

Plymouth Yacht Club Sailing Program Requirements 2009

Plymouth Yacht Club Junior Sailing Registration Form

A completed Junior Sailing Registration Form with parent/guardian signature indicating the understanding of liability and mandatory program requirements must be submitted.

➤ **Medical**

1. A completed **Plymouth Yacht Club Health Record** must be completed and submitted with your registration. This form will provide the Club with emergency names and numbers, a brief medical history, and medication and allergy information that may be important should a medical emergency arise for your child.
2. A photocopy of both sides of your **Medical Insurance Card** should accompany the registration form in order to expedite any emergency room care.
3. A standard **Physician's Health Certificate** signed by your child's physician must accompany the registration. Massachusetts requires that all children participating in summer recreational programs receive a recent physical examination and provide a doctor's certificate of good health. A standard medical form should be available from your doctor's office or school. This certificate is required and will be necessary for your child to sail.

➤ **Swimming**

First time applicants must provide proof of swimming ability. If not, a swimming test will be administered on the first day of class, consisting of 50 yard swim with lifejacket.

➤ **Life Jackets/Whistle/Shoes**

All PYC sailors will be required to wear a U.S. Coast Guard approved lifejacket with whistle while on the pier or floats or in boats. Closed toe shoes are mandatory (boat shoes, sneakers or dinghy boots).

➤ **Conduct**

PYC wants sailors to develop their individual strengths, to improve their skills, and to have fun while doing so. In order to function well, the program requires a high standard of commitment, effort and personal conduct. Decent, self-respecting behavior and true sportsmanship are expected of everyone while participating in the PYC Junior Sailing Program, while on Club property, or while representing PYC.

➤ **Class Description:**

Mate 1 – Beginner Class Pram: This is a beginner program for 8 year olds and up. Lessons start on land with the basics, move into small groups (4-5) in a Hunter sailboat with an instructor on board, and work towards 1 or 2 sailors sailing a Pram on their own. Lots of fun activities are interspersed with the lessons.

Mate 2 - Intermediate Class Pram: Sailors age 9-10 who have completed Mate 1. Classes continue to develop sailing and boat handling skills in prams, along with an introduction to racing. More fun stuff.

Opti – Sailors, ages 9-13, must own an Optimist class boat. This program provides advanced sailing and racing training. Participation in the PYC racing series is encouraged, entering regattas at other clubs is optional, and coaching at those regattas is provided.

Laser – Sailors age 11-15 in club boats. A more challenging boat for the bigger sailors. This program is a great confidence builder, with sailors learning they can handle a boat with a big rig. Participation in the PYC racing series is encouraged, but those who want to travel to regattas should consider getting their own boat, though club boats can be chartered for an additional fee.

420-White – Intro to 420 for sailors age 13-18. This course includes in depth training in rigging a 420 and developing boat handling skills with a captain and crew. Sailors will be expected to hike hard, fly the trapeze, set and retrieve a spinnaker, and safely handle a big boat. Participation in the PYC racing series is encouraged.

420-Red – Advanced 420 for sailors 14-18 who have completed 420-1. In depth training in fleet and team racing techniques, prep for participation in Regattas and interclub team racing. PYC boats are supplied for the designated regattas along with coaching. There are opportunities for the best sailors to represent PYC at the US Sailing ladder events.

Please note that the instructors, along with the Regatta Committee, retain the right for student placement within the classes. It is at their discretion that class levels are staffed appropriately based upon enrollment and the students' experience is appropriate for that class and/or type of boat. Some students may be moved to ensure that they are comfortable and confident at the level for which they are learning, or to ensure all students have adequate access and quality time on the water with the limited number of boats available in each class.