



JUNIOR SAILING HANDBOOK 2024

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Mission Statement

The mission of the Lavallette Yacht Club Junior Sailing Program is to develop knowledgeable youth sailors and to instill in them a love for the sport of sailing that will serve as a foundation for the future of our club.

Goals

The primary goals of the Lavallette Yacht Club Junior Sailing Program are:

1. To develop sportsmanship, integrity, and interpersonal skills
2. To instill in the students an admiration and love of sailing
3. To develop a respect for the sea and the elements
4. To learn to incorporate safe sailing practices and seamanship
5. To instill responsibility in caring for boats and equipment
6. To create a fun atmosphere in which children want to participate
7. To provide the environment and education for those who want to compete and those who do not.

To accomplish these goals, we need the help and active cooperation of the committee, instructors, parents, sailors, and other LYC members. Many people spend countless hours every year working to make our Junior Sailing Program a success and the more volunteers there are the more enjoyable the work is.

Junior Program Leadership

Junior Sailing Committee

The two coordinators can be reached at lycirsailing@lavalletteyc.org or their personal email addresses. Also, please feel free to reach out via text or phone call.

Name	Email	Phone
Tara Glosenger (coordinator)		
Stephanie Peltzman (coordinator)		
Kathy Fritz		
Jessica Tierney		

Club Officers

Commodore	Frank Rodino	commodore@lavalletteyc.org
Vice Commodore	Jim Walsh	vicecommodore@lavalletteyc.org
Rear Commodore	William Burns	rearcommodore@lavalletteyc.org
Fleet Captain	Carrie Slavinski	fleetcaptain@lavalletteyc.org

Junior Sailing Calendar 2024

JUNE 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16 Sunday Series Tune-up Race	17	18	19	20 ILCA Clinic @ SAYC	21 ILCA Clinic @ SAYC	22 Rigged & Ready at LYC 10-11am
23 Sunday Series	24 First day of program Week 1	25 Program	26 Program Wednesday Series	27 Program	28 Feed the Need RegattaPine Beach	29

JUNE / JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Sunday Series	1 Program Week 2	2 Program	3 Program	4 No Program	5	6
7 Sunday Series	8 JS Program Marsh Madness with Save Barnegat Bay Week 3	9 JS Program	10 JS Program Wednesday Series	11 JS Program Iron Man Regatta Shore Acres	12 Powder Puff Regatta Metedeconk River YC	13
14 Sunday Series	15 JS Program Week 4	16 JS Program	17 JS Program Wednesday Series	18 JS Program Beachwood Blast Regatta Beachwood YC	19 Little Bay Day Regatta Seaside Park YC	20
21 Sunday Series	22 Program Week 5 Junior Olympics Island Heights YC	23 Program Junior Olympics Island Heights YC	24 Program Wednesday Series	25 Program Rookie Regatta Manasquan River YC	26	27
28 Champagne Breakfast No Sunday Series	29 No Program Week 6 Seggel Family Regatta	30 No Program Caryn Wilson Opti Regatta	31 Program Junior Sailing Halloween	1 Program	2	3

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 Program	2 Ocean Gate Classic RegattaOcean Gate YC	3
4 Sunday Series	5 Program Week 7 One-Day Only (ODO) Mantoloking YC	6 Program	7 Program Wednesday Series LYC Sunset Regatta	8 Program Merrick Team Race Bay Head YC	9	10
11 Sunday Series	12 Program Week 8	13 Program No Tears Regatta Toms River YC	14 Program Good-bye dinner & Slideshow	15 Last Day of Program Kettle Cup & Paper Plate Awards	16	17
18 Sunday Series	19 Opti States @ LYC	20 Opti States @ LYC	21	22	23	24
25 Sunday Series	26	27	28	29	30	31

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sunday Series LYC Awards Ceremony	2 Labor Day	3	4	5	6	7

- N** First Half Season Dates : June 24 – July 18 **S** Second Half Season Dates: July 22 – Aug 15
- O** Seggel Family Junior Regatta - no program for sailors who are not participating in Laser/ILCA, Sunfish, or 420 races
- T** Caryn Wilson Opti Regatta- no program for sailors who are not participating in Opti races
- E** Sunday Series - all experienced sailors may participate in the Sunday Series at LYC
- S** ***Program is weather dependent - non-regatta Fridays are designated as Weather Make-ups if needed***
- S** Junior Skippers: **JS** symbol designates the dates the Junior Skipper Program meets (Session 1: 8-11. Session 2: 15-18)

