats**

You will notice that inside the Optimist boat there are 3 airbags. These need to be properly inflated and cared for. They will expand in very hot temperatures so please beware you may need to let some air out one day, and then add air the next. These bags make the Optimist a safe, floatable boat, and it won't sink when these bags are properly inflated.

### **Bailers**



Whenever water gets in the boat sailors use these to empty the boat on and off the water. These need to be present in the boat at all times and connected in some way via "shock cords" (bungee like cords that don't have metal/plastic end hooks) – one on each side of the boat and usually tied to one of the airbag straps. The bailer displayed is typical shape and comes in red and green.

### **The Dagger Board and Safety**

The dagger board needs to be attached and tied to the Optimist boat. This is very important to check before the sailor leaves shore. Using a sail tie type of line, it can be attached to many areas, but usually to the grommet in front of the dagger board slot. Some sailors use a shock cord and attach it aft. See your instructors for more info.

### **The Bow Line (important so you will see a bit of detail here)**

One of the most important safety needs of the Optimist sailor and is used to tow sailors in from the water in emergency situations or in extreme light air when they cannot sail the boat back to shore. The line should be 24 feet long **and be able to float**. Purchase this type of line from sailing parts dealers (see FAQ's). See your instructor to get help with proper attachment to the boat.

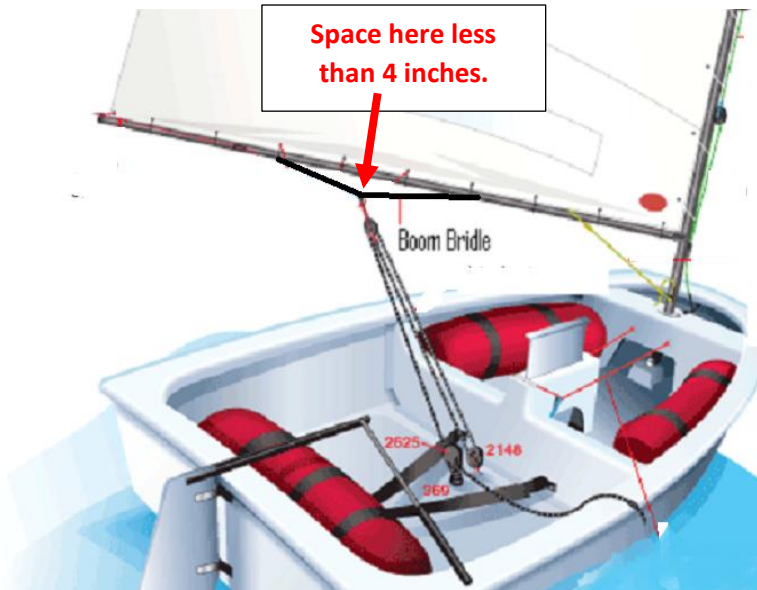
It is important to make sure the bowline is rigged and stored properly. The bowline dead ends at the mast step with a slip knot or tight bowline (left photo below):



When boats are towed, they usually do this in a daisy chain configuration, so you also want to make sure there is a bowline (loop) on the end of the line and it's coiled up and stuffed under the rail. (right photo above).

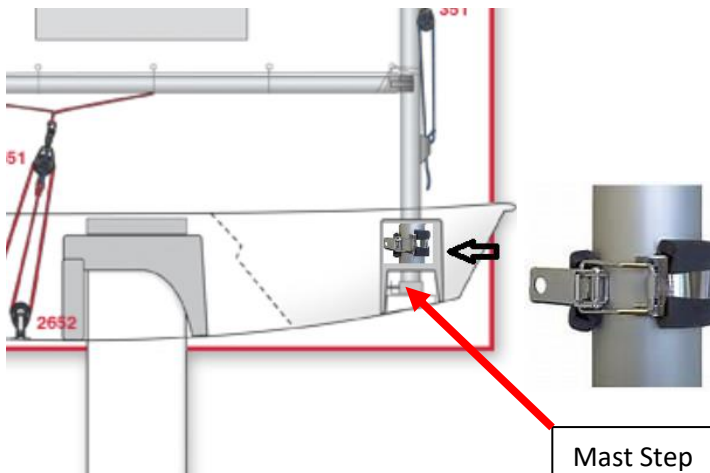
### **Boom Bridle**

The Boom Bridle (or often called the Mainsheet bridle) is an important part of the boat's rigging. There is a little ring in the middle of the bridle line that is used to clip the main sheet to the bridle (which is attached to the boom). The distance from the bottom of the boom to the top of the ring can be no more than 4 inches. This is very important as a sailor can get caught if this space is too large. These lines can stretch so check this every week.



