



## Lake Champlain Yacht Club (LCYC)

### 2016 Junior Sailing Information Sheet

Welcome to 2016 LCYC Junior Sailing program!

Please feel free to contact me with any questions or suggestions. Thank you!

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### LCYC Junior Sailing Program Overview

The priorities of the program are:

- Fun
- Safety
- Developing a lifelong passion for sailing

The Junior Sailing program at LCYC is open to all children ages 8 to 17 of both members and non-members.

The program uses Optimist prams and Flying Junior dinghies for instruction and racing.

Full and half-day sessions are offered for all ability levels over an eight (8) week period.

All of our Instructors are US Sailing certified and have extensive sailing experience.

Session 4 and Session 6 are our Race Weeks. We will be attending the Champ Chase regatta at MBBC and traveling to the Northern Lake George Yacht Club for the Cheeseburger regatta.

#### **Important:**

Participants need to be between 8 and 17 years old or have finished the 2nd grade.

Participants must be able to swim. A swimming test will be given on the first day of each session.

Participants must come to class every day with an approved life preserver (Type II or Type III) and in the case of full day class, lunch.

**Schedule for 2016** (LCYC Members have priority until March 1st)

Boats:	Optimists	FJs
Session 1 June 20 - 24	AM - All abilities PM - All Abilities	AM - All abilities PM - All Abilities
Session 2 June 27 – July 1	AM – Race Clinic      PM – All Abilities	AM – Race Clinic      PM – All Abilities
Session 3 July 5 – 8 No camp on 7/4*	AM - All Abilities      PM – Race Clinic	AM - All Abilities      PM – Race Clinic
Session 4 July 11 - 15	All Day - Race Week** Champ Chase Regatta (MBBC)	All Day - Race Week** Champ Chase Regatta (MBBC)
Session 5 July 18 - 22	All Day - All Abilities	All Day - All Abilities
Session 6 July 25 – 29	All Day - Race Week** Cheeseburger Regatta (NLGYC)	All Day - Race Week** Cheeseburger Regatta (NLGYC)
Session 7 August 1 - 5	Two Week Session - Week 1 of 2 *** All Day – All abilities	Two Week Session - Week 1 of 2 *** All Day – All abilities
Session 8: August 8 - 12	Two Week Session - Week 2 of 2 *** All Day – All abilities	Two Week Session - Week 2 of 2 *** All Day – All abilities

AM sessions are from 9-12. PM sessions are from 1-4. All Day is 9AM - 4PM.

\* No class on 7/4 - cost of sessions held this week is \$130

\*\* Sailors must attend at least 1 week of Race Clinic to participate in regattas

\*\*\*Sessions 7 & 8 is a 2-week session – you are encouraged to sign up for both weeks – there is a discount for the 2<sup>nd</sup> week.

**Pricing:** The cost for the half day camps are \$160 per week. Full day camp sessions are \$295 per week. There is a \$20 per week discount when signing up for multiple weeks of camp (like the 2<sup>nd</sup> week of the 2 week class during sessions 7 & 8). The on-line software will automatically include this discount.

The children of LCYC members receive a 10% per session discount. Enter coupon code ‘Member’ to have this discount applied.

The grandchildren of LCYC members receive a 5% per session discount. Enter coupon code ‘Grandchild’ to have this discount code applied. Enter the name of the LCYC member who is the child’s grandparent on the membership form.

Children who are full time residents in the town of Shelburne are eligible for a 5% discount per session. Enter coupon code “Shelburne” to have this discount applied.

\* Note that only one coupon code is allowed for each registration.

**Scholarships:** There are a limited number of scholarships available to students who do not have the means to attend the sailing camps. To apply for one of these scholarships, please complete the Landau Scholarship application on the

LCYC Junior Sailing Website. Scholarships will pay for one week or up to two of the half-day sessions for each awarded applicant.

**Refund Policy:** Prior to June 1st, students can withdraw from courses and receive a full refund less a \$20 processing fee. After June 1st, we will refund 50% of the camp fees.

**Partial Payment:** If you wish to make a partial payment, please pay by credit card on the website. You will be billed 60% of the cost at the time of enrollment and the balance will be billed on 5/15/16.

### **What Type of Boat Should I sign up for?**

Optimist sailboats are 8' prams with one sail designed to be sailed by one person up to 120 pounds. Most kids under 11 years old or under 100 pounds should sail an Optimist. Racing sailors under 120 pounds should sail in Optimists.

