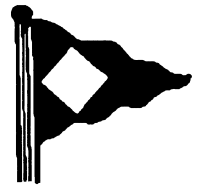




Fishers Island Junior Sailing



April, 2010

Dear Parents and Sailors,

Spring is in the air and the summer sailing season cannot be far behind! Over the winter months, Sailing Director Meris Tombari and the Junior Sailing Committee have been planning a challenging program for Fishers Island sailors of all levels. Special thanks to retiring chairs Anne Cutler, Beth Cashel, Bill McCance, and Suzy McCance for their extraordinary leadership in years past.

Summer 2010 will include Novice I through Adult Learn to Sail classes, ECSA regattas, and dramatic Friday afternoon races in two harbors. A full description of class offerings is attached. We have revamped the process for renting and storing boats, so if you have an intermediate, advanced, or West Harbor Optimist sailor, please make sure to complete the attached Boat Clearinghouse form.

Three of our instructors are returning Fishers Island sailing veterans, Tripp Cashel, Emily Cashel, and Sarah Fiske. We welcome Sam Greenfield of Mason's Island Yacht Club and Pat Murphy from Stonington Harbor Yacht Club who will fill out our roster of instructors.

For Optimist and 420 racers who wish to hone their skills preseason, the FAST START Clinic returns June 24 through June 27. FAST START will be taught by Fred Strammer (captain of the Brown Sailing Team) and his teammate William Brown. Don't miss this opportunity for young sailors to dust off the cobwebs and learn from the college experts! Save \$25 by mailing your registration by June 1. Registration forms are available on the FIYC website.

Our regular season includes highlights for new and more experienced sailors. If you have a child new to sailing (ages five to eight), mark your calendar for our Junior Sailing Open Houses at HHC on July 14 and August 11. Experienced instructors will help little ones take an exciting first sail in a pram. The FIRST ANNUAL GLOWSTICK REGATTA will be held in Hay Harbor on July 23. Optimist sailors of all levels will decorate their boats with glowsticks and LED lights and race at dusk. Part race, part light parade, the Glowstick Regatta will be exciting to watch!

Sailing is a lifetime sport. Join in the fun by taking an adult class, participating in a parent/child race, or volunteering to help with one of our junior sailing regattas. At the very least, don't hesitate to pull us aside over the summer and let us know how your junior sailor is enjoying the lineup of summer programs.

Sincerely yours,

Susan Crary (HHC) and Meg Russell Bereday (FIYC)
Junior Sailing Committee Co-Chairs

SAILING

The Sailing Program is a joint venture between the Hay Harbor Club and the Fishers Island Yacht Club. Its mission is as follows:

The mission of the joint venture Junior Sailing Program is to develop in the youth of both clubs a life-long interest in sailing. The program aims to provide a safe and gentle learning experience for the younger children; seamanship and familiarity with different types of sailboats for older children as well as teens; an enjoyable recreation sailing atmosphere for all sailors of all levels; and a challenging racing program at West Harbor with opportunities to compete in ECSA regattas.

Rules

1. If you are a HHC member or a Yacht Club member with a child age 9 or under, a caregiver 14 or older must take the child to the sailing clinic and pick them up promptly at the end of the clinic. Though it is not required, Yacht Club members with children of any age are welcome to stay at Hay Harbor to watch their child during the clinics.
2. Children must wear life-jackets while sailing and while on the sailing dock.
3. All prospective sailors must pass a swim check administered by the program.
4. Medical forms and boat registry/clearinghouse forms must be properly completed and returned prior to acceptance into the sailing program.
5. In order to assure the safety of children sailing or rowing, water skiing is permitted after 6:00 pm and is limited to two boats traveling in the same direction at one time. Each boat must carry an observer as well as a driver. All skiers must wear lifejackets. Any member found violating these rules will be subject to suspension. For safety reasons, motorboats entering the sailing area should proceed at slow speed.