### **Mast Safety Clamp**

This simple device clamps onto the mast inside the boat under the boat and above the "mast step". This device prevents the mast from coming out of the boat if it capsizes. You can put a small line through the hole in the latch and attach it to the boat as you need it every time you take out the boat. There is a way to tie the mast to the boat if you lose it or don't own one of these, so ask your instructor. These are readily available to purchase at the sailing parts dealers mentioned in the FAQ's.





## Caring for Your Boat

Your boat is an investment and needs to be taken care of to protect its value for resale. **It is important** to rinse/hose down your boat and sails after each day with fresh water after sailing to wash off the salt water, especially all the metal parts.

Investing in covers for your boat, sails and rudder/daggerboard is worth it. See the parts dealers for these. Having a dolly to store your boat is also needed as well to move the Optimist in and out of the water. Try your very best not to drag the boat bottom across the sand. Having a pristine bottom will help in resale value. Make sure your sailor gets out of the boat before arriving near the shoreline and put the boat on the dolly in about a foot of water.



## Rigging the Boat

It can be very intimidating for a parent and their sailor, new to sailing, to rig the boat. The instructors will help you. If you would like to understand more here is a detailed rigging manual you can go to:

<http://www.optistuff.com/info/faq/manuals/OptimistRigging.pdf>

## **What Does Your Sailor Need for Sailing Lessons?**

Temperatures on the water tend to vary and can be different than ashore, so the right gear and clothing are important part of enjoying your sailor's time when at their class. Check the weather forecast each day of lessons. Each sailor should bring be prepared with the following items below.

**Tip:** It is important to do your best that your sailor does not miss classes as the instructors are teaching the class in somewhat of a sequential process, especially in the Opti 7,1 and 2 classes.

## **Mandatory Gear for All Ages and Classes:**

- ✓ Life Jacket - Ensure that it is the correct size and comfortable fit. **Must be US Coast Guard approved and labeled as such.** Life Jackets are worn at all times while sailing or in a motorboat.
- ✓ Rash guard with UV protection (short or long sleeve) for under the life jacket.
- ✓ Whistle - must be attached to the life jacket.
- ✓ Closed-toe shoes - should be worn at all times, even when sailing, so they will get wet. Good examples include sailing boots, water shoes, old tennis shoes, etc.
- ✓ Sunglasses with 100% UVA & UVB protection and "croakies".
- ✓ Sailing gloves (on light days they won't want or need them, but have them available)
- ✓ Sunblock – apply before your sailor arrives but always good to have some with them just in case
- ✓ Lip Block if you sailor is particularly sensitive to sun on his/her lips
- ✓ A hat with a clip or twine so you can secure the hat to your sailor's PFD to avoid losing!

## **Other Recommended to Do and Items to Bring with Your Sailor to Class or Regattas:**

- ✓ Make sure your sailor has eaten Breakfast/Lunch before coming to class
- ✓ Your sailor should wear a bathing suit or board shorts that will dry quickly
- ✓ Sailing gloves (optional but needed in windier days)
- ✓ Write your child's name on ALL clothing with permanent marker.
- ✓ Write your last name on all parts of the boat with a permanent marker
- ✓ Water bottle to bring in boat - MAKE SURE YOUR SAILOR IS HYDRATED BEFORE, DURING, AFTER!
- ✓ Extra Dry Clothes
- ✓ Towel
- ✓ Snack(s)
- ✓ Sealable Plastic Baggies to put lunch/snacks in boat
- ✓ Bug spray

