

# LCYC Jr. Sailing Curriculum

## Mission Statement:

"Our mission is to run a high quality program teaching our students the basics of boat handling skills, seamanship, and sportsmanship. The program strives to develop competence and confidence in our sailors in a safe and fun environment. The success of our program is not measured in races won but in the legacy of the love of the sport."

## Objective:

All learning should be done in ways that are enjoyable to a program's sailors. Sailors should end the summer wanting to come back; only in this way might they become life- long sailors.

## Program Goals:

### **Safety**

### **Fun while learning**

### **Sailing Oriented**

- Boat handling
- Respect for Equipment
- Seamanship
- Racing Skills

### **Ethics**

- Respect for Others
- Respect for Property
- Sportsmanship
- Rules Compliance

## Considerations:

-No curriculum fits any student perfectly. Rather, a curriculum must be designed to meet the needs, as closely as it can, of as many students as possible.

-A curriculum isn't worth anything without good or excellent instructors to execute it.

-US Sailing trains our Level 1 certified instructors to teach with three forms of communication:

Auditory

Visual

Kinesthetic

.....using.....

Lectures (Chalk Talks)

Demonstrations

Land Drills

Water Drills

Debriefings (Reviews)

# LCYC Jr. Sailing Curriculum

After 2 weeks, a Beginner Optimist sailor should know how to...

## **Safety**

Follow program and harbor rules  
Be safety conscious  
Stay protected from the sun  
Use a safety whistle appropriately  
Avoid collisions  
Put on and take off a PFD in the water  
Tread water without a PFD for two minutes in the water  
Get in the safety position  
Capsize and recover  
Execute a squall/storm drill

## **Seamanship**

Be comfortable in an opti on the water  
Tie an 8-knot, square knot, cleat knot, and bowline  
Coil and throw a line  
Rig and de-rig  
Name the parts of an Opti  
Know where the wind is coming from  
Take care of the boat: proper and neat towing and securing, washing  
Steer responsibly on a tow  
Stay out of the no-go-zone except when tacking  
Recover from irons

## **Boathandling**

Leave the dock  
Return to the dock  
Maintain proper body position and weight placement in the boat  
Hold the tiller and mainsheet correctly  
Gybe  
Tack  
Reach  
Run  
Sail upwind  
Sail a figure eight  
Sail a triangle  
Sail a square

## **Sportmanship**

Respect others  
View sailing as a team sport  
Work in a team during rigging and activities

# LCYC Jr. Sailing Curriculum

At the end of 2 weeks, the intermediate Optimist sailor should know how to...

## **Safety**

Follow program and harbor rules  
Be safety conscious  
Stay protected from the sun  
Use a safety whistle appropriately  
Avoid collisions  
Put on and take off a PFD in the water  
Tread water without a PFD for two minutes in the water  
Get in the safety position  
Capsize and recover  
Execute a squall/storm drill

## **Seamanship**

Avoid contact  
Use windward/leeward  
Use Starboard/Port  
Be comfortable in an Opti on the water  
Tie an 8-knot, square knot, cleat knot, and bowline  
Coil and throw a line  
Identify points of sail  
Rig and de-rig  
Name the parts of an Opti  
Know where the wind is coming from  
Take care of the boat:

- proper and neat stowing and securing
- washing boats
- checking sail for ties
- tying ties

Check mast preventer  
Explain how a sail works:

- push
- pull

Do simple navigation: North, South, East, West  
Recognize puffs and lulls  
Steer responsibly on a tow  
Attach a sail onto spars  
Assess weather: wind and weather, weather reports  
Use sailing as a way to get somewhere

## **Boathandling**

Leave the dock  
Return to the dock  
Stay out of the no-go-zone except when tacking  
Recover from irons

Maintain proper body position and weight placement in the boat  
Hold the tiller and mainsheet correctly  
Gybe

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- s gybe as apposed to c gybe
- pull in sail and center tiller

