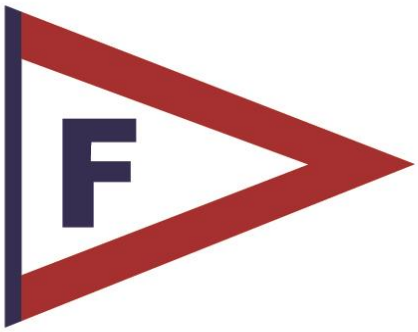


2025 Florida Yacht Club Youth Program

Parent/Sailor

Program Handbook

Waterfront Director and Head Coach Nogay Dokmeci

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Jacksonville, FL 32210

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1. Glossary of Terms

- **Racing Teams**: This term refers to the different types of racing FYC offers, including Opti Green, Opti RWB, C420, and High School.
- **Optimist**: Refers to the specific type of Boat, the Optimist, or also referred to as Opti. This is the largest fleet of one design boats in the world and is for sailors from ages 6-15.
- **One Design**: A type of racing in which all the boats are the same.
- **Class Legal**: One design boats and equipment are templated and approved by the class. Some parts/sails/equipment can be purchased cheaper but may not be approved by the class for regattas. Non-legal equipment may be used for learning and practice but cannot be used in regattas.
- **Upwind**: Sailing toward/into the wind and tacking back and forth. A critical skill in sailing.
- **Downwind:** Sailing with the wind coming from behind the boat.
- **Rigging**: The act of setting up the boat to be ready to sail, which includes but is not limited to, getting a sail, checking sail ties, getting rudder and centerboard, checking air bags, lines, and more.
- **Spars (mast/boom/sprit)**: These are the "metal poles" that the sail is attached to.
- **Blades (centerboard/rudder)**: Centerboard goes into the middle of the boat and helps with stability. The rudder goes on the back of the boat and is used to steer the boat.
- **Tiller Extension**: Attaches to the tiller, which is connected to the rudder allowing the boat to be steered from different positions/areas of the boat.
- **Trapeze:** A wire system attached to the mast along with a harness worn by the crew allowing them to stand on the edge of the boat to get their weight farther outboard to facilitate flattening the boat in windy conditions.
- **Spinnaker**: A third sail (usually colorful in photos) that is put up downwind to allow the boat to catch more wind and move faster (in youth sailing at FYC, used on the c420).
- **Lines**: These are ropes (we don't call them ropes in sailing) that are on the boat and have different uses in order to properly rig the boat and trim the sails.
- **Blocks**: Pulleys on the boat to help with trimming the sails.
- **Shrouds**: Metal wires that are on the side of the mast to help keep the mast upright.
- **Forestay**: Metal wire attached to the front of the boat and the mast to help keep the mast upright.
- **Notice of Race (NOR):** A document providing initial planning information about a regatta, including, dates, schedule, location, registration information, etc.
- **Sailing Instructions (SIs)**: A document provided by a regatta host with specific rules and regulations for that particular event.
    - The NOR and SIs will be published for FYC families on the TeamSnap App; or can generally be found by Googling the name of the regatta.

2. Introduction

Welcome to the 2024 Racing Season! On behalf of the Florida Yacht Club, the coaching staff, and the Fleet and youth sailing committees, we want to thank you for your trust and support in our program and look forward to a challenging, fun, and successful season!

This handbook is intended to serve as a guide for parents and sailors who plan to participate in any aspect of the FYC youth sailing program. The FYC waterfront staff and youth sailing committee reserve the right to modify this handbook at any time as it deems necessary in the best interest of the Florida Yacht Club and the youth racing program.

3. Coaching Staff & Contact Information

FYC Sailing Office – (904) 677-4860

Waterfront Director and Head Coach – Nogay Dokmeci (419) 967-3554; sailing@thefyc.org

Junior Sailing Manager - Matthew King (941) 465-8496

4. Team Mission

To provide the children of FYC members and/or the children of their guests the opportunity to try the sport of sailing. To create an environment and programming that facilitates and nurtures the skills of our young sailors, placing a strong emphasis on sportsmanship, teamwork, self discipline, personal character, and problem solving, while representing the Florida Yacht Club in the best way possible.

"There's something about sailing that makes it quite unlike other sports. More than just skill and strategy, it teaches certain values that shape sailors into the unique athletes that they are."

5. Team Goals

The goal of the FYC Youth Sailing Team is to practice and compete at the highest level possible while maintaining good ethics, sportsmanship, and integrity involved with the Corinthian spirit of sailing. Each team and sailor will set group and personal goals during the season with guidance from the waterfront director and their coaches.