- ✓ If travelling to regattas: a copy of US SAILING'S current rule book.
- ✓ Foul Weather Gear (waterproof) if weather may change (Spray Jacket/Spray Pants/Hiking Pants)
- ✓ When starting to race, a watch with a countdown function (intermediate sailors and above)
- ✓ Praddle (orange plastic special paddle for Optis):  
(available at parts dealers)



You will soon realize, that if your sailor is in this for many years, putting together a toolbox of parts will come in handy. When going to Interclubs or off-island regattas, these items will come in handy for you and your team that you are traveling with. Several parents could “go in” on one toolbox to share perhaps, but it is always nice to know you are stocked well. Buying a small fishing tackle box is perfect for this purpose.

### **Parts to Consider:**

- ✓ Sail ties – small ones, longer ones, never enough of these
- ✓ Duct and electrical tape
- ✓ Screw driver and small adjustable wrench and pliers
- ✓ Spare wind indicator
- ✓ Spare sprit halyard – lower and upper
- ✓ Extra bolts and nuts for your opti dolly
- ✓ Extra “pins” for dolly wheels
- ✓ Extra main sheet (could be old one you replaced)
- ✓ Extra Vang and Outhaul lines
- ✓ Epoxy repair packet
- ✓ Extra protest flag
- ✓ Extra whistle
- ✓ Knife
- ✓ Spare sunglasses (your kid will lose or forget theirs, trust me)
- ✓ Roll of Sail repair tape
- ✓ For Sunfish, C420 and Lasers: spare drain plug
- ✓ Extra tiller “universal” – rubber connection piece between the tiller extension and the tiller – these will break over time due to salt water – ***inspect and change if starting to crack as if this breaks during sailing, especially in the middle of a regatta, it is a challenge***

### **What Can You Do As A Parent?**

#### **Before Practice:**

- If your child is small, young, or new to sailing, you can help get the boat “rigged” (ready)
  - There should be a rigging lesson on orientation day before the programs start
  - Ask an instructor and orientation day before classes start to inspect your boat
  - This happens on Sunday before the start of programs on Monday
  - The goal is to get all our sailors self-sufficient rigging their boats.
- Check the boat to make sure all the safety items mentioned above are “in order”.
- Talk to your sailor about the upcoming practice and encourage them. Talk about the weather if you feel it will be an issue for them. If the sailor is hesitant going out that day, try to bring out the positive of sailing, the safety of the boat and the instructors always being close by. Seek the advice of the instructors and Sailing Director, they are experienced at this.
- Encourage your sailor to help each other rig the boats – you will make friends!
- Help launch the boats using the dollies. Make sure the dollies are moved back from the water.
- There is a point in the kids sailing progression we want them to be self-sufficient, so try to not to go “overboard” (pun intended) on your help .. try to get them comfortable doing most of all this themselves.

### **During Practice:**

Do nothing, stay ashore and let the instructors do their job. Make friends with other parents. Try not to be visible to your child if you must watch, they will be distracted and look to you for informal / constant feedback – this leads to accidents, especially getting “boomed” with the boom. Wait until after practice to interface with your child unless it is an urgent need.

### **After Practice:**

- Be ready to help the sailors get the boats back out of the water. Again, we want them to be able to do this themselves eventually. Use your judgement.
- Help the sailors get their boats back to their assigned spot.
- Make sure they clean their boats and all parts with fresh water and store the boat properly.
- Encourage your sailor to help others – same theme: get these kids self-sufficient so they don't need your help! ☺
- This is what a properly stored Optimist looks like, you will notice in the middle that the mast/spars are used to “tent” up the cover to allow for a nice way for rain to sheet off the top.



- After you have packed up your boat like the example above, tie the boat down securely to your beach slip tie down rings – **not with Bungies, rather with strong line(s).**

### **Storing Your Boat For The Winter**

- Like your sailors do every day after sailing but really give it a good scrub down – lots of fresh water, mild soap is fine, and rinse, but it is most important to get all the salt water **off everything** before you store it away for the winter.
- Keeping it inside is obviously better and inside the garage is fine. If not, plastic wrapping and leaving it outside will work as well. Bottom line: protect it the best you can and what is affordable. It is an investment.