Tack

Sail downwind

- reach
- run
- sail trim dictated by where wind is
- body position and placement
- steering
- sail by the lee

Upwind sailing

- close-hauled
- steering a straight course...paying attention
- watching for speed –lift and Header
- telltales

Sail a figure eight

Sail a triangle

Sail a square

Use telltales for upwind steering

Stop and start

- heading into wind
- backwinding sail
- pull in and head off

Execute a 360

Adjust the daggerboard for different conditions and points of sail

Where, when, and how to sit

Position body weight

- steering with weight
- how body placement and movement affects the boat
- for different weather conditions
- for different points of sail

Adjust sail shape (when and why)

- outhaul
- boom vang
- gooseneck
- sprit tension
- for different weather conditions

Sail backwards

## **Sportmanship**

Respect others

Repect equipment

View sailing as a team sport

Work in a team during rigging and activities

## **Racing**

Understand sportsmanship in racing

- responsibility
- fair sailing

Use tacking rules

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Sail a starting sequence: clear air

Assess wind on a course

Round a mark

- the mechanics of it
- basic application of Rule 18

Finish

Act on puffs and lulls

Adjust sail controls for different legs

Adjust weight for speed

Find clear air

Use rules in racing

Execute a 360 when foul occurs

# LCYC Jr. Sailing Curriculum

At the end of four weeks, a Racing Optimist sailor should know how to....

## Safety

Follow program and harbor rules  
Be safety conscious (Rule 1)  
Stay protected from the sun  
Use a safety whistle appropriately  
Avoid collisions  
Put on and take off a PFD in the water  
Tread water without a PFD for two minutes in the water  
Get in the safety position  
Capsize and recover  
Execute a squall/storm drill

## Seamanship

Avoid contact (Rule 14)  
Use windward/leeward (Rule 11)  
Use Starboard/Port (Rule 10)  
Use clear ahead/clear astern (Rule 12)  
Be comfortable in an Opti on the water  
Tie an 8-knot, square knot, cleat knot, and bowline  
Identify points of sail  
Know where the wind is coming from  
Explain actual vs. apparent wind  
Name the parts of an Opti  
Recognize the approach of puffs and lulls  
Explain how a sail works:

- push
- pull
- daggerboard as a foil

Take care of the boat:

- proper and neat stowing and securing
- washing boats
- checking sail for ties
- tying sail ties
- wet sanding????
- minor repairs

Attach a sail onto spars  
Do simple navigation: North, South, East, West  
Rig and de-rig  
Steer responsibly on a tow  
Recognize and sail in currents and tides

- tide charts
- current indicators

Assess weather:

- simple weather systems
- clouds and what they mean
- wind and weather
- weather reports
- barometric pressure

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Use sailing as a way to get somewhere

Row

Anchor

Sail as passenger or crew on a big boat

Check mast preventer

## **Boathandling**

Leave the dock

Return to the dock

Maintain proper body position and weight placement in the boat

Hold the tiller and mainsheet correctly

Stay out of the no-go-zone except when tacking

Recover from irons

Gybe

- s gybe as apposed to c gybe
- pull in sail and center tiller
- mechanics
- rolling
- gibing in waves

Tack

- mechanics
- rolling
- rules (Rule 13)
- tacking in the waves

Sail downwind

- reach
- run
- sail trim dictated by where wind is
- adjusting trim
- adjusting sail controls
- body position and placement
- steering
- awareness
- pumping on crests
- steering by waves
- sail by the lee

Upwind sailing

- sail shape and trim
- close-hauled
- finding and holding “the groove”
- watching for speed and balloon in luff
- telltales
- sailing over waves
- hiking

Stop and start

- heading into wind
- backwinding sail
- pull in and head off

Adjust the daggerboard for different conditions and points of sail

Adjust sail shape (when and why)