6. Team Opportunities

FYC offers year-round sailing opportunities for youth ages 8-18. We offer classes, camps, and programming for sailors from beginner to advanced. We will try to pair sailors in groups/boats of similar age, size, and skill level. Our sailing opportunities include summer camp, youth club racing, middle and high school racing*, private lessons, and clinics.

a. Summer Camp

FYC runs a 9-10 week summer camp for all levels of sailors. Summer camp is available to all FYC members as well as sponsored guests for an additional fee. Summer camp is a great opportunity for first-timers to try sailing since the winds are usually lighter during the summer months and the format offers a less stressful environment for new sailors. We also offer "Race Week" during the summer for our more skilled year-round sailors who wish to keep their skills sharp. Summer Camp registration opens February 1st, and the link can be found on the FYC website or by contacting Nogay Dokmeci.

Youth Club Racing Teams

b. Optimist Teams

The **Optimist** is a small, single-handed sailing dinghy intended for sailors ages 6-15. The Optimist is one of the two most popular sailing dinghies in the world, with more than 150,000 boats officially registered with the class. It is sailed in over 120 countries and offers the best opportunities for young sailors to learn not only how to sail, but also how to race. The level of competition ranges from small fleets at local regattas to international races with hundreds of boats.

The boat is very simple yet technical and allows young sailors the opportunity to learn the basics of sailing through advanced racing concepts. A sailor may sail the Optimist up until December 31st in the year they turn 15. Some sailors also "size out" of the Optimist when they reach around 125 lbs, or a height that does not allow them to fit in the boat comfortably. FYC currently owns eight Opti training boats (Cubes) and nine class-legal (race-ready) boats.

The Optimist is critical in the long term growth of a sailor and is the starting point for most kids. Staying in the Opti as long as possible benefits the kids in the long term when they graduate to bigger boats. The skills, problem solving, critical thinking, and much more learned in the Optimist is unlike any other class of boat your child will sail.

We have three Opti teams at FYC: Beginner/Intermediate Team, Green Fleet Team and Red White and Blue (RWB) Team.

<u>Beginner/Intermediate Opti Program</u>

Most of our Opti Race Team begins their sailing during summer camp. Summer camp offers two Opti groups: Beginner Opti Sailing, which sails in our Cube boats, and the Opti Trainers and Intermediate Sailing, which sail in the class-legal Optimist boats. A sailor may need to complete in either of these courses multiple times before moving up to the next program. During the school year, this group can also register to practice on Tuesday afternoons at 3:45-6:45pm and Sunday afternoons at 11:00am-4:00pm, with an option to move into the Green Fleet upon approval from the waterfront director or head coach.

The Optimist class is governed by the US Optimist Dinghy Association (USODA). Some of the larger regattas, like Valentine's Day Regatta in St. Petersburg and Sunshine State Championships in Jensen Beach, are sanctioned by the USODA, which has an elevated set of one-design rules (boats and sails need to be class-legal and may be required to be measured and weighed at the events). Registration in these events also requires membership in the USODA for an annual fee. One way to think about USODA and one-design racing is like NASCAR. The boats should all be the "same" to equalize competition as much as possible.

More resources and information about Opti sailing:

Changing the Lives of Children Through Sailing… Optimist Sailing

Why Teach Your Child to Sail?

Green Fleet Team

Prerequisite – Beginner/Intermediate sessions completed as well as approval from waterfront director or Beginner/Intermediate coaches. Every child is different and learns and matures at different rates. The Green Fleet is for beginner racers who are already able to sail upwind and have the basic concepts of sailing mastered. A conversation about your child's skills, maturity, and eagerness to grow in the sport may determine their readiness for joining the Green Fleet.

The Green Fleet builds on skills learned over summer camp or in the Beginner/Intermediate class. The sailors will be introduced to more racing aspects. They will begin to learn and practice skills related to boat handling, boat speed, body positioning and mechanics, starting sequences and tactics, and race course strategy. The sailors will also learn advanced rigging, the rules of racing, race flag recognition, and much more. Sailors will receive chalk talks before and after practices and begin to attend regattas, both at FYC and travel events (more about travel regattas later).

At regattas, Green Fleet typically sails closer to shore and will get more breaks throughout the day. Coaches can generally coach sailors during a race in the Green Fleet (if they are in the back half of the fleet).

Private boat ownership is highly encouraged once a sailor starts competing in the Green Fleet. During summer camp, sailors may use FYC boats for no additional fee (however owning a boat allows for a discount in summer camp). One season, either fall or spring, a sailor may use a FYC charter boat before a charter fee comes into effect per season. A private boat is required once the sailor has advanced to the RWB team. This is for many reasons, including the upkeep of club assets for our new sailors to use, as well as a sense of ownership and pride that comes with our young sailors having their own boat to maintain.

