

PARENT HANDBOOK



LIYC Summer Sailing 2015

Lido Isle Yacht Club
701 Via Lido Soud
Newport Beach, CA 92663

For more information throughout the year please visit LIYC's website at www.liyc.net, and please visit us on Facebook at Lido Isle Yacht Club.

Dear Parents and Sailors,

Welcome to the 2015 Lido Isle Yacht Club Junior Sailing Program! We can all take pride in our program, formally begun in 1953. With volunteer contributions from many sources, Lido Isle now has one of the premier sailing programs in Southern California. Fifty-seven years has created a long-standing Lido tradition of sportsmanship and learning in a supportive community setting.

We have been fortunate to be able to hire a new highly regarded sailing director this year. Emlie Veinot will work with your sailor to build sailing skills, self-confidence and character in each and every participant, and provide exciting and fun experiences for each sailor.

This manual was created to help participants navigate through the summer sailing program. The information is here to help ensure that you and your sailor get the most benefit possible from the program. It is particularly important for all participants and parents to read the Expectations and Code of Conduct section, understand your responsibilities, and follow the rules.

Even with generous subsidies from our Senior Yacht Club, the fees you have paid do not cover the expenses of our program. Besides hiring numerous qualified instructors each year, the club owns CFJ, Laser and Lido 14 fleets, as well as instructor coach boats and expensive marine equipment which must be maintained throughout the year.

We sincerely appreciate your continued support and volunteer participation throughout the season to make this great sailing experience for your kids a success.

Enjoy your sailing and enjoy your 2015 summer on Lido!

Lee Iverson
Vice Commodore
Lido Isle Yacht Club



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2015 Key Contacts

Sailing Director: Emlie Veinot

Telephone (949) 673 – 5119 (Boardroom)

Cell (414) 491-1011

Email liycsail@gmail.com (Emlie)

Junior Sailing Advisory Committee

Vice Commodore	Lee Iverson
Sailing Director	Emlie Veinot
LIYC Sailing Treasurer	Chandi Jackson & Ken Wirgler
INSA/Sabots	Debbie Benedict
Jr. Board Liaison	Jim Bailey
LIYC Regatta Administrator	Walter Johnson
Balboa Bay Fleet	Emlie Veinot
Boat Repair Info	Bob Yates
Protest Committee	Philip Thompson
Jr. Program Fundraiser	Chandi Jackson, Gretchen Leonard, Dean Schmieder & Kelly Struve
Photography/Picture Day	Eva Simpson & Bob Yates
Regatta & Perpetual Trophies and Participation Awards	Megan Zemke & Kirsten Ingham
Summer Sailing Clothing & Merchandise	Debbie Benedict, Chandi Jackson, Tracy Rowerdink, & Emlie Veinot
Booster Chair	Donna Kleha
Meet the Instructors	Sailing Committee
Movie Night	LIYC Instructors
Buddy Sail	Donna Kleha & Amy Wolken
Bingo Night	Betsy Decker
Awards Night & Trophy Banquet	Chandi Jackson & Donna Kleha

LIYC Junior Board

Commodore	William Bailey
Vice Commodore	Madison Fernandez
Rear Commodore	Emily Gess
Junior Staff Commodore	Katie McAllister
Secretary	Miles Richards
Treasurer	Nicole Graber
Race Committee Chair	Carlos Greenway
Asst. Race Committee Chair	Sydney Fernandez
Port Captain	Phillip Bradburne
Sabot Fleet Captain	Cassidy Fleck
CFJ Fleet Captain	Owen Hamontree
Trophy Chair	Andrew Ingham

Local Resources

YACHT CLUBS	
Alamitos Bay Yacht Club	www.abyc.org
Bahia Corinthian Yacht Club	www.bcy.org
Balboa Yacht Club	www.balboayachtclub.com
Mission Bay Yacht Club	www.mbyc.org
Newport Harbor Yacht Club	www.nhyc.org
San Diego Yacht Club	www.sdy.org/juniors
Newport Sea Base	www.newportseabase.org
Lake Mission Viejo Yacht Club	www.lmvyc.org

SAILING ORGANIZATIONS	
CISA: California International Sailing Association	www.cisasailing.org
INSA: International Naples Sabot Association	www.naples-sabot.org
PCISA: Pacific Coast Inter-Scholastic Sailing Association	www.pcisa.org
SCYYRA: Southern California Youth Yacht Racing Association	www.scyyra.org
US Sailing	www.ussailing.org

SOURCES FOR BOAT PARTS	
Sailing Pro Shop	www.sailingproshop.com
Proctor Masts & Rigging	www.proctormasts.com
West Marine	www.westmarine.com
Annapolis Performance Sailing	www.apsltd.com
North Sails	www.northsails.com
Ullman Sails	www.ullmansailsnewportbeach.com
Quantum Sails	www.quantumonedesign.com
Gresham Boards	www.gershamboards.com
Sailing Supply (The Boat Shop)	www.downwindmarine.com

SOURCES FOR COMPLETE SABOTS AND BOAT EQUIPMENT	
W.D. Schock Sailboats	www.wdschock.com/boats/sabot
Bedford Boats	www.bedfordboats.com

GENERAL SAILING	
The Log	www.thelog.com
CA Dept. of Boating and Waterways	www.dbw.ca.gov
Scuttlebutt	www.sailingscuttlebutt.com
Scuttlebutt Photo Gallery	www.sailingscuttlebutt.com/photos

LIYC Sailing Legacy

LIYC takes pride in the junior sailing program. Many LIYC juniors go on to sail on high school and college teams, and some go on to win major national and international titles.

In the years following World War II, several parents on Lido started teaching their children to sail. The Rutter, Hill, Henderson, and Pabst families, among others, formed the Lido Isle Yacht Club. Tom Rutter was elected LIYC's first Commodore in January 1947, and the club's burgee was adopted.

LIYC's burgee is a combination of the burgee of St. George's Royal Yacht Club in Ireland, and the burgee of the South Coast Corinthian Yacht Club.

Lido Isle Yacht Club was granted membership to the Southern California Yachting Association in 1948, and was admitted to the Yacht Racing Union of Southern California in 1965.

From the Club's inception in the early 1930's, the junior sailing program has been at the heart of LIYC. From 1946 to 1948, Dora Hill and Mr. Rutter taught the young sailors. Around 1949, George and Vera Ward began organizing races and started giving instruction to Lido's young sailors. Then in 1953, Commodore Howard Lewis hired Dick Sweet as the first Junior Sailing Director.

As the Sabot gained prominence in Southern California, LIYC junior sailors continued to distinguish themselves at Junior Sabot regattas. In the 1980's, our sailors excelled in not only Sabots, but also in the Lido-14 and Laser Championships; and in the 90's added finishes in the CFJ National Championship regatta as well.

In 1993, the Newport Harbor High School Sailing Coach, Bill Wakeman (a former LIYC Jr. Sailing Director), formed and led the high school sailing team - composed mostly of LIYC sailors - to become the No.1 ranked high school sailing team in the nation. In 1994, this same team was recognized by the United States Sailing Association with its highest award. In 1998, the CFJ team won the Team Challenge Regatta in Detroit, Michigan.

The Lido Isle Yacht Club takes pride in our history of sailing excellence and community spirit. Volunteers devote their time and talents to make this program a standout in Newport Bay and a credit to Lido Isle.



Parent Expectations

As a parent, you play a key role in contributing to the needs and development of your child(ren). Through your encouragement and good behavior, you can help set an example of good sportsmanship on and off the water.

Remember, **L.I.D.O.**

Leave It to the Sailing Instructors

Stay away from class during class times (both on and off the water). Please refrain from coaching from your boat or dock.

Independence is Key

Refrain from rigging your child's boat. Let your sailors rig (even if they struggle). That is all part of the learning experience.

Do Something

Volunteer and participate in the program. In order to make it a great summer, we need you to help out. Every parent will be responsible for filling one Parent of the Day shift to start. There are lots more volunteer opportunities too!

Optimism is Contagious

Support and encourage all sailors. You are a role model.

Parent & Sailor Expectations

LIYC encourages good sportsmanship throughout the program. LIYC understands that good sportsmanship needs to be taught, encouraged, and demonstrated by parents, instructors, and peers.

Sailor Expectations

Swimming Skills Are Mandatory

Sailors must pass a swim check in the Bay on the first day of class.

Attention to Detail is Appreciated

Sailors must be responsible for their equipment and LIYC property at all times. Please be respectful of your equipment, other sailors' equipment and LIYC equipment.