**Tip:** Although sailing is not a contact sport, your child will eventually come off the water with some bumps and bruises and occasional cuts. Our staff is trained in First Aid/CPR and we have First Aid kits on the coach boats. There is always a chance of getting a “bang” on the head from the boom, so if this happens you will be informed, and you should keep a close eye on your child that evening in case there was a concussion possibility. Will there be instances when your child gets scared? Yes, most likely, so know that, but we will stay well aware and try to minimize and “coach” your child accordingly and discuss with you after practice. Again, seek the advice of your instructors and Sailing Director.

### **If Your Sailor Is Progressing To Where They Will Be Going To Regattas:**

If your sailor begins to attend regattas, it is your responsibility to get your sailor and their boat to the regatta location. Now that being said, BLYC usually will have a coach at the local regattas and BLYC has one Opti trailer that can hold up to 8 boats.

### **Important:**

We do not allow our instructors or staff to tow these trailers to the events and it is expected that parents will volunteer to “pull” the trailer to these regattas. If there is nobody to tow the trailer to and from the regattas, you will be on your own for your child’s boat transport.

If your sailor is indeed going to be traveling to regattas, when buying your next car, please consider a medium to large SUV that can pull a BLYC trailer. This requires an option of the trailer hitch receiver and a plug for the running lights, along with the purchase of two trailer hitch balls – 1 7/8” ball and a 2” ball. We have parents that can train you on how to pull a trailer, maneuver around, etc.

You are also expected to ensure your sailor’s boat is properly placed and secured to the trailer and it is your responsibility to tie it down for travel. The instructors can assist if needed.

When you are “on your own” and you have a large Station wagon or SUV (Explorer type and above), you can transport a boat (with the exception of the Club 420) upside down on the top of your SUV if you have the proper rack system. This is always good to have this flexibility.

Examples of Car / SUV topped boats:



Thule Rack Systems seem to work best so explore those, but there is always room for creativity to “build your own” if you are so inclined. Moorhouse MacCausland Sailing and Colie Sailing dealers can help you (see their contact points in Frequently Asked Question 1).

Once you get to know better what sailors usually travel to regattas, start thinking of carpooling options. One parent could take the kids, you could pick them up. You will get good at this if you’re travelling a lot. Logistics management will also be your friend – learn from others.

Watching regattas are fun, but stressful at times as like any sport, you want your kid to their best.

**Tip for Regattas:** Bring / invest in powerful binoculars to bring to regattas, you will need them. West Marine is a good place to check out and purchase. If you want to listen to the Race Committee, you should get a portable VHF radio as well.

**Tip for Regattas:** Make sure your sailor drinks plenty of water before they go to the regatta, on their way to the regatta, during the regatta .. drink, drink, drink! Dehydration is real – your child could all but shut down out on the water if dehydrated and they won’t know it. Coaches will remind them too, but it is always good to bring water for the coach to put in their boat.

**Tip for Junior Olympic Regatta Participation:** US Sailing sponsors the Junior Olympics and as such, to sail in this regatta (and there are many other regattas as well that require this) you need to be a member of US Sailing. Join well in advance, get your child’s US Sailing number, and bring that number (take a picture on your phone), to save you time and energy doing this at an event. The current URL to sign up is:

<https://www1.ussailing.org/mem/default.aspx>

**Tip for Sailing in an USODA sponsored regatta:** Much like above, to sail in an USODA event you must be a member of the class. Membership in USODA was previously mentioned above.

## **More Regatta Discussion / Info:**

So where are all the regattas you should be thinking of going?

- Your Opti Sailor's first regattas will be in the various Green Fleet regattas at several yacht clubs on the island. Details about these regattas will be available at the beginning of the season.
- If your sailor likes the regatta concept, LBIYRA Interclubs are the next or first step if you missed the ones above. These are regattas held all day Wednesdays at various LBIYRA clubs. Each club is expected to host one each year, so look for the schedule with your instructors or the office.
- After that there are many options to go off island. You will hear the term Junior Olympics or JO's. It is not as big as you may think but it is a "brand" of a regatta supported by the US Sailing association. Island Heights YC has one on the third week of July where they split the Optimist Fleet into Silver (less experienced) and Gold (more experienced) fleets
- After that, there are very large National regattas in the Northeast and Mid-Atlantic's that are 3 & 4-day events. This can be a grind but fun just the same. Each of the classes have their own events typically.
- And remember, this is not about winning and the results for now at least in your sailor's early Opti years; the social aspect of meeting new kids and learning how to compete and graciously lose or win, comes to mind as good objectives. All life long, useful experiences.