Optimist RWB Team

Prerequisite – Opti Green Fleet racing (at least one season) and Waterfront Director and/or Head Coach approval.

When sailors move up to RWB, they will go into a fleet depending on age: 10 and younger will be White Fleet, 11-12 will be Blue Fleet, and 13 and older will be Red Fleet. RWB sailors usually start together at regattas, and sail much longer courses farther from shore. Coaching the RWB fleet can only be done between races, not during.

The RWB Opti Team is for those who are interested in the highest level of competition. This group will focus on improving all racing skills, tactics, and knowledge learned in Green Fleet. Classroom chalk talks and on-the-water drills are done daily, and sailors will be videotaped during practice and follow up with on-land, in-depth debriefs.

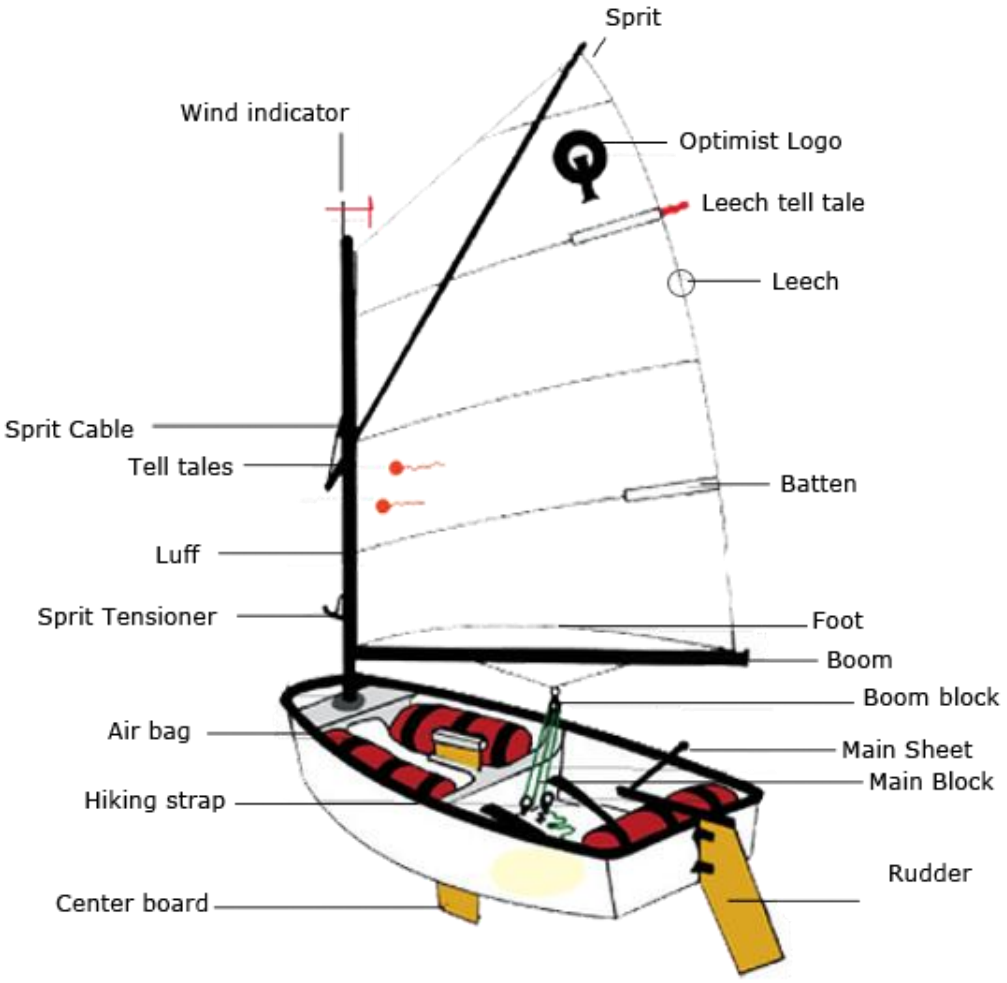
RWB sailors are required to assist the Green Fleet and Beginner/Intermediate sailors to help develop their skills. RWB sailors are required to own their own boats and be autonomous when it comes to rigging, launching, and handling all conditions on the water. RWB participants will have the opportunity to travel and compete in local, regional, and national regattas, in which case parental support is mandatory.

Estimated costs for boat and equipment, diagram below:

*The prices below are for new items and for reference on fleet upkeep. Because youth have a limited age and size window for Optis, used boats/parts are often available for sale at FYC from former Opti sailors. Contact the Waterfront Director for more information and to be connected with parents selling equipment.