Independence is Key

Rig your own boat, don't expect parents to do it!

Leave Promptly after Class is Over

Sailors must have parent supervision after class.

Fasten and Secure All Equipment

Make sure all your equipment is properly stowed. Keep gear loss to a minimum by marking your sail number and name on all removable gear. LABEL EVERYTHING!

Attitude is Important

A great attitude will guarantee that you will have a lot of fun and learn at the same time!

Safety is Everyone's Responsibility

Stay out of motor boats and follow LIYC rules and instructor directions at ALL times. NO playing in the street or running at the Clubhouse.

Time Goes By Fast

You need to be in class during class time. Do not sneak off for any reason!

REMEMBER, S.A.I.L. F.A.S.T.

LIYC Sailor Code of Conduct

1. Be considerate of others at ALL times. Always conduct yourself in an appropriate manner and treat all others with respect. When traveling, conduct yourself in a manner that will reflect favorably on LIYC.
2. As a matter of safety, DO NOT RUN. DO NOT playing on the flag pole or tower at any time.
3. Do not ride bikes, skateboards or scooters around the Clubhouse. Keep bikes on racks!
4. Do not order food from the snack bar during class time. Follow the instructions of the adults and instructors at all times.
5. Swim from the beach. No swimming off the docks. NO pushing/throwing people into the water.
6. No abusive language.
7. Do not borrow anything from another boat unless you have asked for permission.
8. Help keep the Clubhouse and the boat garden clean at all times. Be mindful of your trash and clean up your area when finished. Turn off water after using and coil the hose.
9. Sailors MUST use outside restrooms. Do NOT use the inside bathrooms!
10. Do not stand or play on the dollies. THEY WILL BREAK! Put dollies away after use.
11. No bare feet or swimming attire in the Clubhouse.
12. Eat lunch outside. No food in the Clubhouse!
13. No one is allowed in the Sailing Director's Office without permission.

**14. LIFE JACKETS MUST BE WORN
AT ALL TIMES AROUND AND
ON THE WATER.**

2015 Key Dates

April 19: Spring Dinghy Regatta @ LIYC & Summer Program Information/Sign-Up Night

May 2: LIYC Opening Day

June 6: Mandatory Sabot Tune-Up Day

June 7: Parent Orientation

June 21: LIYC Jr. Commodore's Cup & Meet the Instructors Dinner

June 22: 1st Day of Summer Program

June 27-28: Summer Gold Cup Regatta @ NHYC

June 29: Progressive Lunch

June 30: Movie Night

July 1: Picture Day

July 6-9: Sir Joseph Porter Regatta @ LIYC (BBF)

July 10-12: CFJ Jr. Olympic Regatta @ CBYC

July 13: Buddy Sail

July 13, 20, 27: Dick Sweet Team Race Regattas

July 15: Sabot II North Regatta @ LIYC

July 16: Sabot Nationals Meeting

July 17: Dutch Shoe Marathon Regatta @ SDYC

July 17: Annual Junior Sailing Fundraiser

July 18: All Girl Regatta @ LIYC

July 22: Sabot II Invitational Regatta @ SDYC

July 23: Bingo Night

July 25-26: Midsummer Regatta @ LIYC

July 30-August 2: CFJ National Regatta @ SBYC

July 30: Last Day of Program & Awards Dinner (Starfish, Sea Urchin, Novice)

July 31: Trophy Banquet (Sabot Racing, Cruising, CFJ)

August 4-6: Junior Sabot National Regatta @ ABYC

Class Schedules

STARFISH & SEA URCHINS PROGRAMS

9:00 AM	Arrive at LIYC
9:00-12:00 AM	Sailing, Crafts, Activities, Games, Etc.
12:00 PM	Dismissed

NOVICE SABOTS & BEGINNER SABOT RACING CLASSES

9:00 AM	Arrive at Genoa Boat Garden
9:00-12:00 AM	Class Time
12:00-1:00 PM	Lunch at LIYC Clubhouse
1:00-4:00 PM	Class Time
4:00 PM	Dismissed

SABOT C3 CLASSES

9:00 AM	Arrive at Genoa Boat Garden; begin to rig and launch boats with Instructors
9:00-12:00 AM	Class Time
12:00-1:00 PM	Lunch
1:00-4:30 PM	Class Time
4:30 PM	Dismissed

SABOT C2, C1, B, & A (SABOT RACING)

8:30-9:00 AM	Arrive at Genoa Boat Garden; begin rigging, then sail down to the Clubhouse to arrive there no later than 9 AM
9:00 AM	Arrive at clubhouse via Sabot
9:00-12:00 AM	Class Time
12:00-1:00 PM	Lunch
1:00-4:30 PM	Class Time
4:30 PM	Dismissed

CRUISING CLASS

11:45-12:45 PM	Sailors may come early to eat lunch
1:00 PM	Arrive at Genoa Boat Garden and begin to rig
1:00-4:30 PM	Class Time
4:30 PM	Dismissed

CFJ PROGRAM

11:45-12:45 PM	Sailors may come early to eat lunch
1:00 PM	Arrive at CFJ boat garden, rig and launch boats
1:00-5:00 PM	Class Time
5:00 PM	Dismissed

Important Information

Label All Your Boat Parts

Everything gets lost in the summer! Please label all of your boat parts with a permanent marker. This also includes your life jacket, tee shirt, towels, shorts, toys, etc.

Swim Check

All sailors, regardless of age will be required to take a swim check on the first day of class. The swim check will be age appropriate and will be given on the first day of class.

Attendance

Prompt arrival and continuous attendance are important for the success of your sailor. Juniors who arrive late delay the entire class and disrupt the carefully scheduled rigging times. During scheduled class time, the sailor is the responsibility of the instructor and must remain with the class. Please remember on race days the derigging times will vary according to wind conditions and race venue. If a junior will be arriving late, or absent, please notify the Sailing Office. Sailors with irreparable boat problems or disciplinary problems will be brought to the Sailing Office and the parents will be contacted.

What to Bring to Class

There are a few required safety items that EVERYONE will need to bring to class EVERYDAY:

- **Personal Flotation Device, a.k.a: PFD, lifejacket:** Personal flotation devices are mandatory for every class. All PFD's need to be U.S. Coast Guard approved; there is a printed label on a life jacket that indicates whether or not it is USCG approved (if it doesn't have it, then it is not approved!). A lifejacket should fit properly, and allow for 360 degree rotation of the arms. It also should be tight around the body and not be able to be pulled off over the head. Avoid jackets that rise above the shoulders to avoid getting caught on the boom and allow for easy movement. In general PFD's designed for sailing or kayaking are best, avoid PFD's designed for water skiing.
- **Sunscreen:** At least SPF 30!
- **Sunglasses:** Make sure they have UV-ray protection and Croakies.
- **Shoes:** While many sailors prefer to sail barefoot, it is not safe to walk around the boat garden barefoot or allowed in the Clubhouse. For the advanced racer, having a good pair of hiking boots or shoes that dry quickly is important to allow for hiking out on windy days.
- **Hat**
- **Long Sleeve Dry Shirt:** To keep arms out of sun
- **Gloves:** To protect and keep hands out of sun. Gardening gloves work well and are cheap or you can find sailing gloves at West Marine or online.
- **Towel:** To wipe down boat, blades and your sailor.
- **Dry Clothes**
- **Water bottle/Snack Bars**
- **Watch with countdown timer:** In order for sailors to be on the start line on time, they MUST have a watch!!! No exceptions!
- **Positive Attitude**



Label all your gear with your last name...really it works! LIYC is not responsible for lost, stolen or borrowed gear or equipment.

Instructor Assignments

STARFISH CLASS	TBD Emily Overstreet
SEA URCHINS CLASS	Jessica Nanci Joshua McAuliffe
NOVICE CLASS	TBD Philip Bradburne Katie Calder Arya Jemal (AM) Joshua McAuliffe (PM)
BEGINNER SABOT RACING (PRE-C3)	Billy Bailey Matt Thomas (AM) Emily Overstreet (PM)
SABOT C3 CLASS	Madison Vitarelli Bennett Zemke Eion Cambay Joseph Hou (AM)
SABOT C2 CLASS	Richard Roberts Carter Scott
SABOT C1, B, A CLASS	Sean Segerblom
CRUISING CLASS	Matthew Thomas
CFJ CLASS	Jack Thompson

Instructor Appreciation Week

The fifth week of the Summer Sailing Program is Instructor Appreciation Week. During this week, we acknowledge the dedication and hard work of our Instructors. Please remind your sailors to say “Thank You!”