2024 Daily Program Schedule

FLEET	Schedule	TIMES	LUNCH
PRE-SAILING	MON, TUES, WED, THURS	9:00 AM - 12:00 PM	
GREENIES	MON, TUES, WED (before Wed Series starts), THURS	9:00 AM - 3:00 PM	12PM-12:30PM
GREENIES	WED (for Wednesday Series weeks only)	9:00 AM - 2:00 PM	TBD
OPTI	MON, TUES, THURS	9:00 AM - 3:00 PM	12:30PM - 1:00 PM
OPTI	WED	9:00 AM - 2:00 PM	TBD
LASER/ILCA, SUNFISH, 420	MON, TUES, THURS	9:30 AM -3:30 PM	12PM-12:30PM
LASER/ILCA, SUNFISH, 420	WED	9:00 AM - 2:00 PM	TBD
JUNIOR SKIPPERS	JULY 8-11 & JULY 15-18	12:30 - 3:30 PM	

Sailors must be rigged and ready and on the deck by their designated start time.

Wednesday Series days will be 9:00 am to 2:00 pm depending on the wind (1st race around 10am)- awards will take place directly after

Fridays are for: BBYRA Regattas, weather make-up days, and/or private lessons

The Green Fleet will participate in the Wednesday Series when the instructor deems the fleet ready to race. Until that time, Green Fleet will follow the regular schedule of 9:00AM-3:00PM on Wednesdays.

Junior Sailing Classes Sailed & Instruction Levels

Junior Skippers

Junior Skippers is an introductory program for future sailors that introduces 5 & 6 year olds to the world of sailing. The program will require a swim test with a lifejacket this year and be a combination of land based and on-the-water activities. This program is going to be on a first come first serve basis that will be restricted to approximately 10 sailors. The Junior Skippers program will return this year as two 1-week ½ day sessions in the afternoons running Monday-Thursday. Junior Skippers are welcome to take one or both sessions.

Pre-Sailing

The beginner program is called Pre-Sailing. This program will use club owned Opti boats in the cove beach and the new RS Toura for group sailing adventures. This program is going to be on a first come first serve basis that will be restricted to approximately 10 sailors between the ages of 6-7. Pre-sailing program will run for 4 half days per week in the mornings. Pre-sailors who sign up for the 4 week program must do the first 4 weeks.

Optimist Pram (Opti)

The Optimist is a small, single-handed sailing dinghy intended for use by children. Younger sailors typically begin in Optis. Competitive sailors in this fleet usually weigh between 65 lbs and 130 lbs. Optimists can be sailed comfortably by people from age 8 to 15 depending on height and weight. The Optimist is the most popular youth racing class in the world.

Optimist Prams will be identified by the following class symbol on their sails:



Opti Green

This class is for first-time sailors who have completed the 2nd grade. This class will introduce first time sailors to the joy of sailing in a fun and safe environment. Sailors will focus on rigging, basic sailing, water safety, and gaining confidence on the water. ***It is recommended that sailors in this program not be entered into a regatta until instructors have notified the sailors and their parents. This usually occurs in the middle to the end of the 1st year in the program and there are regattas that are designated for Green racers only. Sailors can defer their Green racing year until the following summer if they prefer. Also, sailors qualify for the Green racing fleet for 364 days from their first Green race.***

Opti C

The majority of the sailors in this group are between the ages of 8-10 and have sailed between 1-3 years in their own boat. This group works on both recreational techniques as well as racing strategies.

Opti B

This group is designed for sailors who have successfully completed and mastered objectives taught in the developmental Opti programs. This group will promote more advanced sailing and racing skills. The majority of the sailors in this group are between the ages of 11-15. This group will be instructed on both recreational techniques as well as racing strategies.

Opti A/Race Team

This grouping will promote more advanced sailing skills with a focus on individual and team racing skills. They usually attend most, if not all, of the regattas during the summer season.

Laser/ILCA

The Laser/ILCA is one of the most popular single-handed dinghies in the world. The ILCA is a 14-foot, single-handed class that is sailed in the Olympics. It is for more experienced sailors who are interested in continuing to develop their single-handed skills. Three rig sizes accommodate sailors of varying weight and strength. The class will focus on developing boat handling and racing skills.

Laser/ILCA will be identified by the following class symbol on their sails:



Sunfish

The Sunfish is the most popular sailing dinghy in the world. The two-line rigging makes it simple to learn and to set up. Upgrades can be added to enhance sail control for competitive sailing, making the boat attractive to both novice and experienced sailors alike. This class will focus on developing boat handling and racing skills.

Sunfish sailboats will be identified by the following class symbol on their sails:



Club 420

The Club 420 (C420) is a double-handed sloop that is almost 14 feet long requiring both skipper and crew. The need for skipper-crew teamwork will be emphasized. This class reinforces the techniques of fleet and team racing and the skills of working with a spinnaker. Skipper and crew will continue to develop coordination and mutual reliance. This is a common boat in high school and college sailing programs.

