



Melbourne Yacht Club

Youth Sailing Program

Parent/Guardian Handbook 2023



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Directory

MYC Director of Sailing Education
Brian Gilcher
MYCFLSailingEd@gmail.com

MYC Head Coach
Gonzalo Crivello
Cell (305)491-1814
MYCFLSailingEd@gmail.com

Assistant Coach
Anthon Funderbunk

Assistant Coach
Thomas Schuerger

Parent Liaison
Fenny Csaszar
Cell (571)331-5008

MYC Commodore
Phil Spletter
MYCFLCommodore@gmail.com

MYC Treasurer
Robert Scott
MYCFLTreasurer@gmail.com

Melbourne Yacht Club
1202 E. River Drive
Melbourne, FL 32901
www.melbourneyachtclub.com



Program Details

The 2023-2024 season is divided into a fall and spring season:

Fall season runs from 9/14/2023 to 12/20/2023.

Fall Celebration for all sailors and parents on Saturday December 16 at 4 pm in the Clubhouse.

Spring Season runs from 1/5/2024 to 5/11/2024.

End of Year Celebration for all sailors and parents on Saturday May 11 at 4 pm at MYC.

Schedule Dates:

The dates of specific practices, regattas, and other activities are maintained in a Google calendar on the MYC web site. The calendar maybe found here:

<https://melbourneyachtclub.com/sailing-education> at the bottom of the page. It is also included with the MYC Club Event calendar here: <https://melbourneyachtclub.com/calendar>, again at the bottom of the page.

Beginner Opti/Learn2Sail Announcements:

Announcements/updates will be made via the “Learn2Sail” WhatsApp group. All sailors and parents should be in this group. If not, please ask to be added by Coach Gonzalo.

Intermediate/Competitive Opti Announcements:

Announcements/updates will be made via the “CompOpti” WhatsApp group. All sailors and parents should be in this group. If not, please ask to be added by Coach Gonzalo.

Homeschool Announcements:

Announcements/updates will be made via the “Homeschool” WhatsApp group. All sailors and parents should be in this group. If not, please ask to be added by Coach Gonzalo.

420 HS Sailing Team Announcements:

Announcements/updates via the “HS420” WhatsApp group. All sailors and parents should be in this group. If not, please ask to be added by Coach Gonzalo.

Club 420 Competitive Team Announcements:

Team announcements/updates via the “C420” WhatsApp group. All sailors and parents should be in this group. If not, please ask to be added by Coach Gonzalo.



Program Goals and Overview

The Melbourne Yacht Club Youth Sailing Program will provide a fun and educational program for youth interested in recreational beginner sailing all the way to advanced racing. We seek to instill a love of sailing as a life sport while providing the fundamental skills necessary for participants to advance in the sport of sailing as far as their desire, skill, and hard work may take them.

Our coaches provide a curriculum with current and effective techniques to create skilled and confident youth sailors who will respect others, care for their equipment, and be willing to help fellow sailors on and off the water. Our sailors will be expected to conduct themselves in the Corinthian Spirit during class and in competition. All MYC sailors, whether their interest be in cruising or racing, should emerge with an enhanced sense of self-reliance and confidence, knowledge of seamanship, and a solid foundation in the sport of sailing.

The Beginner Opti/Learn2Sail program are taught the fundamentals of sailing such as:

How to rig, de-rig, launch, and recover small sailing dinghies.

When to tell if it is safe to sail and how to read wind and weather conditions.

How to sail across all points of sail in light to moderate breezes.

How to be comfortable getting into and out of a sailboat in the water.

Students should be between 8 - 14 and must be able to swim and be comfortable in open water.

The Intermediate/Competitive Opti sailors are taught advanced sail setup and sailing in a wider variety of conditions. They also start with dinghy racing as in learning the racing rules, strategy and tactics.

Sailors must have completed the Beginner Opti/Learn2Sail program and/or be invited by the coach to join the competitive team.

The Intermediate 420/MYC Collegiate 420 HS Sailing Team is geared towards prepare sailors for competition in the South Atlantic Interscholastic Sailing Association (SAISA) sanctioned events. SAISA events closely parallel the format of College Sailing. In this discipline the 420's are sailed with jib and main only and without a trapeze. The regattas are typically one-day events with numerous short-course races. This places an added emphasis on starting, tactics, racing rules, and boat handling. The fall session will be used for training and every effort will be made to have the team start attending regattas in the spring.