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- outhaul=adjust foot tension and control depth of sail
- boom vang=downwind leech tension
- vang stop=adjust luff tension and control draft position
- sprit tension=control shape
- for different weather conditions
- for different points of sail
- mast rake
- sail ties

Position body weight

- challenging the body on the boat
- steering with weight
- how body placement and movement affects the boat
- for different weather conditions
- for different points of sail
- quiet and gentle movement

Execute a 360

Execute a windsurfer tack, no rudder

Sail backwards

## **Sportmanship**

Respect others

Respect equipment

View sailing as a team sport

Work in a team during rigging and activities

## **Racing**

Organizing his or herself for competition in a regatta

Understand sportsmanship in racing

- responsibility
- fair sailing

Sail all standard race courses

- triange
- modified triangle
- modified Olympic
- windward/leeward
- offset marks

Assess wind on a course

React to wind shifts

- tack on headers
- stay on lifts

Sail through puffs and lulls

- spotting them
- reacting to them

Sail through wind shifts

- recognizing them
- headers
- lifts

Adjust sail controls for different legs

Adjust weight for speed

Find clear air

Apply racing tactics

Start

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- mechanics
- favored end
- current
- line sight
- strategies & tactics
- timing (watches and mind)
- rules and things to watch for

Avoid la-la land

Round a mark

- the mechanics of it
- wide and tight
- tactics
- advanced applications of Rule 18

Finish

- dueling tactics
- sportsmanship in finishing

Execute penalty turns

Use rules in racing

Deal with protests and arbitration

- knowing the rules
- knowing who to ask
- sportsmanship and hearing
- mock protests and scenarios

Do basic team racing

- TR motivation
- TR rules
- TR combinations
  - winning
  - losing
- TR moves
  - hi – lo
  - passback
  - mark traps
- TR starts
- TR mark rounding
- TR finishes
- TR legs
  - upwind
  - running
  - reaching

# LCYC Jr. Sailing Curriculum

This is a two-part class. The beginner FJ sailor will focus on the first part of the curriculum and the intermediate sailor, after a brief review of the earlier part, will focus more on the second part of the curriculum, including a more in-depth introduction to racing.

After two to four weeks, a FJ beginner and intermediate sailor should know how to ....

## **Safety**

Follow program and harbor rules  
Stay protected from the sun  
Be safety conscious (Rule 1)  
Use a safety whistle appropriately  
Put on and take off a PFD in the water  
Tread water without a PFD for two minutes in the water  
Avoid collisions  
Get in the safety position  
Capsize and recover  
Execute a squall/storm drill

## **Seamanship**

Avoid contact (Rule 14)  
Use windward/leeward (Rule 11)  
Use Starboard/Port (Rule 10)  
Be comfortable in a FJ on the water  
Tie an 8-knot, square knot, cleat knot, and bowline  
Know where the wind is coming from  
Name the parts of a FJ  
Identify points of sail  
Explain how a sail works:

- push
- pull

Rig and de-rig properly each day  
Steer responsibly on a tow  
Do simple navigation:

- North, South, East, West

Use sailing as a way to get somewhere  
Recognize and address the approach of puffs and lulls

- how to spot
- what to do

Recognize and react to wind shifts

- headers
- lifts

## **Boathandling**

Leave the dock  
Return to the dock  
Stay out of the no-go-zone except when tacking  
Recover from irons  
Maintain proper body position and weight placement in the boat  
Hold the tiller and mainsheet correctly  
Understand what is required of the different crew positions in a FJ

- two sailors

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## Stop and start

- heading into wind
- backwinding sail
- pull in and head off

## Gybe

- s gybe as apposed to c gybe
- pull in sail and center tiller

## Tack

- position duties
- mechanics
- rolling
- letting the jib go
- trimming jib and main

## Sail downwind

- reach
- run
- sail trim dictated by where wind is
- body position and placement
- steering
- sail by the lee
- jib trim
- main trim
- skipper and crew's job
- centerboard position