C420 sailboats will be identified by the following class symbol on their sails:



Safety

Swim Test

A swim test will be administered on the first day of the program, regardless of age and/or past participation in the sailing program. **Sailors who do not pass the swim test will not be allowed to participate in the sailing program.** ***No exceptions to this policy can be made.***

Lifejackets

Personal floatation devices (PFD's) must be worn at all times when near, on, or in the water. ***These must be US Coast Guard approved and must be properly rated to the individual sailor.*** The lifejacket should be properly identified with the owner's name and should be inspected regularly to ensure that it is in good functioning condition (no missing straps, torn zippers, or waterlogged floatation). If a lifejacket is unsafe or of questionable condition, it must be discarded and replaced immediately. **A whistle on a lanyard (string) must be attached.**

Footwear

During the program hours and for all BBYRA sponsored events such as Interclubs and Regattas, all sailors are required to wear sailing boots or sandals with heel straps and closed toes. Proper footwear is for the safety of our children.

Reasons junior sailors are asked to stay home:

- Health reasons
- No life jacket
- Boat not in seaworthy condition
- Discipline – Junior sailors are expected to act in an appropriate manner. If an instructor feels that a junior sailor is not behaving in an appropriate manner, she/he will consult with the Head Instructor and call the parent to pick-up the sailor. Junior sailors who are asked to stay home from the program for discipline reasons may not attend junior sailing activities while they are suspended from the program, no exceptions. Threats and/or acts of violence against other people and/or property will be grounds for immediate expulsion from the sailing program. Sexual harassment, alcohol, nicotine, and drug use will be grounds for immediate expulsion from the sailing program.

Program Requirements

Prior to the start of Junior Sailing Program, all sailors are required to:

- Have their own properly equipped boat, dolly, and towline (except Junior Skippers & Pre-Sailing)
- Complete all necessary Junior Sailing Program forms, such as:
 - Code of Conduct
 - Dismissal Authorization
 - Medical forms
- Make payments for the Junior Sailing Program and boat slip fees

Sailor Preparation

Each day before coming to lessons, please help your sailor be ready by making certain that they are prepared for class. Sailors must show up on time and be rigged & ready by their group's designated start time. Sailing is strenuous, hard work and can, at times, be dangerous if code of conduct is not followed. It is very important that everyone at LYC be:

- Well-behaved
- Alert
- Well nourished
- Well rested
- Have all the proper equipment
- On time and rigged

Equipment Required

Required equipment includes:

- Boat (except Junior Skippers & Pre-Sailing)
- Dolly (except Junior Skippers & Pre-Sailing)
- Towlines (except Junior Skippers & Pre-Sailing)
- Trailer ties if attending regattas (except Junior Skippers & Pre-Sailing)
- US Coast Guard Approved Life Jacket with whistle attached
- Closed-toe water shoes with a heel strap and non-marking sole (such as Crocs or Keens or sailing booties)
- Other Equipment Required for Class of Boat
- Water Bottle

Other Equipment

Other equipment needed may include:

- Sunscreen
- Sunglasses
- Hat
- Extra Sail Ties
- Bug Spray
- Towel
- Dry Clothes
- Sailing Gloves
- Manual bilge pump (highly recommend for all Optis)

All equipment needs to be labeled to avoid being misplaced by junior sailors!

Places to buy sailing equipment

Stores where additional equipment can be purchased:

In person or online: Colie Sails 1649 Bay Avenue, Point Pleasant, NJ 08742 **Phone:** (732) 892-4344

ONLINE: Intensity Sails www.intensitysails.com

Junior Sailor Expectations

Daily Boat Maintenance

1. Sailors are required to maintain their own equipment and boats. This includes the hull (keep it clean and dry), blades, spars, sail, sail bags, all lines, air bags, and covers, etc.
2. Sailors are responsible for rigging their boats prior to the start time of their specific program.
3. Upon returning to the clubhouse for lunch, all sailors are to properly secure their boats on dollies/land before beginning their lunch. If a sailor completes this promptly, they should assist their peers.
4. Sailors are responsible for de-rigging their own boat and assisting their class peers prior to leaving the LYC for the day.

Junior Room and Clubhouse

In the clubhouse it is expected that every sailor treats the Junior Room and all other areas with respect. The Junior Room is a place for all to enjoy and relax. This area is to be kept clean and tidy. All personal equipment (such as towels, bags, shoes) should be kept organized on the hooks on the outside of the clubhouse and **NOT** left in the Junior Room or on the deck. Each sailor is responsible for cleaning up after eating (including throwing away garbage, recyclables, and food) and putting away their lunch box. No food or wrappers should be left in the Junior Room or on the deck. Running or “rough housing” is **NOT** allowed throughout the LYC property.