Information

Boats

1. Novice I & II level sailors use Optimists or Optimist Prams supplied by the program for their lessons.
2. Intermediate, Hay Harbor Racing, and West Harbor Racing sailors must rent or buy a boat for their use and complete the Boat Clearinghouse form included in the back of the book. (Please note: If you have a West Harbor Racing Optimist sailor, his or her boat will be at FIYC and not available to share with any siblings who are in Intermediate or Hay Harbor Racing classes.)
3. 420 sailors use boats provided by the program.
4. In order to optimally maintain all the sailing equipment as well as keep the sailing shed tidy, we require individually-owned boats to have all parts labeled properly, including name on stern. Please see the Boat Closeout and Commissioning List in the back flap.
5. Except during Novice lessons, a sailor is responsible for the damage caused by and to the boat on which he or she is skipper. There are prescribed rules for determining fault in all instances.

6. All sailors are responsible for the repair and maintenance of their boats.
7. Sailors using HHC or FIYC boats are responsible for keeping the boat they use in good order, and are also responsible for damage to the boat.

Lessons and Clinics

1. There is a two-week minimum for Junior Sailing Clinics.
2. In order to maintain safe and effective instructor-sailor ratios, sailors must be signed up 24 hours in advance of the class meeting time.

Novice I Optimist: M/W/F 8:00 am - 9:00 am, 9:15 am - 10:15 am, 10:30 am - 11:30 am
For 1st or 2nd year sailors. Minimum age 7. Optimist Prams are used with 1 or 2 sailors per boat and a junior instructor when possible. Classes meet three times per week. Each child is expected to attend only the class for which he or she has signed up.

Novice II Optimist: M/W/F 8:30 am - 9:30 am, 9:45 am - 10:45 am, 11:00 am - 12:00 pm
For 2nd or 3rd year sailors. Completion of Novice I class or equivalent skills required. Club Optimists are used with 1 or 2 sailors per boat. Classes meet three times per week. Each child is expected to attend only the class for which he or she has signed up.

Intermediate Optimist: M/F 9:00 am - 11:00 am, TH 8:00 am - 10:00 am,
F 1:15 pm - 3:30 pm Racing at HHC
Completion of Novice II class or equivalent skills required. For sailors ages 9 to 11 who have mastered basic skills and wish to improve their understanding and technique. All sailors must own or have access to a boat (see Boat Clearinghouse).

Hay Harbor Racing: M/T/TH 3:00 pm - 5:00 pm, F 1:15 pm - 3:30 pm Racing at HHC
Completion of Intermediate class or equivalent skills required. For sailors ages 10 to 13 who have advanced skills and want to learn racing techniques and strategies. All sailors must own or have access to a boat (see Boat Clearinghouse).

West Harbor Racing: M/T/TH 1:00 pm - 4:00 pm, F 1:00 pm - 4:00 pm Racing at FIYC
Completion of Hay Harbor Racing class or equivalent skills required. For sailors ages 11 and up who are ready to participate in regattas. Students sail at FIYC with an exciting regatta schedule and outstanding opportunities to perfect their skills and enjoy sailing in a more challenging environment. All sailors must own or have access to a boat (see Boat Clearinghouse).

420: M/T/TH 1:00 pm - 4:00 pm, F 1:00 pm - 4:00 pm Racing at FIYC
Completion of West Harbor Racing class or equivalent skills required. For highly advanced sailors ages 14 and up who have a firm grasp of racing and who are ready for the physical and tactical challenges of a high performance dinghy. Students sail from FIYC in 420s provided by the program.

Sailing & Seamanship: T/TH 9:30 am - 11:30 am at FIYC

No prior sailing experience required. This program is designed for older children and teens who prefer not to be in a racing program, but who love being out on the water. Sailors will learn to sail as crew and skipper in a variety of boats (420s, Ideal 18s, Bullseyes) provided by FIYC. Seamanship skills will also be an important component of this class.

Teen & Adult Clinic: W 2:00 pm - 4:00 pm at FIYC

For teen and adult sailors of all ability levels working with our instructors to improve their skills. Clinics will take place at FIYC in 420s, Ideal 18s, and Bullseyes provided by the program.