## Upwind sailing

- close-hauled
- steering a straight course....paying attention
- setting main trim
- setting jib trim
- steering by telltales
- angles
- hiking
- skipper and crew's job

## Sail a figure eight

## Sail a triangle

## Windward/leeward

Adjust the daggerboard for different conditions and points of sail

Execute a 360

Adjust sail shape using sail controls (when and why)

- outhaul
- boom vang
- cunningham
- halyard tension
- for different weather conditions

## Fly a spinnaker

- rigging the spinnaker
  - packing
  - mechanics
  - things to remember (top or bottom of jib)
  - sheet vs. guy

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- fixing the pole
- re-packing while sailing or racing
- re-running lines while sailing or racing
- flying without a pole
- Hoists and takedowns
  - skipper and crew's jobs and routines
  - what to do with the job
  - mechanics
- Flying the spinnaker
  - sheet vs. guy
  - testing the guy
  - trimming the sheet
  - pole height
- Gybing the spinnaker
  - skipper and crew's jobs and routines
  - gybing the main
  - gybing the chute
  - gybing the pole
- Using the spinnaker on courses
  - estimating timing
  - timing and marks

## **Sportmanship**

Respect others

Respect equipment

View sailing as a team sport

Work with a team member in the same boat

Work in a team during rigging and activities

## **Racing, if time, we will briefly touch basic racing**

Understand sportsmanship in racing

- responsibility
- fair sailing

Start

- mechanics
- sequence
- keeping track of time
- rules
- clean air
- favored end
- first row

Find clear air

Avoid la-la land

Round a mark

- the mechanics of it
- basic application of Rule 18
- wide and tight

Execute a 720

Assess wind on a course

Act on puffs and lulls

- tack on headers

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- stay on lifts
- Adjust weight for speed  
Use rules in racing  
Finish

# LCYC Jr. Sailing Curriculum

After four to eight weeks, a FJ Advanced Racer should know how to ....

## **Safety**

Follow program and harbor rules  
Stay protected from the sun  
Be safety conscious (Rule 1)  
Use a safety whistle appropriately  
Put on and take off a PFD in the water  
Tread water without a PFD for two minutes in the water  
Avoid collisions  
Get in the safety position  
Capsize and recover  
Execute a squall/storm drill

## **Seamanship**

Avoid contact (Rule 14)  
Use windward/leeward (Rule 11)  
Use Starboard/Port (Rule 10)  
Use clear ahead/clear astern (Rule 12)  
Use changing course rules (Rule 16)  
Be comfortable in a FJ on the water  
Tie an 8-knot, square knot, cleat knot, and bowline  
Identify points of sail  
Name the parts of a FJ  
Relate the FJ to a larger boat  
Know where the wind is coming from  
Explain actual vs. apparent wind  
Recognize the approach of puffs and lulls

- how to spot
- what to do

Recognize and react to wind shifts

- headers
- lifts

Explain how a sail works:

- push
- pull
- daggerboard as a foil

Rig and de-rig properly each day  
Rig and de-rig properly for storage and trailering (de-masting)  
Steer responsibly on a tow  
Do simple navigation:

- North, South, East, West
- Recognizing landmarks
- Navigation buoys
- Water depth
- Reading a chart
- Using a compass
- Using instruments

Recognize and sail in currents and tides

- Affects of current

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- How to see current
- Tide charts

Assess weather:

- simple weather systems
- clouds and what they mean
- wind and weather
- weather reports
- barometric pressure

Use sailing as a way to get somewhere

Take care of the boat:

- equipment quality check
- proper and neat stowing and securing
- washing boats
- minor repairs
- jury rigging
- wet sanding????