Awards Dinner and Trophy Banquet

At the end of the Sailing Program, there is an Awards Dinner and a Trophy Banquet, both held at the Clubhouse. The sailors are asked to dress their best (jackets and dresses).

The Perpetual trophies are given out along with class participation awards. It is a great honor for a sailor to receive one of LIYC's Perpetual Trophies which reflect a piece of LIYC's history. Each year, a new name is engraved on the perpetual, and it remains at the clubhouse. The sailor is given a "take-home" trophy engraved with the Perpetual's name the recipient's name.

The Awards Dinner is for Novice, Sea Urchin, and Starfish sailors to celebrate a successful fun summer of learning.

Save the date! This year it's – Thursday, July 30, 2015.

Parents and sailors are invited to the Trophy Banquet, which is for the CFJ, Cruising, A, B, C1, C2, and C3 sailors.

Save the date! This year it's – Friday, July 31, 2015.

Lido Isle Yacht Club Junior Perpetual Trophies

The following LIYC trophies are annually awarded:

COMMODORE KINGSLEY TROPHY

2014 Winner: Kate Zemke

Junior Girl Most Distinguished

RICK MARSELLUS MEMORIAL TROPHY

2014 Winner: Max Kleha

Junior Boy Most Distinguished

LIYC SPORTSMANSHIP TROPHY

2014 Winner: David Rizko

Finest Example of Sportsmanship

HOLE IN THE HEAD TROPHY

2014 Winner: David Angulo

Most Unusual Sailor in Junior Program

COMMODORE LOCKNEY LEADERSHIP PERPETUAL TROPHY

2014 Winner: Daniel Lockhart

Best Leadership, Corinthian Attitude and Responsibility showed by Skipper

DEDE SORENSON MEMORIAL TROPHY

2014 Winner: Anthony Zorayan

For Fortitude Under Adversity

LIDO ISLE COMMUNITY ASSOCIATION TROPHY

2014 Winner: Conrad Cook

First Year Skipper Who Shows Greatest Improvement Skippering a Boat

COMMODORE PALMQUIST TROPHY

2014 Winner: Jett Brennan

Most Improved Racing Skipper

COMMODORE RAMER PERPETUAL

2014 Winners: Michael McGrath & Owen Hamontree

Most Improved CFJ Skipper and Crew in the Junior Sailing Program

LIJYC ACHIEVEMENT AWARD

2014 Winner: Fallon Rowerdink

Individual Who Shows Most Energy and Attention to the Junior Program

CAROL DINGLE MEMORIAL TROPHY

2014 Winners: Jim Bailey, Mark Conzelman, Tim Fernandez and Kelly Struve

Adult Contributing Most to Junior Sailing Program

COMMODORE NIBLO STARBOARD YARD TROPHY**2014 Winner: Billy Bailey**

Junior Most Helpful to Junior Sailing Committee

LIDO LOYALTY**2014 Winner: David Angulo**

Junior Member Who Sails Most for LIYC

STAFF COMMODORE HINSHAW TROPHY**2014 Winner: Reade Decker**

Best Performance in Sabot II North Championship

STAFF COMMODORE PICKENS PERPETUAL**2014 Winner: Ryan Yates**

Best LIJYC Low Point – Junior Commodore’s Cup Regatta

COMMODORE RHODES PERPETUAL**2014 Winners: Anthony Zorayan & Carlos Greenway**

Best LIJYC Performance in CFJ Nationals

JUNIOR DIRECTOR’S PERPETUAL**2014 Winners: Kate Zemke (B), Ryan Yates (C1), David Angulo (C2), Max Kleha (C3), Anthony Zorayan and Owen Hamontree (CFJ), Morgan Giovinazzi (Novice)**

Junior Summer Sailing Low Point in each Class- CFJ, Laser, Sabot A, B, C1, C2, C3, and Novice

SIR JOSEPH PORTER**2014 Winner: Ryan Yates**

Best LIYC Performance in Jr. Sabot Nationals

COMMODORE CAPPELLINI TROPHY**2014 Winner: Kate Zemke**

First LIYC Female in Jr. Sabot Nationals

COMMODORE TINGLER TROPHY**2014 Winner: Ethan Simpson**

Youngest LIYC Sailor in Jr. Sabot

COMMODORE BENEDICT TROPHY**2014 Winner: Kate Zemke**

Best LIYC Performance in Bronze Fleet

PETER GRODACH MEMORIAL**2014 Winner: Lily Gess**

Best LIYC Performance in Iron Fleet

COMMODORE ANDERSON AWARD**2014 Winner: Not Awarded**

Outstanding Service to Yachting

COMMODORE GRIMES TROPHY**2014 Winner: Not Awarded**

Best Performance by LIYC Skipper and Crew in Junior Olympic

COMMODORE HASKELL TROPHY**2014 Winner: Not Awarded**

Best LIYC Performance in Silver Fleet

JUNIOR DIRECTOR’S PERPETUAL**2014 Winner: Not Awarded**

Summer Low Point in Sabot A Class

Lido Loyalty Campaign

For those families who feel a special connection to LIYC and want to invest in the future of the sailing program for the next generation, LIYC has formed the Lido Loyalty campaign. Any amount can be donated but families who contribute \$2,000 or more will be acknowledged in the program for the Awards Night and Trophy Banquet, and will have their name engraved on a plaque at LIYC. These funds ensure LIYC sailors can continue to enjoy the sport of sailing.

Parent of the Day (POD) Responsibilities

Parent of the Day (POD) is a great opportunity for you to get involved in the Jr. Sailing Program. You can observe sailors first hand and watch what they are doing and learning in class! As Parent of the Day, you are nearby to assist the children and instructors, and to help in case of an emergency. If your scheduled time is inconvenient, you will need to make your own coverage arrangements to switch shifts or find a substitute. Contact the Sailing Director, Emlie Veinot, with your replacement so the calendar is current OR make the change directly on the POD Calendar in the POD binder.

DO NOT leave your shift unattended; it may be your child needing help.

As Parent-of-the-Day, you must be at LIYC from either:

- **8:30am–1:00pm (Morning Shift)**
- **12:00pm–4:30pm (Afternoon Shift)**

***Every sailing family is required to cover at least 1 shift.**

You are committed to this time on your assigned day, as you will be giving attention to the sailors in the program and helping with anything that might be needed for the smooth running of the day. Please do NOT schedule any meetings or luncheon dates at the Clubhouse on your day. Please have your car available in the event of a non-life threatening medical emergency.

Basic Duties and Responsibilities:

MORNING SHIFT:

8:30am-11:30am: Report for duty at the Genoa Boat Garden. Pick up the POD Binder, first aid box, flag, and Radio, which are stored at the Genoa Boat Garden. The binder contains POD instructions and summary sheets to be filled out at the end of your shift.

Introduce yourself to the instructors and ask where you may be of help. Please make a courtesy call to the next day's POD, as a reminder of their obligation. It is not your responsibility to make arrangements for them in the event they cannot be POD, but please notify the director.

11:30am-1:00pm: Bring everything with you, drive to the Clubhouse and report to the boardroom. The lunch hour is usually very busy, as the instructors are off duty. There will be two (2) PODs to cover all areas. Sailors are responsible for their own trash. Please keep sailors out of the Clubhouse, out of the street, and off the flagpole.

1:00pm: AM POD Shift is over. At the end of your shift, please fill out the summary sheet and leave it in the notebook. This sheet will be extremely helpful to the next POD and next summer's program. Hand off the POD Binder, Radio, flag, and first aid box to the afternoon POD; they use the same equipment.

Important Notes:

All POD items (first aid kit, POD Binder, Radio, Flag) are to be locked inside the first white storage container.

POD is to walk the sailors safely across the street and back when using the porta-potty.

Major issues require a call home. Emergency release forms are only to be used if no one can be reached. Major problems need to be recorded on the summary sheet and communicated with the Sailing Director.

Let Emlie Veinot, Sailing Director, know if supplies are low or if you have any other questions.

THANK YOU FOR HELPING AS PARENT OF THE DAY!

AFTERNOON SHIFT:

12:00-1:00pm: The lunch hour is usually very busy, as the instructors are off duty. There will be two (2) PODs to cover all areas. Sailors are responsible for their own trash. Please keep sailors out of the Clubhouse, out of the street, and off the flagpole.

