

# Monterey Peninsula Yacht Club Junior Sailing Team Handbook



## Table of Contents:

Sailing Team Overview	2
Expectations (sailors, parents, and coaches)	3
Estimated costs	3
MPYC Junior Events & Fundraisers	4
MPYC Junior Membership Rules	5
Gear/Clothing	6
Waiver	7

### **Junior Sailing Team (Junior Varsity and Varsity) Overview:**

The MPYC Junior Sailing Team is open to sailors in **Sixth through Twelfth grades**. These sailors have either participated in MPYC's Summer Sailing Program or have been recruited by a current high school sailor. Any sailor that participates in the Sailing Team must become a junior member of MPYC for liability purposes. The junior membership fee is \$110.00 per year. **The Junior Sailing Team consists of two divisions: Junior Varsity and Varsity. Junior Varsity sailors in grades 6-8 extend their basic sailing skills, and begin to learn the elements of racing.** Varsity sailors in grades 8-12 develop competitive racing skills and strategy as they prepare to participate in PCISA and NorCal racing events. **Junior Varsity sailors move to Varsity level competition as their skills progress.**

The Varsity Sailing Team practices weekly or as conditions permit, JV team practices twice monthly; times and dates are mutually agreed upon by the coach and the team. **Junior Varsity practices are in Bics or FJs, and are aimed at extending basic sailing skills and learning the elements of racing.** Varsity practices are in FJs and are aimed at teaching sailors how to improve their racing skills, focusing on strategy and technique.

The **Varsity Sailing Team** participates in state-wide high school events throughout the school year. The majority of the high school events are run through an organization called the Pacific Coast Interscholastic Sailing Association (PCISA). All of the rules, events, results and contact information for our district can be found on the site: <http://pcisa.hssailing.org/>. In order for a sailor to be eligible for high school racing outside of Monterey Bay, the individual sailor must register on the PCISA website for his or her high school. 8<sup>th</sup> graders are allowed to participate in the PCISA events, but 7<sup>th</sup> graders are not.

**The Junior Varsity Sailing Team (6<sup>th</sup> and 7<sup>th</sup> graders) will have the opportunity to race against each other during practice and at occasional, scheduled, JV Race Days held at the Club.**

Before the first PCISA regatta of the year, each sailor must register under his or her high school on the national governing body's website: Interscholastic Sailing Association (ISSA). The Junior Coach and Junior Advisor will help guide sailors and parents through the registration process. The registration website is: <http://registration.hssailing.org/>. There is one annual team registration fee per school, regardless of how many sailors are signed up for that school. This process is quickly accomplished if one Team Leader registers all the sailors for their school. By registering with ISSA, the sailor is able to participate in two sailing leagues: the PCISA and the Nor Cal league. The Nor Cal league is designed to encourage all sailors to participate; there is no cap on event entries and less stringent rules for participating. The Nor Cal website is: <http://pcisa.hssailing.org/leagues/NorCal/norcal>

High school regattas outside of MPYC are sailed at venues throughout California. All sailors and parents participating in a regatta work together to coordinate the trips. Coaches do not coordinate trips to and from regattas. Typically, a meeting spot is named and the group then carools to the regatta. Some regattas are one day while some are two. The parents are responsible for coordinating hotel rooms and towing responsibilities. If the team decides to charter boats from the host team, the parents are expected to split the fee amongst them. At normal regattas, a parent should be present for each sailor unless an arrangement has been made ahead of time. If a parent is unable to attend a regatta, but their sailor would like to participate, a chaperone needs to be named for the event. The chaperone is required to have all their sailors' required documents in case of an emergency.

### **Sailor's expectations:**

Sailors participating in the MPYC Race Team activities must be respectful, considerate, and willing to learn. If any sailor does not satisfy these requirements, the coach has the option to ask them to not return at any time. Team members must have appropriate clothing for Monterey Bay sailing conditions. The team will go out in any weather that the coach considers appropriate for the sailors' skill level. If the sailor does not have appropriate clothing, it is a liability for all involved. Sailors are expected to help load and unload boats before and after regattas. Sailors are also expected to keep the dock clean and return equipment to the same place it was found. If something breaks, sailors are expected to notify the coach so it can be repaired or replaced.