Race Ready Club Optimist	$4,300
Race Ready Pro Optimist	$5,000-$6,500
Sail	$350-$650
Spars (Mast/Boom/Sprit)	$300-$600
Blades (Centerboard and Rudder)	$300-$600
Tiller Extension	$50-$100
Dolly	$300
Wind Indicator	$25
Air Bag	$35

Parts of a Sailboat - the Optimist



c. Club 420 Team

Club 420 class association website: https://club420.org/

The Club 420 (c420) is the most popular and versatile double-handed junior boat in North America. The c420 is sturdy and safe, while providing the challenge of sailing with trapeze and spinnaker. The boat is best suited for sailors 13-18 years of age and over 110lbs. FYC has four race team and six practice-ready c420s which are used for both our year-round and summer camp programs.

Prerequisites – at least two weeks of summer 420 sailing, participation in high school/middle school sailing program, and Waterfront Director or coach approval. The race team boats require approval and minimum-race prerequisites, at the discretion of the Waterfront Director.

The c420 Team is for those sailors wishing to compete at the highest level beyond high school/middle school sailing. Sailors will take the boat handling and tactics they learn in these programs and apply them to the c420 boat, while focusing on trapeze and spinnaker work in the c420 specific practices. Sailors in the High School/Middle School programs can add on Sunday c420 practices during the school year.

Similar to the Opti, the c420 has a class association. Certain regattas, like c420 Midwinters in Jensen Beach and c420 Southeast Championships (rotating location), are class sanctioned and have similar competition, measurement and equipment rules to the Opti class. Participation in these events also requires class membership.

Costs Associated with c420

While owning a boat is not required for the c420 program, we feel that it is helpful for the sailors and parents to understand the costs of the boats and parts and the upkeep of our fleet.

Race Ready c420 with Sails & Dolly		$13,000
Sails (main, jib, spinnaker)		$700, $400, $400
Dolly		$600
Lines		$200
Rigging (blocks, shrouds, forestay, etc.)	$200	
Boom		$400
Spinnaker Pole		$250
Tiller w/extension		$250
Centerboard		$500
Rudder		$400
Plugs		$30


MAST
CLUB 420
SPINNAKER SAIL
BATTEN
TOPPING LIFT
SPINNAKER POLE
TILLER
SPINNAKER GUY/SHEET
MAINSHEET
JIBSHEET
JIB SAIL
RUDDER
CENTERBOARD

Summary of Sailing and Racing Opportunities at Florida Yacht Club

Experience Level	**Age**	**Boat**	**FYC Program(s) Available**	**Personal Equipment Required**
Beginner	6-12	Opti	Opti Learn to Sail	Sailing Clothing Required
Beginner	13-17	420	Middle School* High School* c420 Team	Sailing Clothing required
Intermediate	8-13	Opti	Opti Green Team/RWB Team	Opti required on RWB team, optional on green team
Intermediate	13-18	420	High School* c420 Team	Sailing Clothing/Gear
Advanced	8-15	Opti	Opti RWB Team	Opti/Sailing Gear
Advanced	13-18	420	High School* c420 Team	Sailing Gear.

*Middle and High School sailing/Racing are organized and scheduled separately from FYC Youth Racing and Recreational programming. Please contact Nogay Dokmeci sailing@thefyc.org for details and registration information.

7. General Sailing Team Requirements

- Sailors must be registered and paid in full to participate in any on the water or on land practices as well as fill out any necessary waivers.
- Sailors are required to have a US Coast Guard approved life vest. New and Beginner sailors may borrow an FYC life jacket but will need to purchase their own once they enter the Green Fleet or higher teams.
- Sailors are responsible for registering for all regattas and paying regatta entry fees. Sailors will be responsible for paying their portion of the coaching fees and any other FYC fees associated with each regatta. Many events require a US Sailing membership, and as noted above, c420 and USODA events require membership fees for regatta participation.
- Sailors are responsible for printing and reading the sailing instructions prior to any regatta.
- **Uniforms: Opti teams and c420 sailors are required to purchase team gear. Each team may have its own unique uniforms and options to order will be provided by**

the Waterfront Director or Head Coach. Team shirts are to be worn while sailing/rigging and team polos or race shorts are to be worn at award ceremonies and organized social activities when warranted.

8. Fleet Maintenance

All sailors have a responsibility of helping to maintain all the boats in the FYC fleet including the hulls, rigging, centerboards and rudders, lines, sails, dollies, etc. Each sailor should examine club used boats before and after each practice or regatta and report any damages to coaches or the Waterfront Director. Major damage caused by sailor negligence will be the responsibility of the sailor using the boat.