1:00pm-3:30pm: The PM Shift POD is stationed in the boardroom at the Clubhouse to answer phones, administer first aid, and help with any designated jobs for the day. During this time make a courtesy call to the next day's POD, as a reminder of their obligation. It is not your responsibility to make arrangements for them in the event they cannot be POD, but please notify the sailing director.

3:00pm-4:30pm: Bring everything with you and drive to the Genoa Boat Garden to help assist in the end of the day activities. At the end of your shift, please fill out the summary sheet and leave it in the notebook. This sheet will be extremely helpful to the next POD and next summer's program. It is the responsibility of the PM POD to return everything to the porta-potty and lock it up at the end of the day. This sheet can be extremely helpful to the next POD and next summer's program.

Emergency Procedures

In the event of an emergency or incident, instructors and the Parent of the Day will take the following actions:

Fire:

- 1) Get people out of the area
- 2) Call 911
- 3) Gather participants off-site and account for everyone

Serious Injury:

- 1) Provide immediate first aid
- 2) Call 911
- 3) Call Emergency contact

Lost sailor or boat on the water:

- 1) Make sure all other sailors and boats are accounted for
- 2) Immediately notify "All Sailing Staff" on radio and start a search
- 3) Have Director monitor situation over VHF radio channel 72
- 4) If the sailor or boat cannot be promptly found, call the US Coast Guard on Ch. 16

Lost participant on land:

- 1) Notify all instructors, and conduct a search of the premises
- 2) If the sailor cannot be promptly found, call the police and the child's parents

Should any event occur, parents of all affected students will be notified by the Sailing Director or Sailing Committee immediately, and appropriate actions will be taken by LIYC staff to handle each incident appropriately.

The Parent Guide: The Sabot New Parent Advice Pamphlet

by Doug Paine, www.naples-sabot.org

Introduction

In time I hope this web page is filled with good advice from many different sources, but for now I will attempt to hit the points that confused my wife and I so badly when started down the road as new Sabot parents. It honestly took two years to really feel that I had a handle on the information I needed to know to properly support my sons' sailing. During our learning phase (which is still continuing by the way) other parents have been kind enough to guide us and support us so that we might in turn give our children the support they needed. The parents who helped us have assured me that other parents before them in turn helped them. So be advised, your turn will come! This legacy is one of the strengths of the Sabot community. Enjoy it, take full advantage of it, make friends, and help when you are able.

Be aware that opinions abound in the Sabot world about just about everything. Take heart in the fact that if you get the basics right (basic boat set up for example) that the rest of the discussions are fine points you will not need to pay attention to for quite a while. I have divided the discussion below into the major topics as I see them.

I need to state here that what is written here is just my opinion. If you differ, please submit your own piece and it will be posted. More opinions can only enrich the knowledge available to new parents.

Why should your Child Spend Time Sailing?

Junior sailing is time consuming and, as your sailor gets better, requires a moderate amount of money to support. So why devote the time to sailing instead of hockey or piano lessons? My answer is that sailing provides a wealth of experiences, positive friendships over a wide age range, and a close and cooperative relationship with nature.

Sailing builds maturity and self-confidence. When a child learns to move a Sabot in the direction they intend (no small accomplishment actually), they accomplished it on their own. They are alone in the boat making decisions that directly affect the success or failure of their efforts. This is unusual for children in our society currently and, I would argue, the real foundation for self-confidence. They engage in these efforts in a supportive, physically beautiful, and safe environment. They make lifelong friends and learn to love an activity that will provide them challenges for as long as they live. It is not a sport where you play for an hour and go home. It is far more encompassing an activity than that. A sailor interacts with individuals from their home club and other clubs for the day, or the weekend, or the summer, or the year, or over a range of many years. At the advanced levels of sailing these friendships become national and then international. Sailing can become much more than a sport, it often becomes a challenging and wholesome lifestyle.

It is the nature of sailing that the greatest success occurs when the sailor is working most harmoniously with nature not 'dominating' it. There is a good lesson to be learned by that experience.

And finally it is a venue of racing that puts girls and boys on a level playing field with equal chances of success and thereby creating an environment of mutual respect.

What are my Responsibilities as a Sabot Parent?

As a member of the Sabot Community there are some expectations and obligations that come with the territory. Sabot sailors have gone on in disproportionately large numbers to great national and international

success, in part, because of the strength and supportive environment surrounding Sabot sailing. Sabot sailing typically is not, and should not be, an environment where it is all about 'my kid'. Parents need to be supportive of the other kids from their club and of the kids sailing for other clubs also. If a child forgets a leeboard handle and another parent has a spare, they will typically lend it to the child no matter what club they might be from. Parents will get to know the other well and become friends as they spend a good deal of time together as their child(ren) continue through their years of junior sailing. The parents sitting next to each other today watching the Sabots go around will be sitting next to each other in a few years at a Laser or 420 event. It is generally a really friendly and mutually supportive group of individuals (kids and parents). We cheer for someone else's child who has been struggling and is starting to show success, and drop a kind word to the child (and parent) who had a day that was not quite so successful.

The second obligation to assume as a Sabot parent involves supporting the logistical and organizational systems that allow all of this fun racing to take place. These efforts can be as simple as helping to serve lunches at a regatta, towing boats to a regatta (this always makes a parent popular), helping organize the local or regional events, or becoming a part of one of the organizations that organize sailing. For Sabots that organization in the International Naples Sabot Association and there is a need for board members, measurers, volunteers for Nationals organization, etc. Sabot sailing is a rich activity that happens because those in the sailing community support it.

Your Attitude is Critical to your Child's Experience

Of all of the points covered here this is by far the most important component of your child's experience. You need to be clear about what you want for your child as they participate in sailing. If your child's inclination and your goals are not aligned then they will most likely drop out of sailing.

There are a multitude of reasons that children sail. A very few young sailors are driven to win, most sail because it is fun to compete with your friends and doing well is great when it happens, and some really do not care how well they sail but really enjoy the friendships and the sun and fun. If your child is of the third type and you want wins, then the sailing experience will be frustrating for both of you. Be honest and clear about what you want from your child's sailing. As a competitive father I have had to struggle with this issue. I have had to learn that sailing is their experience, part of their life and I am there to facilitate that experience. Their wins are their wins, not mine. Their lower finishes are theirs to accept or change as they choose. I have come close to driving one of my son's out of sailing by inflicting my expectations on him. He loves to sail, loves hanging with his sailing friends, and will probably be involved in boats and sailing for the rest of his life. It would have been a shame for me to ruin that for him. He has been successful in sailing.

Now for the tough part. Watching your child race. Your child will be brilliant one day and terrible the next two. You will see them make America's Cup style moves one day and the following weekend they will spend more time going backwards than forwards. They will be on their top form for a couple of months and then get worse for months on end. DO NOT DESPAIR. They are kids and that is what kids do. It is enough to drive a parent batty.

Please remember that the real goal is to develop children that love sailing, the water, boats, their sailing friends, and the environment that surrounds sailing. Today's disaster might be the seed for tomorrow's success (though honestly it also may just remain today's disaster). DO NOT DESPAIR. What your child is doing today does not indicate what they will be doing next year or three years hence. I can name many young sailors who did not particularly stand out in Sabots who are now World Class Sailors. Sabots provide a very rich foundation for future sailing endeavors.

The Boat

In the beginning just about anything that looks like a Sabot, has a mast, rudder, leeboard, and a sail will do. There are really only two things that must be right on a Sabot to make it sail correctly. The mast must be angled back in the boat properly and the leeboard must be parallel to the keel. There is a link to articles on how to adjust the mast angle (rake) on this website (see also the Ullman and North Sails tuning pages). This website also contains some instructions on how to check your Sabot's leeboard alignment. Trying to sail a Sabot with bad mast rake or a leeboard out of alignment is like trying to drive a Porsche with one wheel missing. You might be able to move it but it will not be fun or rewarding.

If you look at the boats sailed in the 'A' fleet you will see that they are a maze of small lines and blocks. Ignore the temptation to try to duplicate them for your beginning sailor. Your boat needs to be rigged with a main sheet (to pull the sail in and out), a vang (to pull the boom down when going down wind), a downhaul (to pull the bottom of the sail down toward the boom), and an outhaul (to pull the sail out on the boom). These do not need to be fancy. Simple is better. In fact in the very early learning stages it may be best to adjust all but the mainsheet before your child goes out so all they have to do is work the main sheet.