The Advanced 420/MYC Club 420 Competitive Team provides a comprehensive training day atmosphere for Club 420 sailors participating in a season long sailing campaign. The full-day sessions will include lessons in physical literacy, mental health, boat preparation, teamwork, speed, boat handling, spinnaker, trapeze, tactics, strategy, weather, racing rules, and all-important regatta travel logistics. These practices are disciplined and designed for maximum time efficiency. Sailors will have their skills tracked and evaluated to ensure continuous development towards a national level standard of excellence.



Private Lessons

Private coaching provides the sailor with one-on-one instruction with the Coach and focuses on particular goals. Private lessons can be scheduled by contacting Coach Gonzalo and cannot interfere with the practice schedule.

Attendance Policy

Attendance is crucial to a sailor's growth and development within the sport. Attendance will be taken at every class. We ask sailors to attend at least 80% of classes. If you know your sailor will not be attending class on a particular date, please contact the coach so we can plan accordingly. If your sailor cannot meet this expectation, you may be asked to remove your sailor from the roster so that we can accommodate a student on the waiting list.

The time commitment for MYC Club 420 Competitive Team is considerable. Skill development in the Club 420 utilizes a building block approach and is directly proportional to the amount of time spent on the water at practice. Successful sailors at this level will spend between ten and fifteen hours per week at practice and compete in a regatta about once to twice per month. A well-practiced sailor will have a more enjoyable experience. Well engaged and prepared parents can best accommodate the needs of their sailors. Regatta participation further accelerates development. There are additional time commitments required for transiting to and from practices, delivering boats to and from regattas, studying coaching notes, reviewing video and photos, and making travel plans. A capable SUV or truck with a trailer hitch is a most valuable resource for executing team travel logistics. All parents are expected to assist in team travel logistics.

Safety Requirements

Safety is our primary concern at MYC. Each safety boat is equipped with a radio and first aid kit. It is imperative that at the start of the program all medical forms be completed and code of ethics forms signed by both sailor and guardian. The Sailing Director and/or Coach will have these forms available in the classroom.

In the case of a concussion, parents will be contacted immediately to bring your sailor to the hospital for an examination. We then ask that your sailor does not return to sailing for the proper recovery time of two weeks. Should the concussion be severe enough, we will call an ambulance from the club.

The Coach will receive the weather forecast in the morning. If there is a forecast of possible thunderstorms, then the instructors will be advised to pay particular attention to the weather conditions. Instructors will cancel all water activities if they hear, or see, any lightning. All kids will be advised to go immediately into the classroom to continue instruction or wait to be picked up.

In order to ensure the safety of the MYC Youth Sailing Program, there are certain requirements for sailors:

- All sailors must pass a water comfortability/swim test if not done so prior to the season;
- All sailors must wear closed toed shoes;



- All sailors must bring refillable water bottles;
- All sailors must bring a towel;
- All registration/medical forms must be completed online and fees paid online prior to the first practice;
- All sailors must wear a Life Guard approved Personal Flotation Device (PFD) at all times when on the water, and must have a safety whistle attached. => It is required that ALL sailors AT ALL TIMES wear an adequate PFD (personal flotation device – the proper name for life jacket). This life jacket (PFD) needs to be a brightly colored, Coast Guard approved, Type III or better with no collar that can get caught on the boat rigging. Type V inflatable life jackets should NOT be used in this course. PFDs are sized by user's weight. Be sure to purchase the proper size! Please write your name on the life jacket. MYC has limited life jackets on hand to lend;

- All classes will begin on time. Sailors that arrive late may have to miss class;
- All sailors must make every effort to avoid collisions;
- All sailors will refrain from running on the dock, no swimming (unless with coach's permission), no littering (on land, nor water), and refrain from using disrespectful language;
- All sailors and coach boats must return to the dock prior to sunset;
- All sailors will stay within hailing distance of the coach boat or with the rest of the class and will refrain from jumping off boats;
- All sailors are responsible for rigging and de-rigging their boats. Club owned boats must be properly returned and stored after use.