Sailors will be expected to attend work days throughout the year where the main focus will be fleet maintenance, repairs, and upkeep. Sailors will learn how to properly maintain boats as well as minor repair work during these work days.

9. Regatta Information

Registering for a regatta as soon as possible is the responsibility of each sailor. After registering, make sure to secure lodging and inform the Waterfront Director and coaches of these plans. Lodging information will be circulated prior to each regatta in order to facilitate everyone staying in close proximity or the potential of splitting a house or houses. Please notify the Waterfront Director once registered for each regatta.

Sample Season Schedule (Spring 2025)

Date	Boat/Class	Regatta Name/Location
February 17-19	c420	c420 Midwinters @ Jensen Beach, FL
March 9-10	Opti Green/RWB	Sunshine State Champs @ Jensen Beach, FL
March 23-24	c420/420/Opti Green/RWB	Mt. Dora Regatta @ Mt. Dora, FL
April 6-7	c420/Opti Green/RWB	Sarasota Sailfest @ Sarasota, FL
April 6-7	c420/420	St. Augustine Race Week @ St. Augustine, FL
May 4-5	c420/420/Opti Green/RWB	Cowford Cup @ Florida Yacht Club
June 8-9	c420/Opti Green/RWB	South Carolina Yacht Club Youth Regatta @ Hilton Head, SC

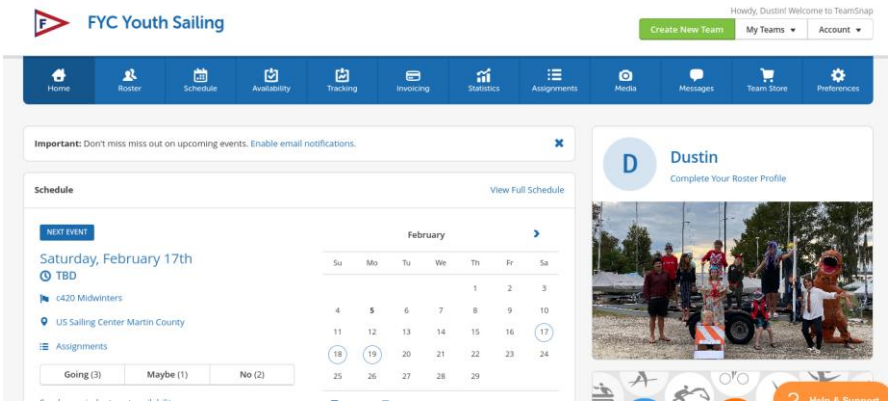
Team Communications:

The team complements information sent via group emails with an app called TeamSnap for scheduling and regatta communications. Each sailor's parents will receive an invite to TeamSnap. All scheduled regattas and club-sponsored team events will be in TeamSnap. Each event will include volunteer sign-ups and availability (please check "Yes" or "No" when you have decided whether to attend an event. The Notice of Race, Sailing Instructions, venue address, and preferred hotel/accommodations will be reflected for each event, keeping all logistics organized in one place. On the Friday of a travel regatta, a group chat will be started from the app and all critical arrival, sailing, and social information will be shared via the TeamSnap chat.

Parents are requested to work together to ensure travel events are successful for the team. Volunteer opportunities include:

- Towing boats to events
- Purchasing snacks for the team (each class has one parent assigned, and favorite snacks include: Cheez Its, Goldfish, Protein/Granola Bars, Fruit Snacks, Nuts, etc… Think small packages and easy to eat while on the go.)
- Purchasing lunch for the coaches (Just ask the coaches what they like. Typically a grab-and-go Pub Sub works just fine!)
- Helping to organize a team dinner (confirming travel plans and reserving a space/restaurant that can accommodate the whole group)
- Ice/Water for Coach Boats (a bag of ice per boat per day and some water bottles in case refillables get used up, especially on hot days)

A screenshot of the app is below:



Travel Expenses

Each family is responsible for their own transportation, meals, and accommodations for each event.

Coaching expenses (coach travel, hotel, food, etc.) will be split between all sailors that participate in a regatta. Regatta expenses are expected to be paid within 48 hours after receiving the official email invoice from the Waterfront Director. FYC members' accounts will be charged directly following notification of the total amount.

Other FYC regatta fees include:

Sailor is actively enrolled in that season's (Fall, Winter, or Spring) practices	Coaching fee is included (not coach travel expenses)
Sailor is not actively enrolled in (Fall, Winter, or Spring) but wishes to participate in a regatta	Coaching fee is $35/day for FYC members or $50/day for non-members (plus coach travel expenses)
Sailor participates in Summer regatta (regardless of camp participation)	Coaching fee is $35/day for FYC members or $50/day for non-members (plus coach travel expenses)

Guest Coaching and Clinics

Throughout the year, FYC may bring in guest coaches to run clinics or practices outside of our normal schedule. These will be coaches with significant experience in the specific boat and will be offered to race team sailors for an additional fee, and invitations will be sent via email and/or TeamSnap.