Row

Anchor

Sail as passenger or crew on a big boat

## **Boathandling**

Leave the dock

Return to the dock

Stay out of the no-go-zone except when tacking

Recover from irons

Maintain proper body position and weight placement in the boat

Hold the tiller and mainsheet correctly

Understand what is required of the different crew positions in a FJ

- two sailors
- three sailors

Gybe

- s gybe as apposed to c gybe
- pull in sail and center tiller
- rolling
- gibing in waves

Tack

- position duties
- mechanics
- rolling
- tacking in the waves
- letting the jib go
- trimming jib and main as you find “the groove”

Sail downwind

- reach
- run
- sail trim dictated by where wind is
- body position and placement
- steering
- sail by the lee
- jib trim

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- main trim
- skipper and crew's job
- centerboard position
- pumping on crests
- steering through waves

## Upwind sailing

- close-hauled
- steering a straight course...paying attention
- setting main trim
- setting jib trim
- steering by telltales
- hiking
- sailing over waves

## Sail a figure eight

## Sail a triangle

## Sail a square

## Sail a sausage

## Use telltales for upwind steering

## Stop and start

- heading into wind
- backwinding sail
- pull in and head off

## Adjust the centerboard for different conditions and points of sail

## Execute a 720

## Adjust sail shape using sail controls (when and why)

- outhaul=adjust foot tension and control depth of sail
- boom vang=downwind leech tension
- cunningham=adjust luff tension and control draft position
- halyard tension=adjust luff tension and control draft position
- mainsheet=control of speed
- jib sheets=control of pointing and speed
- mast rake=controls depth of sail and draft position
- for different weather conditions
- for different points of sail

## Fly a spinnaker

- rigging the spinnaker
  - packing
  - mechanics
  - things to remember (top or bottom of jib)
  - sheet vs. guy
  - fixing the pole
  - re-packing while sailing or racing
  - re-running lines while sailing or racing
  - flying without a pole
- Hoists and takedowns
  - sailors' jobs and routines
  - what to do with the job
  - mechanics
- Flying the spinnaker
  - sheet vs. guy

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- testing the guy
- trimming the sheet
- pole height
- Gybing the spinnaker
  - sailors' jobs and routines
  - gybing the main
  - gybing the chute
  - gybing the pole
- Spinnakers close to a beam reach
  - hiking
- Using the spinnaker on courses
  - estimating timing
  - timing and marks

Where, when, and how to sit

Position body weight

- steering with weight
- how body placement and movement affects the boat
- for different weather conditions
- for different points of sail

Sail backwards

Sail rudderless

## **Sportmanship**

Respect others

Respect equipment

View sailing as a team sport

Work with a team member in the same boat

Work in a team during rigging and activities

## **Racing**

Understand sportsmanship in racing

- responsibility
- fair sailing

Assess wind on a course

Act on puffs and lulls

- tack on headers
- stay on lifts

Find clear air

Adjust sail controls for different legs

Adjust sail controls for speed in racing

Adjust weight for speed

Start

- mechanics
- sequence
- keeping track of time
- rules and things to watch for
- current
- favored end
- first row
- other tactics

Avoid la-la land

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## Round a mark

- the mechanics of it
- advanced applications of Rule 18
- wide and tight
- tactics
- timing boats' arrival

## Sail all standard race courses

- triange
- modified triangle
- modified Olympic
- windward/leeward
- offset marks

## React to wind shifts

- tack on headers
- stay on lifts

## Sail through wind shifts

- recognizing them
- headers
- lifts

## Apply racing tactics

- upwind
- downwind
- start
- finish
- mark roundings

## Finish

- dueling tactics
- sportsmanship in finishing

## Use rules in racing

### Protests and arbitration

- knowing the rules
- knowing who to ask
- sportsmanship and hearing

## Execute a 720

## Team Race

- TR motivation
- TR rules
- TR combinations
  - winning
  - losing
- TR moves
  - hi – lo
  - passback
  - mark traps
- TR starts
- TR mark rounding
- TR finishes
- TR legs
  - upwind
  - running
  - reaching

# LCYC Jr. Sailing Curriculum