The following are recommendations that all sailors should take into consideration:

- Please put your name on all personal belongings with permanent ink;
- Be sure to wear sun-block, visor or hat, and sunglasses each practice;
- Depending on conditions, sailors may need foul weather gear;

*Label all belongings! Lost, misplaced or stolen articles are not the responsibility of MYC. There is a lost and found in the classroom throughout the season. If your sailor loses something and does not reclaim it before the last class of each season, it may be donated.

Class Location

MYC has a classroom location on the ground floor of the Annex on the grounds of the yacht club. It is located inside the main gate on the east side of the property. Please drop off students at the main gate or the classroom and sign them in with the coach. Intermediate/Advanced team sailors can sign themselves in on the attendance sheet in the classroom.

Swim Check

All sailors joining the program for the first time are required to take a water comfortability and swim test. The test may be conducted in the harbor or out on the open river. Please have your sailors come to the first practice prepared to get wet!

The Swim check goal is to test a sailor's comfort in the water, know how to swim, and ensure that all sailors have a properly fitting life jacket and understand its use.



Code of Conduct

MYC maintains a Code of Conduct for both students and parents. This document is a required part of being on any of our teams and it will be presented for signature during the first class of the season.

Communication

The Coach will communicate directly with the parents via email or the WhatsApp group. These communication channels are to stay focused on sailing related posts only. If sailors and/or parents desire to have a social messaging group, a separate group should be created for social postings.

In the case of a weather event, or the need for early pickup, the Coach will post in the WhatsApp group and wait with all sailors in the classroom. This is the main form of communication; however, for more urgent matters, please feel free to call or text your coach directly.

Volunteer Opportunities:

- Organize/support team events
- Assist with MYC organized regattas
- Fundraising help- composing letters & flyers, approaching companies for sponsorship, raising money for programs via special initiatives, etc..
- Create content/maintain MYC and sailing teams' social media sites
- Tow boats for regattas (Competitive team parents)
- Boat maintenance and repair- Tuesday/Thursday mornings 9-12

Please email MYCFLSailingEd if you have any specific ideas on how to help with the youth sailing program. There are many different people helping in a wide variety of ways.

Gear Guide

For recommendations on sailing gear, e.g. PDFs (personal flotation device, aka life vests), dinghy boots, etc, please download the Gear Guide available from Melbourneyachtclub.com/forms under Sailing Education.

Curriculum Overview



Opti

	Level 1	Level 2	Level 3/Green	Racing
Opti	Boat Care - Rinsing after use, blades sticking up or gentle stowing, Leach rolling sails, boats can't be dropped coming off the racks. Assigned boats.	Boat Care - Dry boat, coil main sheet and stow in eyelit gromet under mast step. Inform coach of needed repairs. Sail Ties need to be tied properly.	Boat Care - Dry boat, coil main sheet and stow in eyelit gromet under mast step. Sail Ties need to be tied properly.	Boat Care - Dry, covered boat on it's dolly with properly derigged sail, lines and steering under racing cover.
	Boat Check - air bags, knots, bowline, mainsheet, daggerboard	Boat Check - Sail ties, air bags, mainsheet, sail, sprit.	Boat Check - Unassisted Rigging and Furling according to settings (15 minutes from zero rig by end of season)	Boat Check - Unassisted Rigging and Furling with racing sails according to settings (15 minutes)
	Body/Boat Position/ Rudder Position & Line Functions - Facing forward, proper tiller technique, hiking out, etc.	Body Position/Line Functions - Demonstrate proper body position on all points of sail and use of Outhaul, Downhaul, main sheet and cunningham.	Body Position/Line Functions - Proper body position and use of lines for racing purposes	Body Position/Line Functions - Proper adjustments according to race strategy and conditions
	Capsize Recovery & Bailing	Intro to bailing in sailing	Bailing upwind	Bailing while racing
	Knots - 8, Square, Bowline, cleat hitch	Knots - Coil & Heave, Half Hitch, barrel knot	Knots - Rig with sail ties. Leave coiled, clean lines.	knots - Proper docking technique, coiled, clean lines. Rig with sail ties every practice and regatta.
	Launch & Return - Day 1 practice pointing up into the wind without hitting the beach	Launch & Return - Unassisted	Launch & Return - Unassisted sail to start/finish line	Launch & Return - Tell tails, Unassisted sail to start/finish line and back to launch area
	Basic Parts of the boat & Sail	More Parts of the boat	Racing parts, full hull understanding	Can test for full hull nomenclature
	Right of Way - Learn basics	Right of Way -Start to use ROW	Right of Way - Utilize in practice and regattas (Port, starboard, barging, buoy room, no skulling/pumping)	Right of Way - Utilize and protest proficiently with proper right of way rules
	Intro to Racing - Rules, Start, Rounding marks	Intro to racing - How to get to the start line, different starts, ROW, protests.	Racing - Mark Roundings with other boats, start strategy, course changes, protests.	Racing - Regatta racing, wind awareness, strategy established, sailing in 20+ knots.
	Start & Stop (Safety Position) - Skulling	Start & Stop (Safety Position)- skulling, backing down and backwinding	Start & Stop - Starting techniques, sailing backward, racing.	Start & Stop - Starting strategy
	Tacking & Jibing - Master Reaching Basic Towing	Controlled tacking/Jibing Towing	Roll Tacking/Jibing Towing on command	Roll Tacking/Jibing Towing in high winds
	Wind Awareness - Master Reaching	Points of Sail - Proper sail trim and tell tail trim. No luffing or oversteering, always trimming through tacks, etc.	Mastering Upwind Sailing	Mastering Upwind Racing