FYC Regatta Support

Throughout the year, FYC will host at least three annual youth regattas. These events require parent volunteers to help with event organization, sponsorship coordination, registration, parking, race committee, and much more. All parents of FYC youth sailors are strongly encouraged to volunteer for events hosted at the club.

Transportation of Boats & Sailors to Regattas

*Please see Regatta Check Lists at the end of this document.

Regattas can range from one day local regattas to multi-day regattas several hours away. The team has historically traveled throughout Florida and as far as North Carolina. A lot of planning and logistics go into attending these events. Each sailor is responsible for their boat/spars/sails/dolly to get to each regatta. FYC has trailers that boats can go on, and smaller

boats, like Optis, can also be transported on roof racks. We will also need parents with vehicles capable of towing to assist in towing to regattas. Transportation policies are below:

- All sailors and families are responsible for getting their boat and gear to every regatta, whether it be on their own or facilitating loading it onto a club trailer.
- All sailors and families are responsible for securing equipment on trailers and roofs with straps and lines.
- FYC coaches and staff will assist with loading and securing boats on scheduled regatta loading days.
- Sailors and families will be responsible for unloading boats after regattas as soon as possible or on a scheduled un-loading day.
- FYC coach boats and trailers will need to be towed by parents with vehicles capable of towing. Parents can sign up to tow when logistic emails for each regatta go out and also by selecting the option on TeamSnap. For those parents who do not have vehicles capable of towing, there are many other options to volunteer including sailor snacks, coaches lunches, social planning and much more.
- Sailors who repeatedly do not secure boats properly or assist with loading/unloading days may be subject to non-eligibility for travel regattas.
- FYC-owned trailers and the club-owned c420s are insured directly by FYC.

10. Pricing

Pricing for 2025 are as follows. Pricing is subject to change before a season begins.

	Class	Member Pricing	Sponsored Guest Pricing
Fall Season	Opti Beginner (Emerald/Green Fleet)	$600	$775
	Opti Charter Fall	$200	$300
	Opti RWB	$675	$800
	C420	$625	$750
Winter Practice	Opti Green/RWB	TBD	TBD
	c420	TBD	TBD
Spring Practice		TBD	TBD
Summer Programs	3 or more weeks registered	10%off	n/a
	Discount: Owning your own Opti	-$100	-$100

11. Practice Policy

It is the hope that every scheduled practice and event will bring favorable weather and winds. In the event of poor weather, we will plan on chalk talks and classroom learning, but may shorten the practice time due to children's attention span when sitting in a classroom. At time,s inclement weather days may be boat and sailing center maintenance days. In rare cases of severe weather, practice may be canceled. FYC staff will attempt to inform all participants as early as possible about shortened or canceled practices via email. FYC is not financially responsible for practices missed due to inclement weather, which is an inherent risk of every sailing program.

Sailors are expected to attend all practice sessions. Sailors that cannot attend a practice are expected to inform FYC waterfront staff as soon as possible about absences, as this can affect guest coaches and coach scheduling.

12. Responsibilities & Expectations

Parent Responsibilities

Competitive sailing teaches self-confidence, decision making, teamwork, sportsmanship, problem solving, organization, responsibility, and humility. Sailors at every age never stop learning, and there are always opportunities to improve and grow. Because of this, FYC strives to encourage personal responsibility, but we need parental support to reinforce this.

Parent Do's and Don'ts

DO's	DON'TS
Opti parents can assist getting boats out of storage spots	Assist in rigging
Assist in launching and retrieving boats at regattas	Assist with launching/retrieving at practice. There is a system that encourages teamwork in place.
Assist in trailer loading/unloading at regattas	Interfere with coaching briefing or debriefing at practices and regattas.
Encourage your sailor before practices. Sailing is one of the most difficult activities your child will participate in. There will be good days and bad days, and encouragement to push through the tough times is invaluable	Allow sailors to stay home/not sail on windy, colder days. These days are the toughest, but a lot of sailing and personal growth happen.

A typical practice session at FYC includes an on-shore chalk talk. After rigging boats, sailors will launch, practice the skills discussed in the chalk talk, then return to shore to de-rig and debrief the practice. Please be sure your sailor arrives on time or early to practice and is prepared with a good attitude.

