

# GULFPORT YACHT CLUB SAILING CAMP HANDBOOK

## Program Goals:

The primary goals of the Youth Program (in no particular order):

1. Develop sportsmanship, integrity, and interpersonal skills
2. Instill in the students an interest and appreciation for the sport of sailing
3. Develop new skills in boat handling and sailing for those who wish to compete, and those who do not
4. Develop a respect for the sea and the environment
5. Learn and incorporate good safety and seamanship
6. Instill a sense of responsibility for the boats and equipment
7. Create a fun atmosphere in which the students want to participate

## Safety, Swimming, and Age Pre-Requisites

Safety is first and foremost in the minds of the instructors.

All children participating sailing program must pass a swim check, which will be held at the start of each session. The check involves a swim of 100 yards and treading water for 2 minutes. The minimum age for the program is 7. Sailing Committee may let younger deem suitable. Lifejackets will be worn at all times when students are on the docks or in boats.

## What GYC provides for your sailor at camp:

- GYC Sailing Camp & Memorial Jr. Regatta T-Shirts.
- A United States Sailing Association Little Red Certification Log Book.
- A GYC Start Sailing Right Handbook.
- A great time!

## Following is a handy checklist of important daily "To Do's" for you to remember in preparing your child for class each day!

- Have a good breakfast, after a good night's sleep!
- Lunch
- A water bottle.
- Have sunblock, sunglasses, hat and other sun protection
- Adequate and appropriate clothing (including a change of dry clothes, and rainy day protection) and a towel.
- Shoes (an old pair of gym shoes that can get wet), or aqua socks are best: Sandals are not acceptable! NO FLIP FLOPS!
- Bring a Coast Guard approved Type III/vest style lifejacket with a whistle attached.

## Daily Schedule: is generally as follows:

9:00-10:00 Attendance, morning classroom, rigging

10:00-noon Morning on the water

noon-1:00 Lunch

1:00-1:30 Afternoon classroom

1:30-3:30 Afternoon on the water, de-rig, clean-up!

Pickup between 3:45 and 4:00

## Parental Involvement:

Sailing is truly a unique sport - skills learned now can be used and enjoyed for a lifetime. Sailing challenges both the mind and body, allowing individuals with different strengths and weaknesses to "find their niche".

To help your child get the most out of the sailing program, first and foremost, parents should be involved with their children in the program. Talk with your child about what they are doing in class. The opportunity to share newly learned skills is invaluable for several reasons:

- It reinforces the skills learned
- It increases a child's confidence and self-esteem through support and encouragement
- It provides an opportunity to find out how classes are going generally, so that if there are problems or issues, they can be addressed sooner, rather than later

### **Expectations for all children in Gulfport Yacht Club Summer Sailing Program:**

**GYC has developed the following behavioral rules and guidelines to help ensure a safe, rewarding, and fun learning environment. It is important that both you and your child review these rules and guidelines. Appropriate behavior is expected at all times.**

- Classes start promptly at 9:00 a.m.. Students should be dropped off at the club no earlier than 15 minutes before the start of class. Class ends at 4:00 p.m.. Students must be picked-up promptly.
- The word of the instructors is absolute, and students are expected to obey the instructors at all times
- All students must take a short swim check the first day of class that consists of treading water for 2 minutes, and then swimming 100 yards
- Must be able to recover capsized boat.
- Observe the boundaries, both on the water and on shore, as established by the instructors
- No running on the docks, no climbing on the boat racks, or the rocks along the shore.
- No going under or around the pool deck.
- Students will pick-up their own trash, and are expected to keep their belongings in a neat and orderly fashion
- Students will show respect for the equipment and property
- Students will show respect for their peers, the instructors and other individuals
- No physical violence towards other students or staff
- Students will show respect for the equipment and property
- No obscene language!
- Absolutely no throwing of objects allowed!