**Parent's expectations:**

Team members are expected to be on time for all practices. Parents are required to participate on boat loading days before regattas, and to help make sure all equipment is ready for the regatta. Parents are not expected to become MPYC members, but are highly encouraged to do so. Parents who are members, and who have been checked out on MPYC chase boats, are welcome to drive chase boats to help at practices. Parents who are not members are welcome to ride along in the chase boats to watch practice. Please notify the coach at least 2 days in advance if you wish to come out to watch practice. All participants (parents and adult volunteers) are required to wear a PFD (Personal Flotation Device). Parents are also required to help at fundraising events as needed, and attend occasional Parents' Meetings.

**Coach's responsibility:**

The coach will organize practices and regattas by email, text, and phone. The coach participates in practices and regattas when available, but the coach's presence is not required for participating in regattas. The coach will designate practice times and dates that fit the availability of the sailors. The regatta schedule for the majority of the events is on the PCISA website:

<http://pcisa.hssailing.org/schedule/2015-2016>.

**Estimated costs to parents and team members:**

- **Required \$110.00 MPYC Junior membership (paperwork is found under "Summer Sailing Program" see: [www.mpyc.org](http://www.mpyc.org)). This membership needs to be renewed annually.**
- **\$160 mandatory yearly practice and coaching fee. This fee covers coach expenses, plus boat and equipment maintenance, repair, and replacement.**
- **Regatta Fees (Varsity only): These fees vary, depending on the number of regattas attended**
  - **Parents share gas fees for towing boats to regattas.**
  - **Hotel cost for coach is divided by sailors participating in regatta (if overnight regatta)**
  - **\$20.00-\$40.00 individual registration fees for regattas. (some regattas are more than others)**
  - **Meals and personal expenses at the regattas**
  - **Personal items and equipment: PFD (Personal Flotation Device) must be US Coast Guard approved, spray pants, spray top, bootees or other suitable footwear, sunscreen, hat, sailing gloves, etc.**

In addition to competing against other sailors across the state, members of the Varsity Race Team learn skills that can be used on any sailboat. Many MPYC racers enjoy taking the more experienced juniors onboard for Wednesday night races and on even more competitive weekend races.

### **Local (non-PCISA) high school events:**

- 1) West Marine fun regatta hosted by Santa Cruz Yacht Club (Usually in August)
  - a. Multiple fleets (FJ's, Opti's, BICs, etc.)
  - b. Multiple skill levels
  - c. Great prizes
- 2) Stevenson Cup (fall event and spring event)
  - a. Open to all Monterey Bay sailors, each team of 2 sailors races as a team in FJS.
  - b. Hosted at MPYC, run by the Stevenson Sailing Coach
  - c. Historical event within the bay; winners get to take trophy to their yacht club

### **MPYC Junior Events and Fundraisers**

#### **Sea Otter Regatta Breakfast Committee (3<sup>rd</sup> weekend of October):**

- An adult "Team Leader" is needed to organize the breakfast (send out emails; shop for food; organize volunteers; lead the cooking, serving, and clean up)
- Volunteers for running the regatta (boat yard manager; boat inspectors; race committee boats; end of the pier spectator manager; top off the tanks with gas)

#### **Harvest Dinner Committee (1<sup>st</sup> weekend of November):**

- Work with Committee to gather auction items (big ticket items: Hotel packages; Monterey Boat Yard Haul Out; theme baskets; junior photography prints; Weekend get away packages...)
- Volunteers to decorate for the dinner; print out bid sheets; someone to collect 2 bottles of wines from parents to make an "Instant Wine Cellar"; and so on...)
- Attend dinner and bid at the auction
- This is the biggest junior fundraiser; approximately \$15,000.00 is raised annually

#### **Spinnaker Cup Breakfast Committee (last weekend in May):**

- An adult "Team Leader" is needed to organize the breakfast (send out emails; shop for food; organize volunteers; lead the cooking, serving, and clean up)
- Volunteers for aiding in the "Welcome Crew" for racers
- Juniors greet finishing boats as part of the "Welcome Crew", give them their docking package, and assist the racers to their slips. This process usually is organized in 2 hour shifts with a parent chaperone in the inflatable

If you have any questions, please email [junioradvisor@mpyc.org](mailto:junioradvisor@mpyc.org)