## **Discussion Topic with Your Sailor You Might Want to Have:**

You can have this discussion with your sailor before they arrive for our programs.

Discuss that is a lifetime sport and pastime. Some of the friends and acquaintances they will make at BLYC will turn into lifelong friendships and places visited for competitions will be visited over and over throughout life.

How you act as a junior sailor will have a lasting impact. Please recognize that sailing is a privilege, and you are being provided with a fun and fulfilling opportunity. To make the most of this experience, we ask that your sailors follow these guidelines:

- Sail for fun and the love of the sport - enjoy yourself
- Work hard to improve your skills
- Listen, ask questions, and watch others to see how you can better your skills
- Learn teamwork, sportsmanship, discipline, confidence, and self-control
- Be a team player – get along with others
- Appreciate the contribution each person makes to the learning environment.
- Learn the rules, and play by them
- Always be a good sport and set a positive example for others

## **Communication During the Program**

Clear and effective communication is key to making your child's experience the best it can be.

To ensure consistent communication we have established the following protocols:

- TeamSnap (<https://go.teamsnap.com/7458101/home>) will be used to communicate events and updates throughout the summer. TeamSnap can also be used for general questions you might have - where to meet, time changes, weather, etc.
- If you have specific feedback or questions about your child's experience, feel free to reach out directly to their instructor or coach. Creating a relationship with the instructor or coach early on is a great way to make sure that your child and you are getting the most out of their participation.
- You can also talk to the Sailing Director if you have additional question or concerns.



## Frequently Asked Questions

### 1. Where do I locally purchase parts, apparel, boats, etc.

**Moorhouse MacCausland Sailing:** <http://mandmsailing.com/>

52 Stacy Haines Road  
Lumberton, NJ 08048

Phone: 609 518 0100

Fax: 609 518 0010

Email: [info@mandmsailing.com](mailto:info@mandmsailing.com)

**Colie Sails Pro Shop:** <http://coliesail.com/>

1649 Bay Ave  
Pt. Pleasant, NJ 08742  
732-892-7344  
Email: [dev@coliesail.com](mailto:dev@coliesail.com)

Although these are not local to LBI they are on the island often and can deliver via mail or often in person to the club. Harvey Cedars Marina is local, and you can get parts if needed immediately. Hance and Smythe just off island has parts as well.

**Harvey Cedars Marina**  
6318 Long Beach Blvd.  
Harvey Cedars, NJ 08008  
609-494-0111

### 2) It's raining, storming, cold, etc., is there class?

We will always put safety first at BLYC, but will not cancel for mild, inclement weather. We have at least one staff member in the office always monitor weather radar for thunderstorms, in addition to all coaches being trained to run safe, fun classes. We will hold class inside in the case of thunderstorms but will sail in most other weather except for the younger sailors. So come prepared!

### 3) Our sailor just started racing, what advice can I give them?

The best thing you can do is make sure they remember that sailing is not something they will master over night or even in a few months and just to keep at it and practicing and racing if they want to. In the end you've got to let the sailors make the decisions as to who they want to sail with and what events they want to race in. 9 times out of 10 pushing them won't help. Remember to always get the opinion of the coaches; who they should sail with, which events they should do and don't do. Make sure sailors judge their performance based on how much fun there having and how much overall development is taking place and let the results take a back seat for the time being.

### 4) My son/daughter is losing interest with Optimists and does not really want to sail them anymore, what should I do?

Discuss with the Sailing Director to the best options for your sailor.

## **5) My sailor is really getting into racing regattas, so now that they are getting too old for the Optimist what is next?**

There are many options. If your sailor wants to continue to sail alone, the Laser 4.7 or Radial is your next best option, as an alternative the Sunfish. The 4.7 or Radial depends on your sailor's size (see Laser description above).