Until your child gains experience ignore the finer points you hear about. Ignore discussions of boat weight, sail makers, JC straps etc. Just let your child get into the boat and have fun. Fun is the key point here. As your child progresses you will get more advice than you want about how to make the boat more sophisticated. Listen to someone who has been around Sabots for a long time and follow their advice. Here I have to thank Hugh Vanderspeck and Ken Wild for their patience in mentoring me.

The Racing

I cannot begin to explain the racing rules or the techniques that are required to race successfully here (in part because I am not qualified to do so). I highly recommend *Sailing for Dummies* written by local success stories JJ and Peter Isler. It takes you from the most basic terms to the advanced strategies. It is well done and worth the price. For a good discussion of basic sail theory and racing mechanics I suggest you use the link on this page called "A Guide to Racing Basics". It is an excellent discussion and will solve the problem of what to read at bedtime for a few days.

The Sabot sailor moves up through a series of fleets as they improve and win races. Sailors advance to the next fleet level when they win two one-day regattas or win one two-day regatta. Parents may promote their sailors up to the next class (please talk to your Club's Junior Director about this move) if they choose, but once a jump up to the next class is made that sailor may never go back down to the lower class. There are a few regattas where the level designations do not apply and these will be noted below.

The Fleets

C3 Fleet: The most basic level is the C3. At this level you can expect to watch kids play bumper boats, yell 'starboard' while having little knowledge about its meaning, get into irons and sail backward, and generally blunder their way around the course. This is all well and good. Sailing is a complex activity and lots of mistakes have to be made to learn how to do it well. Usually the C3 fleet is sailed separately from the other fleets in a more placid area. While coaching is allowed between races in all fleets, coaching is allowed for the C3 sailors at the back of the fleet while they are racing. Other fleets may not have any coaching (from coaches or parents) while racing.

C2 Fleet: This is the next level up from C3. These guys can generally get the boat around the course but may not be able to do it fast and/or do not know all of the rules involved.

C1 Fleet: These sailors have learned how to race and have a basic understanding of all of the most important rules. They are learning to look for wind shifts, how to position themselves on the course, how to make a competitive start etc. These sailors are competent racers.

B Fleet: These sailors are fine-tuning their skills. They have the big picture strategically and tactically, they move the boat well, and they are solid on the rules and how to apply them to advantage.

A Fleet: This is the most challenging fleet to sail in. All of the sailors are good. It is the small skill differences that make the winners here. A better roll tack, a shift seen more quickly, and a start that was aggressive but not over early can make the difference here. These sailors are the best young Sabot sailors and, perhaps in the future, some of the nation's and the world's best.

Conclusion

Those are the points that currently come to mind. I am sure I will need to add more. Please remember that kids sail because their friends sail and because it is fun. Keep the fun in their sailing and they will still be sailing at 80.

Good Luck and thanks,
Doug Paine



Sabot Rigging Information

The Naples Sabot is an icon in the Southern California and it provides the fundamentals needed to become a successful sailor. Making sure your sailor's sabot is well maintained and race ready is just as important as time on the water! As with every sport, the commitment level will determine how far you will go. In regards to the latest and greatest gear, sure it's nice to have, but is it an absolute necessity? Well, that's up to you. If you believe it is, and want to leave nothing to chance then by all means make the commitment.

***The most important pieces of gear are the BOARD & GEAR BAGS, so they do not lose all of their equipment!

Boat preparation consists of four major components:

- 1) A strong, stiff hull
- 2) The boat bottom (It needs to be smooth and free from major bumps and cracks)
- 3) The sail (newer is better)
- 4) The control lines and systems all work smart and work well

Must Haves to Stay Competitive (and keep it fun):

- ✓ Sanded and Smooth rudder and leeboard (free of structural/cosmetic digs)
- ✓ Smooth bottomed boat
- ✓ Newer sail (No rips or holes, no hard creases)
- ✓ 9' tube to roll the sail around (vs. folding – available for \$5 at Home Depot)
- ✓ Hull cover

Nice to Haves:

- ✓ Carbon Mast & Boom (Saves weight and makes the boat as light as legal is always your goal)
- ✓ Light weight sheets and control lines
- ✓ Equipment bag

What to Look For When Buying a Sabot:

There are generally four classifications of Sabots:

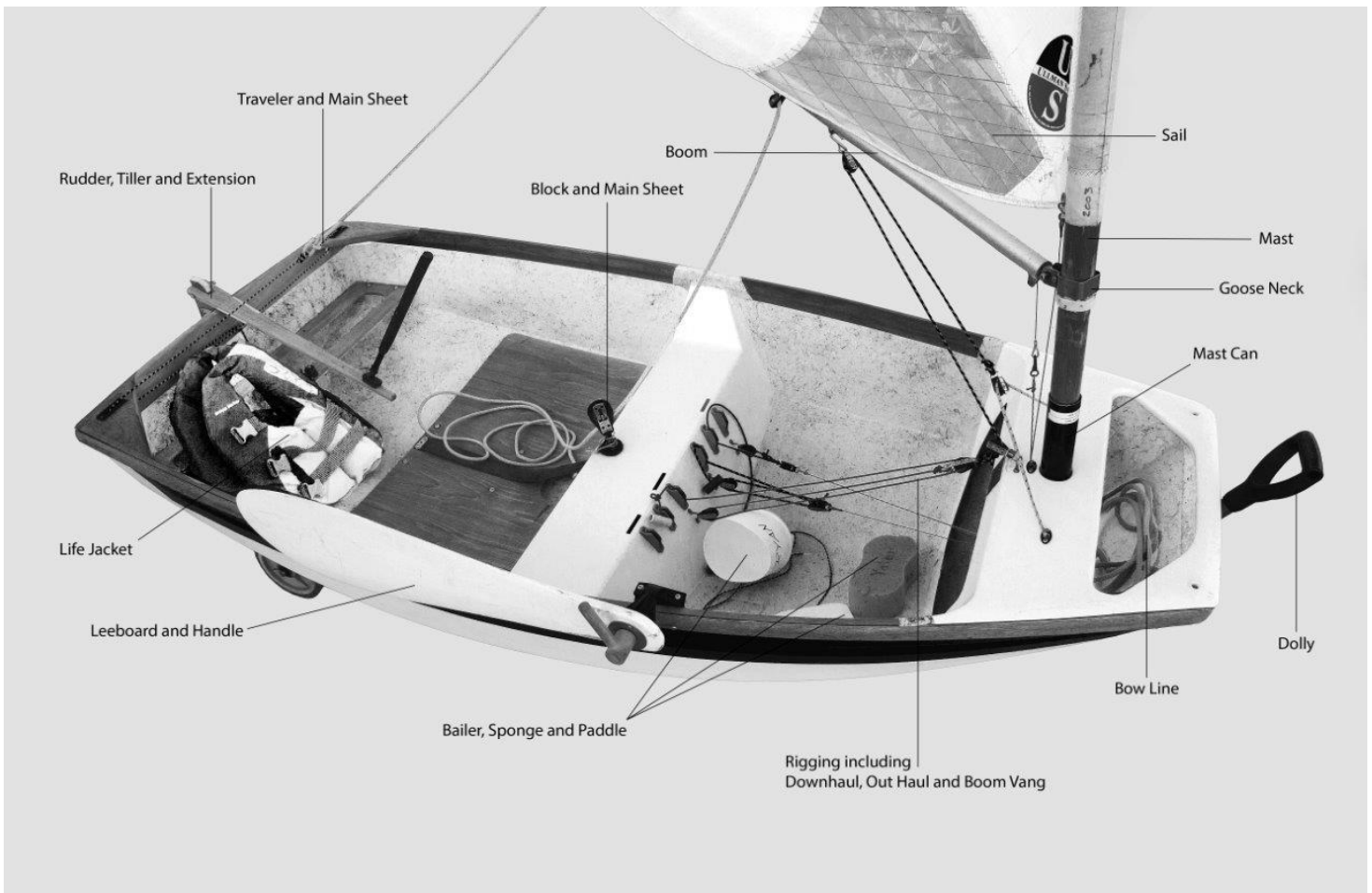
- 1) < \$1,000 beginner boats good through C fleet
- 2) > \$1,000 to \$1,500 boats are just fine for B fleet
- 3) \$2,500 - \$3,500+ will get a very competitive Sabot (for your B Fleet / A Fleet level sailor) that can win Nationals. In fact the Sabots that have won the Sabot Nationals the past several years are all about 20 years old – some are even 40+ years old! But you have to shop. Remember, a Sabot is a “square” boat. No need to break the bank. A good boat, some elbow grease, new rigging, a new mast, sail and lots of practice can make your “square” boat fast!
- 4) \$5,500++ for a brand new boat

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Sabot Rigging Day is Saturday, June 6 from 8am-12pm is the time to come get your sabot tuned and ready to go for the summer season! Bob Yates and Mark Conzelman will be here to help with minor repairs as well as Chuck Simmons from Proctor Masts and Rigging.