Opportunities to Sail Competitively

Racing

For some, competition becomes an essential part of higher-level classes. Several benefits may be derived from racing. It is one of the best ways to improve boat handling skills. Children, and adults, often don't understand or develop the finer points of sailing unless they can see the effects of their actions as measured against another boat sailing alongside. The learning curve is generally heightened when there is a clearly identifiable short-term goal. While encouraging friendly competition, we try to avoid divisive activities. We believe sailors should learn the racing rules. This allows protests and the subsequent hearings. This is an important process and helps sailors learn the nuances of the rules. We discourage the use of the rules as a weapon to gain an advantage. We try to always remember that sailing is fun! Parents should be instrumental in supporting their children and helping them understand that there is a system for resolving disputes. The “system” does not always function properly, but children should be taught to deal with the outcome, accept the results and then move on.

We are also aware that some children may not have the desire to race nor feel comfortable while racing. We feel that there are valuable lessons to be learned in the realm of recreational sailing/cruising. The instructors, to meet the learning needs of these students too, will adjust lesson plans accordingly where possible.

Wednesday Series

The Junior Wednesday Series is a program-long series held at LYC and is open to any junior sailor enrolled in the Junior Sailing Program. “Greenies” will be notified by their instructor when this is appropriate. Races are run for Laser/ILCA, Sunfish, Optis, and 420s. Often, the green fleet races are run separately in the cove. The Wednesday Series is part of the regular instructional program. LYC instructors hold the morning skippers meeting and run the races. The series is intended to be a learning experience. In addition to final series awards in August, there will be an awards ceremony at the end of each Wednesday Series race day. Families are encouraged to attend each Wednesday afternoon awards!

Sunday Series

The Lavallette Yacht Club Sunday Series is held on Sunday mornings and afternoons. Laser/ILCA, Sunfish, c420, and Red/Blue/White Opti fleet sailors will have the opportunity to sail in the morning on the main course run by the Race Committee. There will be a Junior Sailing Instructor assigned to the junior sailors that participate on the Green Opti course in the cove. Two boats in a fleet to qualify as a race.

BBYRA

Lavallette Yacht Club is a member of the Barnegat Bay Yacht Racing Association (BBYRA). Junior Regattas and interclub races are opportunities to sail amongst junior sailors from all of the participating juniors in the 14 bay clubs of the BBYRA. Please refer to the BBYRA website (www.bbyra.org) for more information about other possible racing opportunities. Please see the appendix for a list of BBYRA clubs with contact information.

Junior Regattas

Traveling to BBYRA junior regattas can be a memorable experience for sailors. Besides the enjoyment and experience of the competition itself, the social aspects are significant. The sailors spend a lot of time on and off the water with other sailors from both LYC and other clubs around the bay. While regattas make for a long day, they are very fun and a great experience. If logistics are an issue with attending regattas please reach out to the Junior Sailing Coordinators.

Participation in regattas is optional but encouraged. Sailors are charged a participation fee that usually covers the day's racing, a T-shirt/swag, and lunch. Sailor's families are responsible for signing up their sailor for the age-appropriate fleet and paying required fees. Sailors are encouraged to wear their LYC shirts and appropriate footwear. **Please check with your sailor's instructor regarding the recommended regatta participation for their group.** There will be an Instructor at every BBYRA sponsored regatta where LYC sailors compete.

2024 Regatta Dates

Regatta	Date	Location	Who attends? (if interested)
Feed the Need	June 28	PBYC	All fleets except Green
Iron Man	July 11	SAYC	All fleets – males only
Powder Puff	July 12	MCYC	All fleets – females only
Beachwood Blast	July 18	BYC	All fleets
Little Day Bay	July 19	SPYC	All fleets
Junior Olympics	July 22 & 23	IHYC	All fleets (experienced sailors)
Rookie Regatta	July 25	MRYC	Green Optis only
Seggel Family Regatta	July 29	LYC	Laser/ILCA, Sunfish and 420
Caryn Wilson Opti	July 30	LYC	Opti only
Ocean Gate Classic	August 2	OGYC	All fleets
ODO	August 5	MYC	Opti only
Merrick Team Race	August 8	BHYC	Opti/420 (teams)
No Tears	August 13	TRYC	Beginner Opti/Sunfish
Opti States	August 18 -20	LYC	Opti only
Opti ACC	Sept 21 & 22	SPYC	Opti only

Interclub

On Barnegat Bay, the BBYRA has divided the clubs into Up-bay and Down-bay. Lavallette is part of the Up-bay Interclub races for sailors in Opti, Lasers, Sunfish, and 420s. The clubs in the Up-Bay interclub racing group are Bay Head, Mantoloking, Normandy Beach and Lavallette. At this time, there are no interclubs scheduled for Upbay.

