

Cotuit Mosquito Yacht Club Handbook

Welcome to the junior sailing program of the Association of the Cotuit Mosquito Yacht Club (ACMYC). This handbook is designed to offer our students clear goals to strive for over the summer session. Our program is divided into four instructional levels - P1, P2, P3, and JSP. In addition, we offer four racing classes: Intro to Race (Opti Green fleet), Intro to Race (420), Opti Race (Championship fleet), and 420 Race.

We have deliberately tried to keep the contents of this handbook basic and practical. Practice of the included skills will lead to sailing competence and mastery. However, we encourage students to indulge in further exploration of sport through involvement in the Skiff races, conversing with club members, and off-season inquiry. Only through exploration of sailing and hours on the water, outside of class, will any beginning sailor become great.

Arrival/Departure

All sailors should arrive 15 minutes early to class to ensure they have time to set up their boats.

Early Departure/Late Arrival:

If you need to arrive late for drop-off or pick-up early, please contact the program director before arriving at the facility to ensure this is possible. Your child's class might be in progress, so the Program Director will need to arrange an alternate means of escorting your child either to or from his / her class.

Drop Off/Pick up

Parking near the Yacht Club beach is minimal and requires a Barnstable beach sticker. Consider alternatives: walking, biking, parking on Putnam Ave.

What to Bring to Class:

PERSONAL ITEMS & GEAR: Please ensure your child arrives each day with these required items, labeled wherever possible:

- A Coast Guard-approved Type III or higher PFD (lifejacket) that fits properly
- A waterproof plastic whistle, securely attached to the PFD (not loose in pocket)
- A towel
- 1 or 2 water bottles ideally already filled. (We do not have a water fountain.)
- (Optional) A hat with a brim
- (Optional) A neck gaiter
- (Optional) **Extra** sunblock, lip block.

*Sailors should have sunblock applied **before** arrival. All sailors should arrive wearing clothing that is appropriate for getting wet and for the weather conditions on that day. Items should be labeled in a bag/backpack.

Cell Phone Policy:

We ask all sailors not to use their cell phones during the entirety of their class session. Any cell phones brought to class must remain with their other belongings for the duration of the class. No phones will be allowed on the water, and should not be used at any point during on-land class sessions. As with other belongings, the ACMYC Junior Sailing Program cannot assume responsibility for the loss of or damage to sailor's cell phones.

Conduct:

The CMYC program holds a cherished place in the heart of Cotuit. In light of this, we strive to maintain both the town's regulations and the yacht club's guidelines.

- Bicycles are to be left in the designated area.
- No children are allowed to play on the dock.
- All boats on the property must be left in order and neatly lined up.
- The dock and lawn are private property and only boats involved in the instructional program are allowed on CMYC property.
- Boats may be placed on the CMYC property at the start of the instructional program and must be removed by Labor Day.

RACES & REGATTAS

Part of our lesson plans for most classes include teaching rules for sailing competitions. To help our sailors practice these rules we run several races during the season, as listed at the beginning of this guide. Even if your child is not enrolled in a session on the date of one of these races, your child may still be encouraged to compete.

Regattas:

We have specific “Race” classes whose sailors are encouraged to travel to Regattas hosted by other local sailing clubs.

- ❖ 420s and related equipment are transported by Club-owned trailers and often we require parent volunteers to assist with logistics. Parents should expect to assist with the transportation of their sailors.
- ❖ Optimis and related equipment can be transported by Club-owned trailers, but due to limited space, parents are expected to assist coaches in the transportation of either boats or sailors.
- ❖ Before each regatta, a sign-up form will be distributed to all guardians of participating sailors. Parents are encouraged to indicate their availability on the form to assist with transportation to and from the regattas.

While at Regattas, your child is a representative of the ACMYC Junior Sailing Program’s “Race Team”, and their behavior and actions should continue to follow those expected at the yacht club.

Sailor Class Placement

All sailors who have previously participated in one of our program classes will be placed/advanced to the next level class at the program director's discretion based on that sailor's

performance in their prior class. Placement is based on age, sailing skill, attitude, comfort, and the discipline of each sailor. Requests for placement changes during the sailing season should also be addressed to the Program Director, as should any questions about any class placements or adjustments. New sailors should be placed into beginner classes by their age, comfort, and experience.

Safety

Optimists:*

Optimists must have airbags with a capacity of 45 liters each, 1 bailer secured to the hull, and a painter (5mm x 24' using a floating line).

*Those with boats to offer and those looking for boats are encouraged to use the exchange feature on the home page. The bulletin board on the shed is also available to post boat-related notices and inquiries. The Exchange available on the www.acmyc.org website also provides an opportunity to make boat arrangements.

Swim/Life Jacket Checks:

This will allow the instructors to evaluate each child's swimming skills and comfort level in the water. The swim check will be conducted on the first day of lessons so sailors should come prepared. The swim check will consist of the following American Red Cross recommendations:

1. Treading water for 3 minutes unassisted while wearing a life jacket and regular sailing clothes (no face coverings during swim check)

2. Swimming 25 yards unassisted

3. Demonstrate a comfort level while in the water

Sailors will also be taught to learn self-rescue techniques with a sailboat and proper safety procedures (ie. capsizing drills).

Bad Weather:

We do sail even if it rains. If weather conditions such as high winds or lightning prevent us from sailing during class time, all classes will still be conducted indoors (usually Freedom Hall).

Many aspects of seamanship can be worked on during these indoor sessions.

Getting Involved

The sailing program of the ACMYC highly encourages students to race in CMYC races. As the CMYC was founded by juniors and continues to be run by young men and women (ages 25 and under), it fosters a strong tradition of junior racing. The CMYC offers the following racing series aimed at juniors.

Skiff Junior Series:	10:00	Wednesday Mornings - must be 16 or under to compete. May take an adult crew for learning purposes, but the results will not count (one cannot win a series with an adult crew)
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There are two Skiff Junior Series: one for July and a second for August. The winners of these Jr. Series earn berths into the CMYC Club Championships in late August.*

*To qualify to win the Jr. Series, skippers must pass the Jr. Seamanship Test with a score of 75 or higher. The Club awards prizes at the Labor Day Meeting for the Jr. Seamanship Test.

The Jr. Seamanship Test consists of the following:

Knots: Square Bowline Sheet Bend Half-Hitches Clove Hitch

Reefing **Reef Shake** **Putting Boat to Bed** **Rope Coil** **Rope Throw**

Rowing **Mooring** **Docking** **Beaching** **Man-Overboard**

Skiff Senior Series: **14:30** Friday Afternoons - must be 21 or under to compete. Older sailors may race for fun (and bragging rights), but results do not officially count. The same rule for crew ages applies.

The Senior Series runs all summer long, with a total of eight races. The winner qualifies for the Club Champs.

Juniors may also compete in the open CMYC races, where many skills can be learned from elders (though usually only after the race!). Get out on the course and have fun, but know your rules.