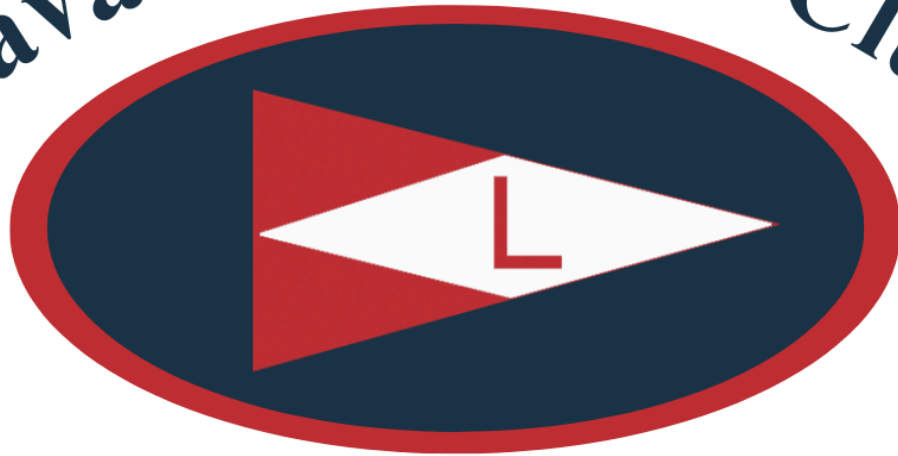


Lavallette Yacht Club



Junior Sailing Handbook

• 2023 •

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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 lycjrailing@lavalletteyc.org or their personal email addresses. Also, please feel free to reach out via text or phone call as well.

Name	Email	Phone
Tara Glosenger (coordinator)	tara7afr@comcast.net	(908) 797-0621
Stephanie Peltzman (coordinator)	booksopenminds@gmail.com	(215) 983-9950
Kathy Fritz	kfrander@gmail.com	
Dave Lambie	david.lambie@comcast.net	
Brian McManus	brian.mcmanus1977@gmail.com	
Jessica Tierney	tierney324@gmail.com	

Club Officers

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

Junior Sailing Calendar 2023

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18 Sunday Series Tune-up Race	19	20	21 First day of program	22 Program	23 Program	24
25 Sunday Series	26 Program	27 Program	28 Program Wednesday Series	29 Program	30 Feed the Need Regatta Pine Beach	1
			Week 1			
			Week 2			

JULY

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

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 Program	2 Program	3 Program	4	5
6 Sunday Series	7 Program One-Day Only (ODO) Mantoloking YC	8 Program	9 Program Wednesday Series LYC Sunset Regatta	10 Program	11 Ocean Gate Classic Regatta Ocean Gate YC	12
13 Sunday Series	14 Program	15 Last Day of Program Kettle Cup & Paper Plate Awards Merrick Team Race Bay Head YC	16 Cardboard Boat Regatta Good-bye dinner & Slideshow	17	18	19
20 Sunday Series	21	22	23	24	25	26
27 Sunday Series	28	29	30	31	1	2
			Week 7			
			Week 8			

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3 Sunday Series LYC Awards Ceremony	4 Labor Day	5	6	7	8	9

- N** First Half Season Dates : June 21 – July 18 **S** Second Half Season Dates: July 19 – Aug 15
- O** Seggel Family Junior Regatta - no program for sailors who are not participating in Laser, 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 Rain Day Make ups if needed***

2023 Daily Program Schedule

FLEET	DAYS	TIMES	LUNCH
PRE-SAILING	MON-THURS*	9:00 AM - 12:00 PM	
GREENIES	MON- THURS*	9:00 AM -3:00 PM	12PM-12:30PM
OPTI	MON - THURS*	9:00 AM - 3:00 PM	12:30PM - 1PM
LASER, SUNFISH, 420	MON- THURS*	9:30 AM -3:30 PM	12PM-12:30PM
JUNIOR SKIPPERS	JULY 3-7 & JULY 10-13	12:30-3:30PM	

SAILORS MUST BE RIGGED & READY BY THEIR DESIGNATED START TIME

WEDNESDAY SERIES 9:00 TO 2:00 DEPENDING ON WIND (FIRST RACE AROUND 10:00) – AWARDS WILL TAKE PLACE DIRECTLY AFTER

FRIDAYS – SCHEDULED BBYRA REGATTAS, RAINY DAY MAKE-UP AND/OR PRIVATE LESSONS.