Racing and Regattas

1. Boat Transportation - The sailing program assumes no liability for damage that occurs to a member's boat while it is being transported to a regatta. Incidental damage repair is the responsibility of the owner.
2. Class Schedules on Regatta Days - When the West Harbor Racing or 420 classes are attending a regatta, no class is held for those who choose not to attend the event. This does not apply to Intermediate and Hay Harbor Racing classes, which meet as scheduled.
3. No lessons are held the day of the annual Fishers Island Optimist Regatta (JULY 13) and the annual Fishers Island 420 Junior Regatta (AUGUST 5).
4. Regatta Entry Forms - Regatta entry forms distributed by the sailing instructors prior to a regatta must be completed and returned promptly to the instructor.
5. Regatta Fees - Sailors are responsible for paying the entry fees for regattas in which they participate. For a two person boat, the entry fee is generally shared by the skipper and crew. If a sailor forgets to bring money for the entry fee, the fee will be paid by the program and billed to the sailor's HHC or FIYC account.
6. Regatta Expenses - Any additional expenses incurred by sailors at regattas (i.e. lunch, ferry, private charter if participants arrive in New London after last ferry, land transportation) will be billed to the member directly.
7. **Cancellation Policies for Sailing Regattas - Any questions concerning cancellation of a Regatta due to inclement weather, please call the Hay Harbor Office at (631) 788-7323 or Meris Tombari at (860) 501-1253.**
8. Optional races are held on Friday afternoons from 1:15 pm - 3:30 pm at HHC for Intermediate classes and Hay Harbor Racing.
9. Optional races are held on Friday afternoons from 1:00 pm - 4:00 pm at FIYC for West Harbor Racing and 420 sailing.

**Schedule for
FIYC/HHC Junior Sailing Program
2010**

<u>DATE</u>	<u>EVENT</u>	<u>BOAT</u>	<u>TIME/LOCATION</u>
Mon. 6/28	Lessons Begin		
Fri. 7/2	Friday Races Begin	Optis	13:15-15:30 HHC
		420s	13:00 -16:00 FIYC
Tues. 7/13	Fishers Island Opti Regatta	Optis	NO SAILING LESSONS
Wed. 7/14	Junior Sailing Open House		13:00-14:00 HHC
Fri. 7/23	Ferguson Cup	Optis	13:15-15:30 HHC
Fri. 7/23	Glowstick Regatta	Optis	18:30 HHC
Fri. 7/30	Parent/Child Race	Optis	13:15-15:30 HHC
Sat. 7/31	HHC July Awards Day		08:00 HHC
Thurs. 8/5	Fishers Island 420 Regatta	420s	NO SAILING LESSONS
Wed. 8/11	Junior Sailing Open House		13:00-14:00 HHC
Fri. 8/13	Lady Salvage Cup	Optis	13:15-15:30 HHC
Fri. 8/20	Parent/Child Race	Optis	13:15-15:30 HHC
Fri. 8/27	Lessons End		
Sat. 8/29	HHC August Awards Day		08:00 HHC

**Complete Opti and 420 racing schedules will be available
at the beginning of the season.**

Travel Events

Regattas and clinics held outside of the Eastern Connecticut Sailing Association are extremely important to developing the skills and knowledge to take competitive sailing to the next level. The Fishers Island Junior Sailing Program strongly encourages our race-level sailors to compete in travel events outside of the schedule posted at the beginning of the summer season. Due to the size and scope of our program, we cannot guarantee that we will be able to send a coach to such regattas and clinics. However, we will happily provide sailors with a list of potential coaches available outside of our program. If you are interested in chartering a club-owned 420, please contact the Junior Sailing Program Director for more details.

Boat Clearinghouse

If you would like to buy or rent an optimist, the program will make every effort to locate a person who wishes to sell or rent a boat. If you would like to purchase a new boat, we can provide you with the name of an Optimist dealer. Boats rented through this program are available on a first come, first served basis with a limited number of boats. Please make arrangements well before you arrive on the island.

Susan Crary will be coordinating the boat clearinghouse. All inquires should be directed to her at susan@crary.net or 917-301-6279. All sailors in Intermediate, Hay Harbor Racing, and West Harbor Racing should complete the Boat Clearinghouse form.