Transportation

Transportation to and from regattas is the responsibility of the parents/guardians of the junior sailor. The sailor and/or family members are responsible for helping to get their boat in and out of the water.

Trailing

Lavallette Yacht Club has rack trailers available for transportation of boats to and from regattas. **Sailors and family members are responsible for loading and unloading boats on the LYC trailers. Further, sailors or families are responsible to ensure that boats and other ancillary equipment is either securely tied down to the trailers or taken separately.** When utilizing one of the LYC's trailers, the sailors and families will provide their own tie-downs. Tie-downs will have a buckle to allow the sailor the ability to tighten the straps down. They can be purchased at the locations identified in the equipment section. LYC will not be liable for damaged or lost equipment. **Assistance from parents with trailer hitches on their vehicles will be needed. To ensure that the trailer responsibilities are shared among parents with trailer hitches on their vehicles, a parent may receive a request from the Junior Sailing Committee to drive one of the LYC trailers to an offsite regatta. Please also see the Regatta Transportation Procedure statement in the appendix of this handbook.**

Family Involvement

Here are some ways we need you to get involved:

1. **Parent of the Day** – Each day of regular instruction we need a parent/family member to stay on the LYC porch and be the point person on land. This parent/family member will be in communication with the instructors in the event that a sailor needs to return to land (examples may include: not feeling well, need to use the facilities, need medical assistance, etc.). A parent/family member may volunteer for a ½ or full day.
2. **Lunch Assistant** – Since our sailors stay at LYC for lunch on regular instruction days, a parent/family member is asked to volunteer to assist with getting the lunches to the sailors and managing behavior on the porch and in the clubhouse.
3. **Regatta Volunteer** – LYC hosts two Junior Regattas – many volunteers are needed in order to have the days run smoothly. Volunteer activities include (but are not limited to) helping to prep breakfast and lunch, assist with sign-in and registration, help with the dollies, and patrolling.
4. **Tow a trailer** – Parents are needed to trailer the boats to and from local regattas. You must have your own tow vehicle with the correct size ball, 1-7/8.

Parent Volunteering Bond

Parents/family members are an important part of the Lavallette Junior Sailing Program and we need you to take an active role in supporting the program. Even though the instructors are able to handle all the daily activities of the various classes, there are several areas where parents/family members are needed. We are asking that you help out in whatever way you can by signing up as a volunteer for one or more of the following areas. This will be explained in more detail at the parent meeting and through the Handbook. Sign-ups will be emailed to all families closer to the beginning of the season. If you fulfill the required participation, your \$50 bond will be refunded.

Parent Information

Families can be involved with their children in the program. This includes the following:

- Sailors appreciate a kind word of encouragement from their parents during class and while racing.
- Making sure that their children have a good breakfast, applied sunblock, have life jackets with a whistle and any other needed equipment and arrive at program sessions on time. Parents are instrumental in keeping the program running.
- Remind your sailor that proper, respectful, responsible behavior is required.
- Call or text your sailor's instructor whenever he/she is going to be absent. It is important for the staff to know of absences. It also lets us know you are aware of their absences.
- In order to run a successful program, parent volunteers are needed for such events as daily lunch and the Lavallette sponsored regattas (the Seggel Family Junior Regatta and the Caryn Wilson Opti Regatta). If you are interested in volunteering, there will be a link for the Signup Genius available. More information will be provided throughout the season or see a member of the LYC Junior Sailing Committee.
- Parents are needed on regatta days to trailer the LYC racks to/from the regatta locations.
- Parents must be sure to pick up their children promptly at the end of the program session so our instructors can finish their daily work.

Dismissal

The Authorization Form must be completed before the beginning of the Junior Sailing program. In order to make sure that our sailors are all accounted for, we ask that you provide us with information as to how your child will be departing from the clubhouse. By allowing your child to depart LYC on their own, LYC will not be held responsible after their departure. **It is imperative that all sailors notify their instructors or the head instructor when they are leaving LYC! No sailors are to leave LYC without following this procedure.**

Inclement Weather

Inclement weather does not put a damper on the junior sailing program. Your child will engage in land-based, sailing related activities such as tying knots, recognizing code flags, watching and discussing race videos, and understanding sailing rules.

Comments, Suggestions, and Problems

Comments, suggestions, and problems should be addressed to the Junior Sailing Coordinators and Committee and Head Coach, not the Junior Sailing Instructors.

If not addressed by the members of the Junior Sailing Committee any comments, suggestions, and problems should be addressed to the Club Flag Officers. The Junior Sailing Coordinators and Flag Officers contact information can be found in this handbook or on the LYC website.