Sailor Responsibilities

Sailing is a lifetime sport. Some of the friends and acquaintances you make at FYC and places visited, such as other yacht clubs and sailing venues, as well as all fellow sailors and coaches at FYC and from other teams, will turn into lifelong friendships. How you act towards these individuals will have a lasting impact. It is important you recognize sailing is a privilege, and you are being provided with one of the most fun and fulfilling opportunities. Appropriate behavior will allow you to become a well-rounded, self-confident sailor and respected team member. As a participant in this program, you represent FYC, your team, and your family. You should maintain a high level of sportsmanship and conduct both on and off the water, and make teammates proud to be a part of our program. To make the most of your experience with us, we require you to follow these guidelines:

- Sail for the fun and love of the sport. Enjoy yourself every time you hit the water. Work hard each day to improve your skills. Be here because you love it and want to get better each day and have fun while doing so.
- Listen, ask questions, and watch others to see how you can improve. Be a team player, exhibit good sportsmanship, be disciplined on the water, and be a kind competitor who uses confidence and self-control at all times.
- Appreciate the contribution each person makes to the learning environment. **Zero tolerance** for bullying or ANY unkind behavior.
- Learn the rules of sailing and follow them.
- Always be a good sport and strive to set a positive example for others.

In addition to these, we also expect and require the following:

- All sailors are expected to arrive on time (early) and be rigged and ready by the set time.
- Sailors are expected to listen to their coaches at all times.
- Sailors must always treat FYC boats and facilities and our waterway with the utmost respect and care, showing an appreciation for what has been entrusted to our program.
- After every practice, sailors must perform proper rinsing, maintenance, and storage procedures when caring for FYC boats and equipment.
- Sailors are expected to clean up the areas used during practices and regattas.

All sailors are expected to bring the following items to practice each day:

- Sailing clothes (bathing suit, shorts, rash guard–clothes that can get wet)
- Team shirts for regattas

- Closed-toe, water friendly shoes - NO bare feet flip flops. Dinghy boots recommended.
- US Coast Guard Life Jacket
- Sailing gloves
- Foul weather gear (for those colder, windier, rainy days)
- Reusable water bottle, lunch/snacks
- Sunscreen
- Additional suggested items include hat, sunglasses, change of clothes, towel.

ALL items must be labeled – FYC is not responsible for lost or stolen items, including those items left behind.

Travel Responsibilities

When representing FYC on trips, you are responsible for your own actions. You must continue to abide by the conduct requirements above. Additional guidelines are below:

- During all sailing activities, sailors are under the supervision of FYC coaches. Sailors are under the supervision of chaperones/parents/guardians at all other times. No matter whose supervision you are under, you are required to listen to and stay in the facility of that person(s).
- Sailors are required to stay with the team or chaperones at all times, including the ride to and from the event, unless parents have made other travel arrangements.
- Curfews are set by chaperones and must be adhered to; this is for the protection of the sailors and necessary for the welfare and reputation of the team.
- Sportsmanship (settling on-the-water disputes) and supporting the team, attending award ceremonies…

Sailors are never to be disrespectful to other sailors, coaches, staff, chaperone, volunteer, etc. from FYC or any other sailing organization. Refusal to adhere to these policies may result in dismissal from the team.

Sailing gear tips:

- Spray top (Search Gill or Helly Hansen); these are necessary for late Fall and early Spring events); More robust tops may be needed for winter sailing (The Rooster **Classic Aquafleece Top - Unisex** is a lifesaver in cold conditions)
- Dive and Sail neoprene pants (search Amazon for best deal)
- Spray pants (Columbia has cost-effective pull on spray pants; colder weather and windier conditions, a pair of salopettes (Again, Gill or Helly Hansen are most respected brands; cheaper options may be available via Walmart, Grundens could have sufficient options for all foul weather gear)
- Dry bag for gear (this is particularly helpful when leaving gear bags on shore and in case of rain- learned the hard way!)
- Life jacket (Stohlquist, Astral, Gill, West Marine)- PFD MUST be US Coast Guard Approved for competition. SOME brands sell "Buoyancy Aids or Vests" these are NOT USCG approved and could disqualify sailors from some events. Stick with the USCG vests, and those made for sailing (see via google search) are going ot be most comfortable for the sailor.
- Sailing Gloves (Gill junior, or check West Marine and try some on)- these will be necessary!
- Shoes: Closed toed water shoes;sailing boots for winter and heavy wind sailing are the safest options