## **6) What happens if my sailor is involved in a collision during class and there is damage to either of the boats?**

- Although sailors should avoid collision at all costs even if in the Right of Way. If a collision should occur BLYC has adopted the following procedure:
  - Sailors must notify their instructor as soon as possible that a collision occurred
  - Sailors must fill out an incident report upon returning to shore (instructors that witnessed the collision will of course help)
  - Forms must be submitted to the Sailing Director within 60 minutes of landing.
  - A meeting will be held to determine the facts of the incident.
  - A determination will be made as to what happened.
  - The party held in fault (if any) is expected to take responsibility for the repair of damages of both boats.
  - The club or its employees are not liable for damages.

## **7) How do I find out when and where the interclubs are?**

Go to: [www.lbiyra.org](http://www.lbiyra.org) and look for interclubs on top navigation.

Your instructors will keep everyone informed as well.

## **8) Where can I find used boats FOR SALE?**

It is always nice to find local sailboats for sale. Travel around to the LBI Yacht Club bulletin boards and you will usually find many boats for sale or go to their various websites and some have classified ad sections.

The "kind of official" Optimist and Club 420 classified ads are found here, but you will see all types of boat there for sale too: <http://marketplace.sail1design.com/Classified/>

The Laser Class provides this forum: [http://sailingforums.com/forums/Laser\\_Sales/](http://sailingforums.com/forums/Laser_Sales/)

Sunfish sales in same forum as well: [http://sailingforums.com/forums/Sunfish\\_Sales/](http://sailingforums.com/forums/Sunfish_Sales/)

## **9) What can I do to help my sailor catch up if he/she has missed lessons?**

What many parents have done in the past to catch their kids up, to get them accelerated on their path, to get some 1:1 focused practice, is to hire one of our instructors to do a private lesson after classes are over or during the weekend. The instructor who is with them every day is a logical choice, however you may want to consider others who may have more experience doing this. Seek out the advice of the Sailing Director to get a good match.

## Appendix A: Useful Terms – Words you will hear again and again and...

Aft	Everything that is behind the middle of the boat
Ahead	Everything that is forward of the middle of the boat
Bailer	Used to bail out (empty) water from the boat
Bear off	Turn away from the wind
Beating	Sailing as close as possible to the direction of the wind
Boom	Horizontal part of the rig, on the bottom of the sail
Bowline	Line in the front of the boat to get towed with or tie up with
Capsize	When the boat turns over
Gear	Sailing equipment
Gust, puff	Temporary increase in wind speed
Gybe, gybing	Turn away from the wind, the sail changes side
Leeward	On or toward the side sheltered from the wind or toward which the wind is blowing; downwind: Contrasted with <a href="#">windward</a> .
Luffing	Changing course closer to the wind, to where your boat stalls and “luffing”
Lull	Decrease in wind speed
Mainsheet/sheet	The primary line to pull in the sail
Mark/buoy	Floating ball or cylinder for practice or racing – a mark of the race course
Mast	Vertical part of the rig, stands up from the bottom of the boat
Outhaul	Line that pulls the sail out tight (or loosens) at the far end of the boom
Pointing	How close to the wind your boat is “pointing”
Port tack	The wind is coming from the left side of the boat, the sail is in the right side (starboard) of the boat. When on port t sailor sitting on left side.
Port	Left side – tip to remember: Left and Port both have 4 letters in it!
Preparatory Signal	Signal normally 4 minutes before a racing start
Protest Flag	Little red flag attached to your boat used to signal you are protesting
Racing rules	Rules of racing that are published by US Sailing “the traffic rules of the seas”
Reach, on a	When the wind is coming from the side of the boat. Fast angle usually; “on a reach”
Rig	Parts that holds the sail up (mast, boom, sprit)
Run	Sailing with the wind directly behind you – (downwind sailing)
Sail Number	Unique Identification of the boat assigned and displayed on the sail
Sail tie	Small line to tie the sail to the mast and boom
Sheet in	Bringing the sail in by pulling in the main sheet
Sprit	Diagonal part of the rig, keeps the sail up
Square knot	Knot that ties two equal thickness lines together, It also is used when tying the sails to the mast and boom
Start Signal	Signal that begins a race
Tack	Changing direction of the boat through the wind
Tie up	Tie the boat to the dock or other place
Vang	Keeps the sail down (down haul is another word for it)
Warning signal	Signal to racers usually 5 minutes before the start to warn them the race is beginning in one minute which is when the Preparatory signal sounds.
Windward	Facing the wind or on the side facing the wind: Contrasted with <a href="#">leeward</a> .
Wind pennant	Little flag on a pin that shows the wind direction