Necessities for Beginner & Intermediate Sabots

Mainsheet	3/16" or 1/4" line	Bailer	Clorox, detergent or plastic orange juice container with the bottom cut out
Outhaul	3/16" line	Paddle	Old ping pong or smash ball paddle works great
Downhaul	3/16" line	Life Jacket	Any Coast Guard approved jacket
Boom Vang	3/16" or 1/4" line	Sun Protection	Hat, sunglasses, sun screen, water bottle
Painter (Bow Line)	1/4" line		
Hull	Make sure no holes or large cracks		
Mast	Aluminum, wood, fiberglass, Carbon fiber		
Boom	Attached to the mast with a gooseneck; should have at least two blocks (pulleys) for the main sheet and boom vang		
Sail	Nothing fancy; no rips or tears; two battens in the sail		
Leeboard	Usually wood or fiberglass		
Leeboard Handle	Get one that floats; have a backup, as these are easily lost		
Rudder	Usually wood or fiberglass; make sure it fits onto the rudder properly		
Tiller	Tiller and extension must fit properly		



Sabot Maintenance

Parents should make sure that their boat is seaworthy and that their child will not be at risk of harm while sailing. LIYC does provide help and supervision in the form of a mandatory **Rigging Day** where the boats are inspected and brought up to respectable standards of seaworthiness; and in the form of **volunteer helpers** at the Boat Gardens during each day of the program. However, each parent should carefully inspect their child(ren)'s boat and ensure that all of the following guidelines are met before sending their child to sea.

The **Hull** should be free of cracks and fractures, both inside and outside. All fiberglass work must be solid. The sheer (top of the hull) should be continuous and free from breakage. The mast support area at the bow of the boat must be solid and free from cracks or breakage. If there are air tanks, they must be watertight, and not have any water in them.

Every sabot hull has a number. This same number is also put on the sail. If you acquire a sail during the summer from some other family, please remove their number and put your boat's numbers on the sail. This is very, very important. We have approximately 160 sabot sailors racing and they all have their own number. If your sail doesn't have a number call Jill Hallett (949-400-7919), Sabot Secretary to purchase a number. Ullman Sails sells numbers and will remove and put on a new number for a fee.

The **Mast** may be of several materials which have different properties. Wood is flexible and good for beginners. Inspect it carefully to make sure that there are no breaks or splits in the wood. Fiberglass (blue color) is flexible too and is good for beginners, but has a problem with delaminating. It should be inspected frequently. Aluminum Masts (usually gold color) are the standard for the sailors. It is stiffer than wood and fiberglass and is more durable. The biggest problem is with end caps and fittings so check them carefully. Carbon Fiber Masts are stiffer, and are the upscale mast for older and heavier sailors. Under extreme conditions they may split, but that is not frequent. Again, the end fittings and the attachment hardware should be inspected frequently.

The standard **Boom** is wood. They have been in use for many years and many have rotted out. They are subject to breakage and to having the fittings pull out. Old wood booms can sometimes be repaired, but make sure that they are still strong enough for the rigors of sailing in heavy wind. Aluminum booms are in frequent use, and are generally better than wood booms. They should be inspected for corrosion, especially around the pop rivet and screw joints. Also, they must float to be legal, so check the flotation ports on the inside (which have a tendency to leak). A few of the booms are made of carbon fiber. They are capable of breaking and splitting at the joints, so they should be inspected often.

The **Leeboard and Rudder** are made of wood, and should be sanded smooth and covered with varnish or paint. A good finish is essential to optimum performance of the boat. They should be inspected for warp-age, splits and breaks and for a smooth finish.

The **Tiller** must fit securely to the Rudder. Also, it must have an extension of approximately 18 inches in length that is attached with a good rubber flexure. Check it frequently. You cannot steer without it.

Lines (ropes to the uninitiated) are essential to the control of the boat. They are usually made of Dacron or another synthetic; and will last for several years if they are handled carefully and the salt is washed out of them after each use. Make sure that they are flexible and do not have any cuts, loose strands or breaks. Since each boat is rigged differently, the lengths will vary. The guiding rule is that the line must be just long enough

to reach when the boat is sailing in the extreme position. Ask one of the helpers to show you if your lines are the correct length. The lines must be the correct diameter to do the intended job. Most typically, the diameters are as follows: **Mainsheet**, 1/4 inch; **Boom Vang**, 3/16 inch; **Outhaul, Downhaul, Traveler**, etc. are 3/16 inch, or 1/8 inch if using Spectra; **Painter**, 1/4 inch by 12 feet long minimum.

There are many **Fittings, Pad Eyes, Blocks, Pulleys and Cleats** on the boat. Their type and location in the boat will determine how well a sailor can control the boat, especially in windy conditions and in races. Different boats have somewhat different rigs, and different level sailors have different rig requirements, so have them checked carefully on Rigging Day, or ask a volunteer to analyze your rig and make necessary modifications.

Miscellaneous Items are not optional. The **Bailer** can be bought at a Marine Store or made from an old plastic bottle with the bottom cut out. It must be secured to the boat with a 1/8 inch line about 6 feet long. **Paddles** are best made from old ping pong paddles or the like, and must also be secured to the boat.

A **Coast Guard Approved Life Jacket, Hat, Sun Screen, Sun Glasses, and Water** are all mandatory and must never be forgotten EVER. Don't even ask if your child can sail without them.

Your boat "lives" on a **dolly**. Check to make sure that all three of the wheels turn properly, and add some oil or WD 40 if they seem stiff. Also, check to see that the screws are all tight and secure. The volunteer helpers will help you maintain the dolly too, so ask for help if you see a problem.

Storage is the final chapter. Get a good cover for the boat to seal it from the sun and to allow the storage of gear during the evenings and weekends when the boat (and gear) is not being used. The mast should be taken home or locked in a cabinet during the evenings to prevent its "walking away". And, in the winter, store the boat upside down. It will nestle into the dolly with the addition of a holder bar. Don't allow the boat to collect rainwater and debris when it is not being used. That will do more harm to the boat than a full summer of sailing.

Safety is of prime importance to our program. All boats must have the required equipment.

We wish good sailing to all of you!

Sailing Glossary

Bailer: A bailer is a required piece of equipment for a Sabot. It is used to remove water from the boat, especially 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 fastened.

Batten: Thin fiberglass 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: Essential knot for all sailors. Used to create a loop (eye) of fixed diameter that does not slip. Can support large loads and still be untied (broken).

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.

Corinthian Spirit: Displaying good sportsmanship, honoring the game of sailing and playing by the rules.

Course Chart: A description of the course that will be sailed in a particular race.

Dolly: A trailer that is used to transport boats around the boatyard.

Downhaul: A line attached to the tack of the sail that pulls the luff of the sail down. It is also the Cunningham.

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

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

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

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

Hiking: The action of hanging over the side of a boat in order to keep it from heeling over while sailing.

Hiking Strap: A nylon strap in the center of the boat to secure your feet while hiking.

Leeboard: A blade attached to the starboard side of a Naples Sabot. This blade helps to keep the boat from going sideways in the water. It serves the same purpose as a dagger board or a centerboard, except that a leeboard is on the side of the boat instead of projecting through the bottom of the hull.

Leech: The edge of the sail where the battens are. This part of the sail controls the amount of twist.

Luff: The part of the sail next to the mast. This part of the sail controls the depth of the sail.

Mast: The vertical spar that supports the sail.

Mast Can: A tubular shaped can in the bottom of the boat into which the mast fits.

Notice of Race: An advertisement about upcoming races. The NOR has information about the entry fee, date and location of the regatta.

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

Painter: A piece of line attached to the bow used to tie up to a dock and for towing. Also called a bow line.

Port: Port refers to the left side of the boat. Port also refers to which 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: One way turning block that uses friction to decrease load. Ratchet blocks are commonly used for the mainsheet and jib sheets.

Rudder: A foil on the transom that steers the boat.

Shackle: A “U” shaped hook containing a pin which is used to connect objects or lines together.

Sheets: All the ropes or lines on boats which are adjust sail trim.