***EXCEPTION: THERE WILL BE PROGRAM ON FRIDAY, JUNE 23**

Instructors

Name	Phone	Email
Honour Harrington (Head Instructor)		
Bridger Espinosa (Race Coach)		
Madeleine Cook (Greenie Coach)		
Kevin Brooksbanks		
Cathryn Cunningham		
Tommy Daniels		
Addison Dunn		
Ellisen Houston		
Reagan Leahy		
Aidan Risk		

Junior Sailing Classes Sailed & Instruction Levels

Junior Skippers

This program is for 5-6 year old future sailors to get an introduction to the basics of sailing in a nurturing environment. This primarily land-based program is an opportunity to learn the basics of sailing (terminology, knots, safety, & the Corinthian spirit) through fun games & activities and to meet new friends at LYC.

Pre-Sailing

This program is for 6-7 year-olds interested in getting an introduction to sailing and a respect for the water in a relaxed and enjoyable environment. The instructors will be nearby to provide instruction to the sailors using Club Opti boats. Sailors will be two to an Opti and will learn the basic principles to sailing.

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.

Lasers 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 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. 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)
- Other Equipment Required for Class of Boat

Other Equipment

Other equipment needed may include:

- Sunscreen
- Water Bottle
- Sunglasses
- Hat
- Bug Spray
- Towel
- Dry Clothes
- Extra Sail Ties
- 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:

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 of 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 fellow classmates.
4. Sailors are responsible for de-rigging their own boat and assisting their class peers prior to leaving the LYC for the day.

Junior 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 and c420 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 Opti course. There needs to be 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 strongly 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 a substantial number of LYC sailors compete.

2023 Regatta Dates

Regatta	Date	Location	Who attends? (if interested)
Feed the Need	June 30	PBYC	All fleets except Green
Iron Man	July 6	SAYC	All fleets – males only
Powder Puff	July 7	MCYC	All fleets – females only
Little Day Bay	July 14	SPYC	All fleets
Junior Olympics	July 17/18	IHYC	All fleets (experienced sailors)
Rookie Regatta	July 20	MRYC	Green Optis only
Beachwood Blast	July 21	BYC	All fleets
Seggel Family Regatta	July 24	LYC	Lasers, Sunfish and 420
Caryn Wilson Opti	July 25	LYC	Opti only
No Tears	Aug 1	TRYC	Beginner Opti/Sunfish
Ocean Gate	Aug 4	OGYC	All fleets
ODO	Aug 7	MYC	Opti only
Merrick Team Race	Aug 15	BHYC	Opti/420 (teams)

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 of the participants is the responsibility of the parents. Depending upon the regatta, the sailor may travel to the regatta with the instructor on one of the LYC’s motorized boats. Sailors and parents will be notified, before the regatta, the method of transportation of the boats to a regatta. **Regardless of how the sailor travels to the regatta, the sailors 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, rudders and other ancillary equipment are 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.**

Towing

Though trailering is the preferred method of transportation, the other common method for transportation for boats is to tow them to the regatta. When towed, they will be towed by the instructor to the regatta site using a coach boat. Multiple boats can be towed by a single instructor, utilizing one of the LYC’s motorized boats. This method can add many hours to an already long day, as they are expected to arrive at the LYC clubhouse early in the morning and may not leave the regatta and return to the LYC clubhouse until the end of the day.

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 also 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, Wednesday series breakfast and the Lavallette sponsored regattas (LYC Team Races and Caryn Wilson Memorial Regatta). If you are interested in volunteering, there will be sign-ups (via internet or paper sign-ups). 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 arriving and 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 when they are leaving LYC! No sailors are to leave LYC without following these procedures.**

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, 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 below and 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 accumulate. 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 Junior Sailors are invited to join Junior Activities at LYC on Wednesday nights at 6:30 PM. Additional details will be provided 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 2023

Name	Email	Phone
Erin Burns	ehb76@optonline.net	609-902-8321
Heather Brisby	heatherbrisby@gmail.com	908-310-2412



Appendix:

BBYRA Member Clubs Information

Club Name/Address:	Phone Number(s):	Website:	Sail ID:	Signal Lights & Burgee:
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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

SAILORS CODE OF CONDUCT

1. Juniors are expected to follow a normally acceptable code of conduct. The following are not acceptable: foul language, defacing or destruction of property, fighting, bullying, and disrespectful behavior to others.