Flying Juniors (FJs) are 14' dinghy's with 3 sails: a main, jib, and spinnaker. They are sailed with 2 sailors. Sailors over 120 pounds or over 13 years old should likely be in an FJ.

There is overlap. Kids between 100 and 120 pounds or between 11 and 13 years old will likely be comfortable in either boat. Instructors will place the students in the boat that the student will learn best in.

### **What Level Course Should I Sign My Child Up For?**

Beginner: Anyone who can swim and wants to learn to sail. Most sailors remain in the beginner level for several weeks of sailing
Intermediate: Sailors should be comfortable rigging a boat, righting a capsized boat, and sailing in moderate conditions without detailed instruction.
Advanced*: anyone who has mastered the basic skills of sailing and would like to improve their seamanship and sailing technique.
Racing Clinic*: These courses are open to intermediate and advanced sailors who want to learn the rules and tactics of sailboat racing.
Race Weeks*: Sailors at the intermediate or advanced level who have the interest and are qualified to compete. Sailors must attend one of the racing clinic sessions prior to the racing week.

\* If your child has not sailed at LCYC previously please document their sailing experience thoroughly on the registration form. Please contact sailing Director if you have questions.

### **How do the Race Weeks work?**

MBBC will host the Champ Chase regatta this year. Races will take place on Wednesday and Thursday. Sailors come from at least three other clubs to race. Families will be asked to help transport boats and sailors on Tuesday, Wednesday and Thursday.

The Cheeseburger regatta will be hosted at the Northern Lake George Yacht Club (NLGYC) on Thursday and Friday. Families will be asked to help transport sailors and boats on Wednesday and Friday. Most sailors spend Wednesday and Thursday nights with host families in Lake George.

All participants in the race weeks must be experienced sailors who have completed one or both of the Race Clinic Sessions that are offered in week 3 or week 4.



**LCYC 2016 Junior Sailing - WAIVER OF CLAIMS LAKE CHAMPLAIN YACHT CLUB, INC. SAILING INSTRUCTION PROGRAMS**

Sailing is a dangerous sport. Sailboats moving across the water are subject to unpredictable and dangerous, even life threatening, conditions of wind, waves and weather. Sails spars, halyards sheets and lines move at high speeds, and can result in life threatening injuries, even death. You must be aware of the risks and responsibilities that you assume when you sail and take instruction in sailing. Your best protection against injury is to follow the rules and instructions of LAKE CHAMPLAIN YACHT CLUB, INC., and use common sense.

In consideration of the opportunity to participate and/or the participation by me or my minor child (identified below) in any lessons, trips, events, contests, races, sailing or other sport and non-sport activities of LAKE CHAMPLAIN YACHT CLUB, INC., I, for myself, or for my minor child (as identified below), and for the heirs, assigns, executors and administrators of myself or my minor child, agree that LAKE CHAMPLAIN YACHT CLUB, INC. and its officers, directors, instructors, trip and event leaders, assistants, agents and representatives, shall not be liable, jointly or severally, for any injuries to my person or property. I also agree to indemnify and hold harmless the parties from and against any and all actions, claims, demands, liability, loss, damage and expense of any kind, including attorney's fees, arising from such claims. I am aware and familiar with the ordinary and hazardous risk involved in the activities stated above, and I understand that I am assuming those risks.

I am the parent or legal guardian of \_\_\_\_\_, age \_\_\_\_\_. I have read and understand the above statements, and give permission for the above-mentioned child to participate in the sailing programs of LAKE CHAMPLAIN YACHT CLUB, INC. Prior to the child's participation in the program, I will also inform the instructor of any health problems or restrictions that will affect the child's participation in the program. I understand that the possibility of injury is inherent in recreational activities and I agree to all the above statements. In the event of an emergency, I give permission for the above-mentioned child to receive medical treatment and to be transported by ambulance if necessary. I have provided the Lake Champlain Yacht Club with medical information pertinent to this child's participation in this sailing program and by this release authorize the dissemination of that information for any necessary medical care and treatment. I hereby certify that I am a person having legal responsibility for the above-mentioned child and that I am duly authorized to execute this release form.

Signature of parent or guardian \_\_\_\_\_ Date \_\_\_\_\_

I am eighteen years of age or older, will only engage in activities in which I am physically fit to participate, and have read and understand the above statements.

Signature \_\_\_\_\_ Date \_\_\_\_\_