Starboard: Starboard refers to the right side of the boat. Starboard also refers to which tack the boat is on. If a boat is on starboard tack then the wind is coming over the right hand side of the boat, and starboard has right of way over those boats on port tack. The color green also indicates starboard.

Square Knot: Essential knot for all sailors, used for joining 2 pieces of line of equal diameter.

Tell Tales: Tell tales are small pieces of yarn that are attached to both sides of the sail on the luff. They indicate wind flow over the sail and aid in both steering and sail trim.



Parents' Guide to Beginner Sabot Racing thoughts by Ken Wild, www.naples-sabot.org

Having learned to sail a Sabot as a child, it was a new experience when I had children and revisited my Sabot experiences. I tried sailing their sabots and found out that racing one is not an easy task. In the process I gained some insights on the boat.

First of all parents should understand that a Sabot is not a boat as much as an activity and experience for a child. Lost parts, broken masts and occasional collision damage are part of the learning experience.

Juniors sail a lot and usually their Sabots need more maintenance or repair than they receive from busy parents. Many of the challenges that young sailors have when learning to race can be attributed to basic boat problems.

A fast, well-tuned Sabot will almost sail itself! If you can sail reasonably well, sail your child's Sabot on a regular basis to insure that everything works as it should. Alternatively have one of the "A" Skippers try the boat out- especially if your child is having difficulty with sailing/racing.

Most of the Sabots our kids sail are very old and require constant attention. Ten of the more common beginning sailor problems and the usual fixes follow:

1. Child sits too far back in the boat– probably needs a longer tiller and or extension
2. Does not pull in the main when going to weather in a breeze- mainsheet run through the ratchet block backwards, ratchet block turned off, no ratchet block, insufficient purchase or too small a mainsheet for small hands to hold.
3. Always pinches going to weather and frequently ends up in irons- generally too much mast rake.
4. Cannot seem to stay on the wind, ends up reaching- generally not enough mast rake.
5. Child sails better on one tack than the other- check the leeboard alignment with the keelson strip on the bottom of the boat.
6. Difficulty getting rudder on when beach launching- pintles bent or both same length (having bottom pintle a bit longer helps).
7. Sail seems to have a hard leech in a breeze- mast too stiff for sail luff curve.
8. Outhaul out too far, vang too loose etc- use limit knots in control lines so that sailors cannot release control lines beyond their optimal limits.
9. Difficult trimming sail on various courses- no tell tails on sail.
10. Boat swamps before sailor can bail it out- missing bailing bucket or bailer is too small to be effective.

Items to bring to regattas: duct tape, pliers, wrench, screw driver, extra leeboard handle, extra goose neck bolt, extra clothes, short wet suit, extra lunch and snacks. Leave binoculars home! That way all you can say when they come in is "did you have fun?" rather than something critical like, "why did you go left on the second beat in the third race- couldn't you see the rest of the fleet going right?" Finally, have fun with your child.

Regatta Checklist

- ✓ Sailing Instructions with course chart
- ✓ Rule Book
- ✓ Water bottle
- ✓ Sunglasses & hat
- ✓ Sunscreen
- ✓ Sailing gloves and boots
- ✓ Lifejacket with Whistle
- ✓ Stopwatch with count down timer
- ✓ Foul weather gear
- ✓ Spare parts: blocks, lines, shackles, electric tape
- ✓ Blade bag with: mast can, rudder, tiller, tiller extension, leeboard, leeboard handle (with extra)
- ✓ Mast
- ✓ Boom
- ✓ Sail
- ✓ Bailer/sponge and paddle
- ✓ Weights and required safety equipment
- ✓ Snacks
- ✓ Positive attitude

Regatta Preparation

Most races and regattas are organized by a yacht club or combination of yacht clubs and sailing associations. An announcement called a **Notice of Race (NOR)** sets out the details of the regatta (series of races over a number of days which are scored together as a whole). The NOR provides the name of the organizing authority, the dates of racing, the venue, what classes of boats can enter, then entry fee, date of registration and other important information.

Once you register, you may receive a copy of the **Sailing Instructions (SI)**. Sometimes the SI are provided online; other times your sailor will not receive the SI until signing in at the event. The SI will include the schedule of races, a chart of the race area and diagrams of different race courses.

When you arrive at the regatta site, you need to check in at the **Registration** desk. Before the sailors are sent out to the race course, the **Race Committee** (the people who run the races) will hold a competitors' meeting where details of the regatta will be reviewed, including any pertinent local information such as the impact of tides and currents, safety issues, etc. It is imperative that your sailor attend this meeting. He/she should already have read the SI and should ask questions about the SI at this time.

Prior to the competitors' meeting, all sailors should have rigged their boats and be dressed for sailing. The harbor start (boats leave the docks to head for race course) immediately follows the competitors' meeting. Coaches will have a **Coach/Team meeting** either just before or immediately following the competitors' meeting. Be sure that your sailor attends. The coaches will discuss wind, currents, and other factors specific to the venue and weather forecast. The coaches will also collect any lunches or extra gear that need to be in the coach boat.

At the conclusion of the regatta, there will be an **Awards Ceremony**. Even if you're not receiving an award, everyone is encouraged to stay and cheer for their teammates.

Regattas!

Balboa Bay Fleet: Twice a week (C3's Monday/Wednesday and C2, C1, B, A's Tuesday/Thursday) in the afternoons of the Junior Summer Sailing Program, the LIYC sailors participate in the Balboa Bay Fleet Races. Lido Isle YC participates with Balboa Yacht Club (BYC), Bahia Corinthian Yacht Club (BCYC), Balboa Island Yacht Club (BIYC) and Newport Harbor Yacht Club (NHYC) Junior Sailing Programs.

- **Cobweb Buster:** Races on the first Thursday of the program for all Sabot C2, C1, B, A and CFJ sailors (No C3's). Sponsored by a Yacht Club.
- **Invite #1:** Races on week 2 of the program for all Sabot C2, C1, B, A and CFJ sailors. Sabot C3's race 1 day. Sponsored by a Yacht Club.
- **LIYC Sir Joseph Porter Regatta:** Races on Week 3 of the program. Two days for all fleets. One of Newport Harbor's most well known and most sailed summer regattas, sponsored by LIYC which awards the "Old-Salt Trophies" – serving root beer floats to all sailors after the event at LIYC.
- **Invite #2:** Races held on the fourth week of the program. Two days of racing for all fleets. Sponsored by a Yacht Club.
- **Race Week:** The Balboa Bay Fleet sponsors Race Week which is held on week 5 of the program. Two days of racing for all fleets.
- **Bay Champs and C Champs:** The Balboa Bay Fleet sponsors Bay Fleet Champs held on Week 6, the last week of the program. Bay Champs includes A, B, and C1 Sailors. C Champs includes C2 and C3 sailors only.

Weekday Regattas during Summer Program: On top of Balboa Bay Fleets there are a few other regattas that are raced during the week of the Summer Sailing Program.

- **Dick Sweet Team Race Regattas:** Typically held on the last three Mondays of the program at ABYC, SDYC, and NHYC. Team Racing is an entirely different type of racing where the members of a team (usually 3 boats) work the rules and the other team to gain points.
- **Sabot II North Championship (11 and under):** Typically held on Wednesday of the 4th week of the program. Sailors 11 and under (who are in Sabot C3 class and higher) will be encouraged to participate in this event. There is no separation of fleets in this event. The top skippers in this event join the top skippers from the Sabot II South Championship and are invited to participate in the Sabot II Invitational the following week. LIYC will be hosting this regatta this year.
- **Sabot II Invitational:** The top 15 boats from Sabot II North move on to the Sabot II Invitational and race against the top boats from the South. Typically held the following Wednesday after Sabot II North. The winner is deemed the Sabot 11 and under champion.
- **Sabot Nationals:** *Tuesday-Thursday, August 4-6, 2015 @ ABYC.* This is the most competitive event of the year. Sailors who try to make the actual three days of Nationals racing events but are eliminated are then invited to sail in the Cove Cup (three days of one day regattas oriented toward pure fun). New C3 sailors should not attempt to compete in Sabot Nationals, though C3 sailors who have competed successfully in prior events might choose to. C3 sailors are invited to sail Cove Cup.