2. 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.
3. Members are responsible for their children/grandchildren at all times.
4. Coast Guard approved life jackets, with an attached whistle, must be worn at all times while in or on the water during sailing instruction and while on LYC boats, including time at or traveling to or from regattas. Shoes are to be worn at all times while on LYC property including during sailing instruction and while on LYC boats.
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 the Junior Sailing area. Particular attention should be taken to keeping things clean and neat, especially when the LYC is crowded.
9. No wet 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.

Communication App for 2023: Remind



This season LYC Junior Sailing is using the Remind app for communication. For directions, please click on the PDF link below for the groups you need to join. You will need to join the Whole Program group and your sailor(s) specific group(s).

You will be able to choose to receive text messages, push notifications, and/or email notifications. If you have any issues please reach out to the Program Coordinators or the Head Coach.

Fleet	Join Info	Text Message	Type into Browser
Whole program - all can join!	 all program invite.pdf	Text the message @lyc2023 to the number 81010	rmd.at/lyc2023
Junior Skippers	 jr skippers invite.pdf	Text the message @lycskipper to the number 81010	rmd.at/lycskipper
Pre sailors	 pre sailors invite.pdf	Text the message @lycpresail to the number 81010	rmd.at/lycpresail
Opti Green	 green invite.pdf	Text the message @lycgreen to the number 81010	rmd.at/lycgreen
Opti C	 opti c invite.pdf	Text the message @lycopti-c to the number 81010	rmd.at/lycopti-c
Opti B	 opti b invite.pdf	Text the message @lycopti-b to the number 81010	rmd.at/lycopti-b
Opti A	 opti a invite.pdf	Text the message @lycopti-a to the number 81010	rmd.at/lycopti-a
Laser	 lasers invite.pdf	Text the message @lyclaser to the number 81010	rmd.at/lyclaser
Sunfish	 sunfish invite.pdf	Text the message @lycsunfish to the number 81010	rmd.at/lycsunfish
420	 420 invite.pdf	Text the message @lyc420 to the number 81010	rmd.at/lyc420

Junior Sailing Award Descriptions

Name of award	Description
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	<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	<i>*Winner of the first race on the last race day of the junior series in the largest fleet *Largest fleet is defined as the fleet having the largest number of qualified sailors in the series. *Fleet is defined as boats scored together and not necessarily sailing/starting together</i>
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

Wednesday Series (Qualify)	3 points
Sunday Series (Qualify)	6 points
LYC Regatta, Seggel Family 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

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 3rd.

LYC Program junior sailor 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.

Junior Sailing Lunch FAQ

With the new food services program, how can our junior sailors purchase lunch?

There are two ways in which lunches can be ordered for junior sailors:

Option #1 "Al la carte lunch." An account for individual junior sailors will be created. This will be attached to

a personal credit card provided by the parent. The junior sailor can then order as they wish directly off the junior menu in the same manner that they have in past seasons. The difference is that the charge for food and beverage would go to a credit card and not to the LYC house account.

Option #2 The "pre-ordered lunch." The parent of the junior would order and pay for lunch in advance. The junior sailor would be limited to whatever food and beverage the parent has selected for them.

How will we order junior lunches on days when the kitchen is closed?

A parent can choose from one of 3 complete "boxed lunches." Boxed lunches will include a sandwich, chips, fruit, an energy bar, and a small bottle of water. Orders for boxed lunches **must be placed by 9:00 am** that morning. Lunches will be prepared and ready when the morning sailing session is over.

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 by the Deck Parent. At lunchtime the Deck Parent will bring the lunches 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.

How can a parent place a lunch order?

There will be a feature on our usual LYC member phone app that will direct the parent to the Channel Marker online ordering system. A daily menu will appear, choices can be made, and a secure checkout system will allow for payment. All orders will go directly to the Channel Marker personnel staffing the LYC kitchen.

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

Yes. On the days when the kitchen is closed, Channel Marker will have a steward available from 9AM-4PM to serve ice cream, snacks, and soft drinks after their lessons. Please note that your credit card will be required to pay for these snack items.

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.