The Junior Sailing Committee is always seeking ways to improve. Problems need to be addressed in a timely manner. The program is somewhat flexible and summers are short, so don't allow problems to fester. Please remember that the program coordinators and committee members are all volunteers!

Junior Activities

The Junior Activities Committee plans the Junior Activities Wednesday nights during the season. All juniors (not just junior sailors) are invited to join Junior Activities at LYC on Wednesday nights at 6:30 PM. Additional details will be provided each week in the Scuttlebutt as the sailing season gets underway. Looking forward to seeing everyone there!

Junior Activities Committee

The Junior Activities Committee is a group of members who establish a schedule for social functions for the junior members.

Junior Activities Co-chairs 2024

Name	Email	Phone
Erin Burns		
Heather Brisby		



LYC
JUNIOR ACTIVITIES
2024

6/22 WELCOME EVENT
6/26 TRIVIA AND ICE CREAM
7/3 LYC PATRIOTIC OLYMPICS
7/10 SWIMMING PARTY
7/17 CORNHOLE TOURNAMENT
7/24 ROOKIE DINNER AND BINGO
7/31 TALENT SHOW
8/4 JUNIOR COMMODORE DANCE
8/7 BARBARA WINKELMAN LORD SUNSET REGATTA
8/14 SUMMER SLIDESHOW AND DINNER

EVENTS USUALLY START AT 6:30PM UNLESS OTHERWISE NOTED IN THE SCUTTLEBUTT.

Appendix:

BBYRA Member Clubs Information

Club Name/Address:	Phone Number(s):	Website:	Sail ID:	Signal Lights & Burgee:
Bay Head Yacht Club 111 Metcalfe St. Bay Head NJ 08742	(732) 899-2000 (732) 295-9821	Web Site	BH	B B R 
Beachwood Yacht Club Compass Ave. Beachwood NJ 08722	(732) 349-9604	Web Site	B BD	B R R 
Island Heights Yacht Club River Ave. Island Heights NJ 08732	(732) 929-9813	Web Site	IH	W G W R 
Lavallette Yacht Club 124 Swan Point Rd. Lavallette NJ 08735	(732) 793-8747 (732) 793-9499 (732) 830-6878	Web Site	L LA	B R B 
Manasquan River Yacht Club 405 River View Lane Brielle NJ 08730	(732) 528-6792 (732) 223-6792	Web Site	MR	R W B 
Mantoloking Yacht Club Bay Ave. & Downer Ave. Mantoloking NJ 08738	(732) 892-6281 (732) 892-9251	Web Site	M MA	B W B 
Metedeconk River Yacht Club Tilton Rd. Brick NJ 08723	(732) 477-9781	Web Site	MC	B R W 
Normandy Beach Yacht Club South Court Normandy Beach NJ 08739	(732) 793-6807	Web Site	NB	B B W 
OCC Sailing Club Toms River NJ 08750-2001	(732) 255-0348	Web Site	OCC	
Ocean Gate Yacht Club Foot of Ocean Gate Ave. Ocean Gate NJ 08740	(732) 269-3622	Web Site	OG	B W R 
Pine Beach Yacht Club Riverside Dr. Pine Beach NJ 08741	(732)349-9810	Web Site	PB	R B B 
Seaside Park Yacht Club Bay Front Seaside Park NJ 08752	(732) 793-9611	Web Site	SP	B B B 
Shore Acres Yacht Club 800 Drum Point Rd. Brick NJ 08723	(732) 477-3950	Web Site	SA	R R B 
Toms River Yacht Club 1464 Riviera Ave. Toms River NJ 08754	(732) 929-9809 (732) 929-0888	Web Site	T TR	R B R 

Sailors Code of Conduct

Lavallette Yacht Club (LYC) is striving to be among the best Junior Sailing Programs on the Barnegat Bay. As part of the Barnegat Bay Yacht Racing Association, LYC expects all program participants to conduct themselves appropriately at all times and to follow the Code of Conduct as stated below:

Respect for Others

- I will respect the rights, dignity and self-worth of every individual.*
- I will act honorably and will not lie, cheat or steal (or borrow without permission).*
- I will encourage my fellow junior sailors to display the same qualities.*

Personal Conduct

- I will conduct myself professionally, displaying self-control and accept responsibility for my actions.*
- I will display high standards in my language, manner, punctuality, preparation, and presentation.*
- I will refrain from cell phone usage during the program.*
- I will refrain from criticizing others –this includes my interactions with opponents.*
- I respect the work and resources that go into maintaining the boats and promise to treat all club and private property as if I had to fix it myself if it broke.*

Good Sportsmanship/Corinthian Spirit

Sailing is a self-governed sport where each competitor must possess a high moral standard and personal code of ethics in order to have a fair race.