## **Appendix B: Directions to Various Yacht Clubs**

**Surf City:** Take LBI Blvd North to Surf City. Turn left on 9th and proceed straight to SCYC on right.

**Barnegat Light:** Take LBI Blvd North to Harvey Cedars. Take left At 76th street.

**Haven Beach:** Take LBI Blvd South to Haven Beach. Club is on right at 113th Street.

**Spray Beach:** Take LBI Blvd South to Spray Beach. Club is on right at 23rd Street.

**Little Egg Harbor:** Take LBI Blvd South to Beach Haven. Pass through the center of Beach Haven and the red water tower, you go five blocks (past the tennis courts and ball field) to Ocean Street. Turn right on Ocean. The Club's entrance is at the street end.

**Brigantine:** Route 72 to GSP exit 48 - Route 30 south. Take Route 30 (Absecon Blvd) until where you bear left on Huron Avenue. (about 8 miles). After about ½ mile bear left onto Brigantine Blvd. Cross Brigantine Bridge and continue to travel on Brigantine Blvd. You will come to a small lighthouse in a circle, go into the circle at 6 o'clock and exit at 10 o'clock onto Bayshore Ave. Continue on Bayshore Ave. to 10th Street.

**Island Heights:** Take the Garden State Parkway South to exit 82. From exit 82 take Rt. 37 east past 4th traffic light to Washington Street exit (just after Gateway Toyota). Proceed straight through traffic light (7-11 on left corner) onto Whittier Ave. At the end of Whittier, turn right on West End Ave. Take West End Avenue straight to the water and turn left. IHYC is on the right.

**Toms River:** Take the Garden State Parkway South to exit 82. From exit 82 take Rt. 37 east past 4th traffic light to Washington Street exit (just after Gateway Toyota). Proceed straight through traffic light (7-11 on left corner) onto Whittier Ave. From Whittier, turn right on Tennyson Ave. Take Tennyson to stop sign. Turn left at stop sign and proceed straight to TRYC.

**Bay Head:** Take Rt. 18 (or GSP exit 97) south to Rt. 34. Take Rt. 34 south to Rt. 35. south over Manasquan River, through Point Pleasant to Bay Head. Turn right on Bridge Ave. and left on Club Drive. At the end of Club, turn right, BHYC entrance is on left.

**Metedeconk:** Take Rt. 18 to Rt. 138 west (or GSP exit 97) south to Rt. 34. Take Rt. 34 south to Rt. 35. South over Manasquan River, through Point Pleasant and Bay Head. Turn right on Herbert St. Herbert St. becomes Mantoloking Road after bridge. Take Mantoloking Road over bridge past marinas to Tilton Road. Turn Right on Tilton. Proceed straight on Tilton to MCYC sign (on a private residence front yard). Turn left into Yacht Club. This is the last street before the river.

**Shore Acres:** Take the Garden State Parkway south to Exit 90. Bear right onto Chambersbridge Road for 1.6 miles which turns into Hooper Avenue for 1.1 miles. Turn left onto Drum Point Road for 2.2. miles. Shore Acres Yacht Club is on the left.

**Mantoloking:** Take Rt. 18 to Rt. 138 west (or GSP exit 97) south to Rt. 34. Take Rt. 34 south to Rt. 35. South over Manasquan River, through Point Pleasant and Bay Head. Turn right on Downer Ave (traffic light after Herbert St.). Turn right on Bay Ave. Mantoloking Yacht Club is on left.