## **MPYC Junior Membership Rules:**

- 1) Each junior member will be assigned a junior number as soon as membership is approved. Junior membership entitles the member to use the Club facilities. The junior member's family may use Club facilities as a guest of the junior. The membership number may be used to purchase food, beverages, or merchandise items (i.e.: shirts, jackets, etc.) from MPYC by filling out a MPYC chit. Club bills must be paid monthly. Junior Membership numbers may NOT EVER be used to charge alcoholic beverages. All such beverages purchased by the Junior Member's parents MUST be on a cash (credit card, check, etc.) basis. Unpaid bills may result in loss of Club privileges and suspension from all Club activities. Junior members may only be inside the Yacht Club if an adult (21 years or older) is present. Junior members may use the Junior Yacht Club boats, including: Flying Juniors (FJs), Lasers, and Optimists ***only for supervised racing and training activities***. Use of the yacht club boats and trailers includes use of the boats at away sailing events. Use of specific boats depends on availability and certification on that type of boat. Junior members may travel to away regattas or sailing events under the banner of the Monterey Peninsula Yacht Club (Most sailing events require participants to be a member of a recognized yacht club). Junior members may participate in Yacht Club sponsored events. ***Club boats are not available for personal use outside of scheduled, supervised MPYC-sponsored events.***

### **MPYC Junior house rules:**

- 1) No loud music in the clubhouse or on the docks. This includes no offensive lyrics.
- 2) No roller blading, running, biking, skate-boarding, or horseplay on MPYC property.
- 3) Treat every MPYC member with respect.
- 4) All personal property must be removed from the YC premises after each day of sailing (excluding equipment stored on MPYC property).
- 5) Shirts and shoes are required in the clubhouse at all times.
- 6) Return all beverage glasses to the bar counter and throw away your trash. This includes trash on all docks.
- 7) Keep your wet sailing gear outside and avoid tracking sand into the club house.
- 8) Keep the heads (bathrooms) clean.
- 9) THEFT of any kind is grounds for termination of Membership.

### **MPYC Junior sailing rules:**

- a. Club boats are available for use by all junior members ONLY during practice, scheduled activities, and at regattas.
- b. No boats may sail in the outer harbor unless they are accompanied by a safety boat under the supervision of a Junior Coach, Advisor, or Certified Instructor.
- c. All damage must be immediately reported to the junior advisor.
- d. All gear must be properly stowed. This means sails must be neatly rolled, put into a sail bag, and stowed in the boat yard. Also, all rudders, tillers, and dagger boards must be properly (and neatly) placed in the boat yard shed. Finally, boats must be returned to the MPYC dock or boat yard rack.
- e. Please note that any gear found damaged or not properly stowed may be removed and may no longer be available for use.
- f. Life jackets (type III Coastguard approved) are required while on the docks or sailing MPYC owned boats.
- g. No sailing in club owned boats in sustained winds of 18 knots or higher.
- h. No sailing in strong southerly winds without permission of the Junior Advisor unless accompanied by a safety boat.
- i. Coach and safety boats may not be operated by a junior member unless approved by the Junior Advisor or a flag officer (ie. Commodore, Vice Commodore, or Rear Commodore).
- j. Boat heel not to exceed 20 degrees; the boat must be de-powered. Do not abuse sails by excessive luffing.
- k. Boats do not go out when visibility is less than 1 mile (mile buoy must be visible)

- from harbor, or sailors must return when visibility decreases).
- I. Club members shall only sail a boat when the wind velocity is suitable to their comfort level

**Miscellaneous:**

Our sailing team is currently comprised of students from the following schools: Monterey High, Pacific Grove High, York School, Carmel High, Chartwell School, Santa Catalina, and Stevenson. Eighth graders from feeder schools or home schools may also participate. The Pacific Coast Interscholastic Sailing Association ([www.pcisa.hssailing.org](http://www.pcisa.hssailing.org)) is our high school sailing organization.

**Gear/Clothing:**

1. Water resistant gear is required. Although not required, wet suits are strongly advised (required for JV and novice sailors). Used suits can be obtained from places as sporting goods stores or most surf and kayak shops.
2. Hard soled booties or shoes are strongly suggested. Booties/shoes with closed toes are required
3. Always bring a towel and extra clothes to change into after sailing.
4. Sun block is a must. A hat or cap of some kind is strongly recommended.
5. MPYC has PFDs and a few wetsuits to loan. Please check availability with the Junior Coach or Advisor.

PLEASE NOTE: FJ's do capsize and turtle. All team members are required to demonstrate competence in capsize recovery.