*Consequences for failure to observe the above rules and guidelines vary according to the nature of the infraction, but can include loss of privileges, laps around the palm trees, and "time-out".*

*Any verbal or physical abuse, or if your child's behavior jeopardizes his/her own safety or that of anyone else in the program, will result in early dismissal from class with a warning to both the parent and student.*

*A second incident will result in the student's dismissal from the remainder of the session. There will be no refund of tuition.*

### **Boats We Use:**

GYC uses several different boats in its youth sailing program. Different boats "handle" differently, and certain boats lend themselves to sailors of different sizes and/or experience levels. On the first days of class, the instructors will evaluate the skills and experience of the students, and consider factors like size and age, in determining into which group a student will be placed. In the case of returnee students, we usually already know which group the student is best suited for. With new students, it can sometimes take a day for the instructors to determine which group is best for your child. Please allow the instructors the time and space to work with your child in determining what is best. If, after a few days you still have concerns, feel free to talk to the Head Instructor and your child's Instructor.

The **Optimist** is the boat used for sailors in the Youth Program from rank beginners to racers, who weigh less than 110 lbs.. The Optimist is a 77lb., 8 foot, sprit rigged pram. Easily rigged, it is designed to be sailed by one sailor, although for the first day or two of class, students are often doubled up till they gain a certain comfort and skill level. The Optimist is the largest one-design class in the world with more than a half million boats being sailed and raced competitively around the world by kids ages 5-15! Last year, more than 300 boats participated in the US Championships.

**Lasers Radial Rigs** are standard Laser hulls outfitted with a shorter mast and smaller sail, for youth sailors. Used by the older kids and those who have outgrown the Optimists. It is also the boat of choice for students focused on developing racing skills.

**Club 420s** are fast, fun sloop rigged double-handed (two sailors!) boats that are very popular in youth programs around the country. Some of the 420s are rigged with spinnakers and trapezes for use by intermediate and advanced and racing instruction, for ages 11-17 (size dependant).

**Flying Scots** are stable seaworthy boats in all conditions. Usually sailed with 3-5 sailors. Being rigged with a spinnaker and having a large one-design class in the GYA the boats are great for coaching all levels. From the green beginners to the advanced racers.

**FAQ:**

**Q. I want to volunteer!**

A. Contact the Sailing Office 228-863-6796 - Volunteers for different programs and events are always needed and welcomed!

**Q. I have a concern or issue who should I talk to?**

A. Serious concerns should be brought to the direct attention of the Sailing Director. That said, the Head Instructor should usually be your first stop for resolving most issues. S/He is the hands on day- to-day program facilitator, and usually will have the answer, as well as being empowered to make decisions and correct problems.

The best time to talk to the Head Instructor (and your child's individual instructor) is at the end of class. If this is not convenient, please call and leave a message at the Sailing Office asking that the Head Instructor or the Program Director follow-up with you.

**Q. It's raining!**

A. Classes are held in all kinds of weather: even if it's raining. The one exception is if there is a threat of severe storm or hurricane. In this event, class participants will be called at home, and informed of the decision to cancel class.

**Q. We're late!**

A. Please call the Sailing Office and let them know your child will be late getting dropped off, or being picked-up, so that the instructor can be informed.

**Q. My child is sick!**

A. Please call the Sailing Office and let them know your child will be out for the day so that they can inform the instructors.

**Q. My child is reluctant to come to class!**

A. A student's unwillingness to come to sailing can be caused by any number of things: fear, an incident with a fellow classmate, or simply being tired. GYC instructors are well versed in the art of coaxing and motivating reluctant students. If you can get them to the club, in all but exceptionally rare cases, we can get them out and sailing, and enjoying it too.

**Q. Learning Disabilities and Special Medications**

A. Should your child have any learning disability or medication that might not be indicated on their application, or that needs further certification, please speak with the Program Director or Head Instructor. This will enable us to help your child have a positive and rewarding experience at Sail Newport.

For any questions call **GYC Sailing Director Sam Vasquez**  
**228-323-1336**

Email [sam@gulfportyachtclub.org](mailto:sam@gulfportyachtclub.org)