Weekend Regattas during Summer Program: Regattas are run almost every weekend throughout the summer program. While Lido hosts several of these (Jr. Commodore's Cup, Mid-Summer Regatta, and the All Girl Regatta), many are hosted by other clubs in the bay or out of town. Please check the calendar to plan around

these regatta dates so we can get as much participation in them as possible. Here are some of the key ones to keep in mind:

- **LIYC Jr. Commodore's Cup Regatta:** *Sunday, June 21, 2015* First summer regatta on the water at LIYC for Junior's and Senior's – great trophies and fun everyone! LIYC "Low-Point Sailor" in any class awarded the **Commodore Pickens Perpetual**.
- **NHYC Summer Gold Cup:** *Saturday and Sunday, June 27-28, 2015* Annual event at NHYC in addition to Fall Gold Cup and Spring Gold Cup. A top level event.
- **CFJ Junior Olympics:** *Friday-Sunday, July 10-12, 2015 @ CBYC* All CFJ racers are encourage to attend Junior Olympics. Sailors from all over California attend.
- **Dutch Shoe Regatta:** *Friday, July 17, 2015 @ SDYC to CorYC.* This is a LONG race. It starts at SDYC and ends up in Coronado. The sail is about 2.5 to 4 hours in length and takes place in the open waters of San Diego Bay. C3 sailors who feel comfortable in their boats, and have good basic skills can complete (and do well as they start first) in this race. Be warned, there are usually well more than 150 boats sailing this event so it can be intimidating.
- **LIYC All Girl Regatta:** *Sunday, July 19, 2015.* LIYC Regatta "just for the girls" in all classes (Juniors and Seniors)! Good fun for all fleets and levels. Boys need not apply. This is a supportive first regatta for C3 girls with none of those pushy guys on the water with you. The "Low-Point Sabot C-1 Sailor" is awarded the **LIYC Goldie Joseph Perpetual**. The "Low-Point Sabot A Sailor" is awarded the **NHYC Mary Wagner Trophy**
- **LIYC Mid-Summer Regatta:** *Saturday, July 26-27, 2015* LIYC's most attended event throughout the year with over 100 sailors all meeting at LIYC to have fun and enjoy competitive sailing.
- **CFJ Nationals:** *Thursday-Sunday, July 30-August 2, 2015 @ SBYC*

LIYC Hosted Year Round Regattas: There are five additional regattas that LIYC hosts throughout the year.

- **LIYC Roy Woolsey Regatta:** *Sunday, September 19, 2015* (Lido 14's & Lasers). A special regatta named in memory of LIYC Staff Commodore Roy Woolsey is only for Lido 14's and Lasers. "Low-Point Sailor" in either class is awarded the **Commodore Woolsey Trophy**.
- **LIYC Halloween Regatta:** *Saturday-Sunday, October 24-25, 2015* Always a fun event for kids of all ages and levels in sailing – costumes "a must" and afterwards awards given for custom design and all sailing activities.
- **LIYC Holiday Cup Regatta:** *Sunday, December 13, 2015.* Come join us for a great day on the water. LIYC Holiday Cup was first held in 2012. Sailors will be rewarded for sailing during the winter months with great prizes and trophies.
- **LIYC Midwinter Tune-Up Regatta:** *Sunday, January 17, 2016.* This is appropriate for C3 sailors and above who have demonstrated their ability to sail around a racecourse at their local clubs. This is also a good regatta to stay active in their dinghies year round.
- **LIYC Spring Dinghy Regatta:** *Sunday, April 17, 2016* A great way to get back into spring sailing. Always well attended and great trophies.



Balboa Bay Fleet (BBF) Move Up Rules

How long will it take my sailor to get From C to A Fleet?

It depends: On the kid, on the boat, on your/their commitment to practicing, coaching, and traveling to regattas to race. If they 'get it' right away, embrace racing and progress, count on three FULL calendar years of sailing before they're on the big stage. Often times, sailors and parents are eager to move up quickly; however, if sailors move up before they are truly ready, they often get discouraged and frustrated because they lack the fundamental skills needed to progress to the next level. To race regattas, all C3 Fleet and higher sailors need to be a member of US Sailing and International Naples Sabot Association (INSA). Go to www.naplessabot.org for information on joining!

The Balboa Bay Fleet sets the “move up” formula for our Bay. It consists of representatives from the 5 yacht clubs on Balboa Bay: NHYC, Balboa, Bahia Corinthian, Lido Isle and Balboa Island.

- ✓ For a regatta to be considered a “Move Up Regatta” it must be 2 days, have a minimum of three races, have at least 10 starters representing 3 or more yacht clubs and be coed.
- ✓ The ratio for Sabot Sailors to move from C3 to A for the summer of 2014 will be 1:10 for all fleets. More simply, the highest finishing sailors in a fleet shall move up based on the ratio of: number of sailors to “move up” per number of starters.
- ✓ If a sailor qualifies to move up, he/she MUST move up.
- ✓ A program director can file a written appeal (with evidence) for a sailor to move up without qualifying. There will be no written appeal granted for a B to A move. The appeal committee will consist of the program directors (or designee [not a parent]) from BCYC, BYC, LIYC and NHYC. The appeal committee must vote UNANIMIOUSLY in order to grant the appeal.
- ✓ A 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 BCYC, BYC, LIYC and NHYC. The appeal committee must vote UNANIMIOUSLY in order to grant the appeal.



LIYC's Year Round Racing Team- Special Recognition

An exclusive LIYC clothing item will be awarded to the LIYC Sailors who meets the criteria for the LIYC Racing Team. Eligible from January 1-December 31, 2015.

1. Sail in four (4) weekend regattas inside Newport Bay or outside (Sabot II's and Nationals each count as one regatta).
 2. Race in at least one (1) regatta outside of Newport Bay (i.e. Mission Bay, San Diego Bay, or Alamitos Bay)
 3. Participate in at least one (1) non-summer racing event (i.e. regatta, winter clinic, or fall/spring sailing)
- If you feel that you qualify for the LIYC Racing Team, please email the LIYC Sailing Director, Emlie Veinot.

Year Round Sailing

Don't stop sailing when the summer ends, LIYC offers many year round sailing opportunities! Competitive sailing is a skill that must be continually practiced in order to reach the next level. Don't wait until next summer to get back on the water!

Private/ Semi-Private Lessons: Get some 'one on one' or 'a few on one' specialized on the water instruction. If you feel like your sailor needs some extra personal time on the water, please email or call the Sailing Director to schedule lessons. For more information contact Emlie Veinot, liycsail@gmail.com.

Fall Sailing Team: Fall Sailing is designed to keep sailors on the water and active in the year round regatta schedule. It is open to Sabot Novice through Sabot A, Laser and CFJ sailors. Classes are designed to build on sailors' strengths coming from the summer program with an emphasis on preparing sailors for upcoming regattas. Class time will consist of a brief "chalk talk" on shore, followed by on-the-water drills and racing. As always there will be a strong focus on FUN! Stay tuned on www.liyc.net for registration, fees, and more information.

2015 Fall Sailing Team Practice Dates:

Friday practices will be held from 3:30-6:00pm and Sundays from 12:30-3:00pm

Practice Dates:

September- 11th, 20th, 27th
October- 4th, 11th, 16th, 23rd
November- 1st, 8th, 15th

Regattas:

Fall Gold Cup @ NHYC, September 12-13
Corinthian Cup @ BCYC, October 17-18
Halloween Regatta @ LIYC, October 24th-25th

Winter Clinics: Prior to weekend regattas, LIYC will host clinics either on Fridays or Saturdays to get racers ready for the upcoming event. These clinics will be regatta focused while also having fun and staying active in the boat and on the water. See www.liyc.net for more winter clinic information.

Spring Sailing Team: Spring sailing will give LIYC sailors the opportunity to be one step ahead for the summer sailing program. Small class sizes and personalized coaching are designed to maximize sailors' performance on the water. Classes are open to Novice, Sabot C3-A, CFJ and Laser sailors. Visit www.liyc.net for 2016 dates, times, and fees.



LIDO ISLE YACHT CLUB PRESENTS

ANNUAL SUMMER FUNDRAISER

Don't miss one of the best parties of the year!
Celebrate the legacy of sailing on Lido Isle with your friends at
this exciting event! The evening features a hosted bar, dinner,
wine wall, silent & live auctions, and dancing with live
entertainment.

Your support and generosity makes LIYC one of the best
sailing programs on Newport Bay.

FRIDAY JULY 17TH, 2015 Cocktails begin at 5:30PM



\$40 per person payable to LIYC

RESERVATIONS REQUIRED

Name _____

Address _____

Phone/email _____

Number of guests _____

Amount enclosed _____

Return this slip with cash or check payable to LIYC to Chandi Jackson 213 Via Nice by July 12th.