- I will continually strive to demonstrate good sportsmanship, both on and off the water. I will place winning in the context of good sportsmanship and fair play.*

Safety

--Safety underpins everything we do. As such, it must be viewed as a philosophy, and NOT simply items on a checklist. Sailing and racing are inherently risky activities- all instructors actively manage risk when working with our youngest sailors and will help our older sailors understand appropriate risk management strategies to ensure that the training and/or competitive environment is safe. As a junior sailing program participant, I will ensure that my equipment is ready to support all planned activities. I will immediately inform my instructor if I feel that I am not ready to participate fully in the planned activity. I will also look out for my fellow junior sailors and always put safety first.

Additionally:

1. The use of alcoholic beverages or illegal substances by Juniors is strictly prohibited. Failure to comply with this regulation will result in expulsion from LYC.
2. Members are responsible for their children/grandchildren at all times.
3. Coast Guard approved **life jackets, with an attached whistle, must be worn at all times** while in or on the water during sailing instruction, while on LYC boats, and while on the LYC docks.
4. **Shoes must be worn at all times** while on LYC property including during sailing instruction and while on

LYC boats. Injuries can happen both on land and in the water when proper footwear is not worn.

5. There will be no swimming allowed in the channel between the LYC and Mosquito Island.
6. There will be no jumping from, or pushing others off of, the docks or bulkheads.
7. All boats must be tied down, including those on dollies or trailers. If you have to move a member's boat, make sure that you return the boat and tie it down properly.
8. At the end of the day, all personal property must be removed from the porch, the Junior Room, and all junior sailing areas. Particular attention should be taken to keeping things clean and neat, especially when the club is crowded.
9. No wet and/or sandy towels, clothing, shoes, or sailing gear are allowed in the clubhouse.
10. Bicycles **must be parked in the bike racks** and not left in the boat parking areas or anywhere that impedes the ability to walk around the LYC grounds.

These rules and regulations are not to be considered all-inclusive. Please think before you act and take into consideration the welfare of others and of the Lavallette Yacht Club.

I also recognize that participation in the LYC Junior Sailing Program is a privilege, and not a right. I understand that if I do not abide by and promote the Code of Conduct I may be temporarily or permanently suspended from LYC's Junior Program.

Communication App for 2024: WhatsApp



This season LYC Junior Sailing is using the WhatsApp app for communication. There will be different community groups that you will be added to based on your junior sailor's group. Please use the QR codes provided to join the appropriate groups for your sailor(s). Also, there are groups for each regatta that you can join as needed. If you have any issues please reach out to the Program Coordinators or the Head Coach.

LYC Junior Sailing Regatta Transportation Procedure

Sailor Transport

LYC and LYC Instructors/Coaches are not responsible for sailor transportation to or from regattas. Sailor families must provide or arrange transportation of their sailor.

- We need coaches to be able to get power boats home as quickly and safely as possible. While we allow sailors on coach boats for short distances during program, it is not considered safe to do this over longer distances. The junior sailing program's first goal is safety.

Equipment Transport

Please plan to individually or cooperatively trailer boats to **all** regattas. Parents should communicate with each other to determine who will pull trailers and when the boats will be loaded/unloaded. At this time, we are using WhatsApp to coordinate between parents. Please make sure you are in the loop! If you are not, please let one of the program coordinators know (Tara or Stephanie).

- LYC has trailers that can be borrowed for transporting boats to and from regattas.
We are grateful for the trailers that are offered by the club as a helpful benefit to our program families. If you hope to use a trailer for your sailor's boat, please let the head instructor know as soon as you sign up for the regatta. All transportation requests and questions should be between the parent/grandparent/guardian and the head instructor (not coaches or sailors) several days prior to the regatta.
- Exceptions for towing are made at the discretion of the program and for the safety or efficacy of the entire program body. Towing boats home hinders the coach's primary job: safety. It can be unsafe for sailors, coaches, and equipment.
- Sailing to a regatta destination to drop off boats is often a whole day activity, and must be planned at least three days in advance.* If on occasion it does happen, it should not be considered a precedent going forward.
**this is never a guaranteed way that boats can get to or from a regatta as it is weather and wind dependent so a back-up plan is always required*

Assistance

Transportation of all equipment needed for sailing a regatta is the total responsibility of the sailor's family. If you are unable to provide or arrange transportation of equipment to a certain regatta that your sailor hopes to attend, you should notify the head instructor well before the regatta so that we can try to assist in a solution. We would like to help you to problem-solve, but we cannot guarantee a solution. Due to the nature of this sport and the amount of equipment it requires, sailor families assume the burden of the effort. It is an admirable commitment that is hopefully appreciated by your sailor!