C420

	Level 1	Level 2	Level 3/Green	Racing
C420	Boat Care - Rinsing after use, blades sticking up or gentle stowing, Leach rolling sails, boats can't be dropped and need to be stowed uniformly. Assigned boats.	Boat Care - Rinsing after use, blades sticking up or gentle stowing, Leach rolling sails, boats can't be dropped and need to be stowed uniformly. Assigned boats.	Boat Care - Proper rigging/furling and reporting repairs.	Boat Care - Proper rigging/furling technique, maintain boat as needed.
	Boat Check/Proper Rigging (Sails, outhaul, downhaul, rudder, drain plug)	Boat Check/Proper Rigging (Sails, outhaul, downhaul, rudder, drain plug)	Boat Check - Unassisted Rigging and Furling	Boat Check - Unassisted Rigging and Furling with racing sails
	Body/Boat Position/ Rudder Position for Skipper and Crew - Facing forward, proper tiller technique, hiking out, etc.	Body Position/Line Functions - Demonstrate proper body position on all points of sail and use or Outhaul, Downhaul, mian sheet and cunningham.	Body Position/Line Functions - Proper body position and use of lines for racing purposes	Body Postion/Line Functions - Proper adjustments according to race strategy and conditions
	Knots - 8, Square, Bowline, cleat hitch	Knots - Coil & Heave, Half Hitch, barrel knot	Knots - Rig with sail ties. Leave coiled, clean lines.	knots - Proper docking technique, coiled, clean lines. Rig with sail ties every practice and regatta.
	Launch & Return - Day 1 practice pointing up into the wind without hitting the beach	Unassisted Launch & Return - Sailing into Irons	Launch & Return - Unassisted sail to start/finish line	Launch & Return - Tell tails, Unassisted sail to start/finish line and back to launch area
	Basic Parts of the boat & Sail	More Parts of the boat	Racing parts, full hull understanding	Can test for full hull nomenclature
	Right of Way - Learn basics	Right of Way -Start to use ROW	Right of Way - Utilize in practice and regattas (Port, starboard, barging, buoy room, no skulling/pumping)	Right of Way - Utilize and protest proficiently with proper right of way rules
	Intro to Racing - Rules, Start, Rounding marks	Intro to racing - How to get to the start line, different starts, ROW, protests.	Racing - Mark Roundings with other boats, start strategy, course changes, protests.	Racing - Regatta racing, wind awareness, strategy established, sailing in 20+ knots.
	Start & Stop (Safety Position) - Skulling	Start & Stop (Safety Position)- skulling, backing down and backwinding	Start & Stop - Starting techniques, sailing backward, racing.	Start & Stop - Starting strategy
	Tacking/Jibing - Master Reaching	Controlled tacking/Jibing	Roll Tacking/Jibing	Roll Tacking/Jibing while rounding marks
	Basic Towing/Capsize Recovery	Towing/Capsize Recovery	Towing and Capsize recovery on command	Towing and capsize recovery in high winds
	Wind Awareness	Points of Sail - Proper sail trim	Wind Awareness - Understanding race course set up	Wind Awareness - Understanding wind speed