Junior Sailing Award Descriptions

Name of Award	Description of Award
Hoffman Award	<i>Most improved junior sailor in the Pre-Sailing group</i>
Seamanship Award	<i>Awarded to the sailor with the most seamanship qualities – weather, knots, navigation, ship-handling, etc.</i>
Most Improved Sailor	<i>Sailor in the program that has made the most improvement over the summer</i>
Best percentage in Junior Championship Series	<i>Awarded to the sailor in the Wednesday Series with the best percentage of the series</i>
Plumber's Award	<i>Biggest "screw-up"- description of event needed (examples have included leaving the club for a regatta without the sprit)</i>
Plumber's Helper	<i>Second biggest screw of the season</i>
Cockefair	<p><i>*Winner of the first race on the last race day of the junior series in the largest fleet</i></p> <p><i>*Largest fleet is defined as the fleet having the largest number of qualified sailors in the series.</i></p> <p><i>*Fleet is defined as boats scored together and not necessarily sailing/starting together</i></p>
Fleet Captain Shipshape	<i>Instructors will make a recommendation to the Fleet Captain of which sailor took the best care of their boat throughout the program.</i>
Nautical Cup	<i>Highest score on the Nautical Cup exam</i>
Newman Trophy	<i>LYC junior program sailor that gets the best score at the Duck Worlds</i>
Heritage Cup	<i>LYC junior program sailor best placing at the Caryn Wilson</i>
Kettle Cup	<i>LYC junior sailor who wins the Kettle Cup race on the last day of program. Kettle Cup is the older sailors against the instructors in Optis.</i>
Winkelman Trophy	<i>Awarded to the junior member who performs distinctive service for the general benefit and welfare of the club – this one does not always have to be awarded- so make sure that it is something really special.</i>
Greg Barrow "Happy Day" Memorial Trophy	<i>Award is given to the junior who exhibits the best attitude and is generally the most cheerful throughout the program.</i>
Broderick Spirit of Summer	<i>1st Place overall of the highest Opti group (Opti A) for Wednesday Series.</i>
Barnum "Hats Off" Trophy	<i>Junior skipper in most BBYRA races.</i>
Sportsmanship Paddles	<i>One junior sailor from each fleet that has demonstrated outstanding sportsmanship throughout the season</i>

Race Team Incentive Program

Racing Team Jackets will be awarded to LYC Junior Sailing program participants who have earned a total of **at least 20 points** over the course of the season. Jackets will be presented at the Awards Ceremony on the evening of September 1st.

LYC Program junior sailors can get points for participation as a skipper or crew in a race on the bay or elsewhere during the weeks that the BBYRA summer series is in session.

Event	Points
Wednesday Series (Qualify)	3 points
Sunday Series (Qualify)	6 points
LYC Regatta, Seggel Family Junior Regatta	3 points
LYC Regatta, Caryn Wilson Opti Regatta	3 points
Each regatta on bay	1 point
Junior Olympics (for 2 day regatta)	3 points
States Race	3 points
Good attendance	1 point
Sail off Barnegat Bay (for each day of racing)	2 points
Duck Boat Worlds	1 point
Saturday BBYRA (Qualify or crew more than half)	5 points

Junior Sailing Lunch FAQ

What do I need to do BEFORE program starts so my junior sailor can order lunch or snacks from the Junior Bar?

Each family needs to speak with Chef Justin or Lilly to set up a credit card on file BEFORE your junior sailor orders either lunch or from the Junior Bar. It is a very quick setup process.

How will lunch work for junior sailors this year if we want to order lunch?

The good news is that Chef Justin is back at LYC this summer! Lunch can be ordered off the junior “fan favorites” menu on Mondays and Tuesdays and either the junior menu or the regular lunch menu the rest of the week.

What if my junior sailor brings lunch from home?

Lunches brought from home must be placed in the lunch bin of the sailor’s group when they arrive at program and will be taken back to the walk-in fridge. At lunchtime the lunches will be brought back to the deck. If the junior sailor wants to order snacks or a beverage, one of the above options would need to be in place. Water is always available from one of LYC's filtered water stations.

On Monday and Tuesday, when the kitchen is closed during program, will my junior sailor be able to order ice cream, snacks, and soft drinks after their lessons?

Yes. When the kitchen is not open there will be someone at the Junior Bar to serve ice cream, snacks, and soft drinks after their lessons. Please note that you will need to set up a credit card with Chef Justin or Lilly in order to utilize the Junior Bar.

I need my coffee! Will I be able to get coffee on the mornings that the kitchen is closed?

Yes, basic coffee service will be available to parents of our junior sailors. ***As a side note, coffee is a club responsibility, not a Chef Justin responsibility.