APPENDIX

Travel Regatta Parent Schedule Guidance

Time	Activity	Notes
1-2 days before leaving (by Friday Morning for a weekend event)	Start TeamSnap travel chat with parents and coaches attending event Assign parent to do Publix pick up at event location; parents order subs to be picked up at pre-determined location and let person picking up subs know you've placed nad order (choose earliest pick up time so sandwiches don't cause delays)	This is TeamSnap's main challenge- when you start a chat, you can't add or remove people. So the chat started two days out should be final list of who needs to receive messages at the event. -This makes using TeamSnap to state availability really important, so that the person setting up communications hs one point of reference for who is attending

Day of travel	Confirm departure time on the chat Coordinate meeting time and location for unloading with coach Try to arrange team dinner after unloading	Unloading the evening before racing whenever possible is very helpful for a calm morning and successful event
Morning of event	PubSub pick up; send note on TS to see if there are residual needs from the store Make sure lunches, water and ice get loaded on coach boats (person assigned each role on TS should deliver or coordinate getting them on the boats– ask for help :)) Launch coach boat(s) if not done the night before Confirm kids have applied sunscreen (small sunscreen containers that fit in lifejacket pouches are helpful for reapplying through the day) Remind kids to check in, but let them check themselves in at event registration area. Stand by while they are	Helpful hint: a SubSafe: https://thesubsafe.com/ helps keep lunches dry and with clear marking of name, makes it easy for coaches to get lunches to the kids. Alternatively, a dry bag (a 5L or 10L should be a good size for lunch and keep food dry and easy to distribute) https://zimsailing.com/gill-dry-bag-5l/ Water: we have tried to get away from plastic, but it is easier for coaches to manage than refilling water bottles. Each sailor should also have a refillable to start the day and keep on their boat when possible. Plastic used for emergencies through the day/longer breaks at the coach boat, etc.

	rigging and be available for their bio needs (water, food, sunscreen, etc) but let the coaches handle the sailing prep. Help launch the dollies and store them in an organized way for retrieval when they get off the water. Organize neat pile of covers, etc. If rain is predicted, look for as dry a place as possible to keep the gear. Once launched, enjoy watching on the water when spectator boats are available; or plan a fun parent lunch! Keep an eye on Team Snap- coaches will advise when last race is starting, which usually means about an hour until they will return to shore. Sometimes, notice will come when they are on their way in- and could be 15-30 minute warning. There is NO way to know for certain how long a race day will be!! Always try to do the event-sponsored dinner, but sometimes there are better options for dinner- that is all on a case-by-case basis.	
Day two of an event	Remember to replenish water and ice as needed Pick up lunches, or make sure there are sufficient snacks and food available for the sometimes shorter day Stage trailers for easy coach boat hauling and loading up	

	People towing back to FYC should be ready to put the trailer on the ramp when notified by the coach that they are on their way in (yes, this makes Sundays a little unpredictable) All hands on deck for de-rigging and loading boats. Keep kids focused on putting their sailing gear, rigs, sails and belongings packed up and ready to load. Parents can help this process more than the pre-race rigging! All parents should be on hand for lifting boats onto trailers, loading up dollies, etc. Everyone should plan to attend awards ceremonies- it is good sportsmanship to support the event winners. This is critically important when and FYC team mate is “on the podium,” but is encouraged always.	

APPENDIX

OPTI REGATTA PACKING CHECKLIST

- **Opti Hull**
    - **Bowline with Loop**
    - **3 Airbags**
    - **Mast Clamp**
- **Sail**
    - **Extra Sail Ties**
    - **Windex, if applicable**
- **Spars (Mast, Boom, Sprit Pole)**
- **Blade Bag (Rudder and Daggerboard)**
- **Tape measure**
- **Electric Tape**
- **Dolly**

Personal Equipment Checklist

- **Life Jacket (with Whistle Attached)**
- **Watch with countdown feature, set to 3 or 5 minutes depending on sailing instructions**
- **FYC Pinny**
- **FYC Team Shirt & Polo**
- **Foul Weather Gear**
    - **Spray Top**
    - **Spray Pants**
    - **Gloves**
    - **Boots**
    - **Hat (cold and warm options)**
    - **Base Layers**
- **Sunglasses**
- **Sunscreen**

c420 Regatta Packing Checklist

- **Hull**
  - **Hiking Straps**
  - **Spin Bag**
  - **Mainsheet Bridle**
  - **Bowline**
  - **Bailer**
- **Boom**
- **Rudder with Tiller and Extension**
- **Mainsail & Jib**
- **Spinnaker Gear**
  - **Spinnaker**
  - **Spinnaker Sheets**
  - **Spin Pole**
- **Trapeze Harness (crew only)**
- **Tension gauge**
- **Tape measure**
- **Electric Tape**
- **Dolly**

c420 Official Checklist:
https://club420.org/assets/documents/other_docs/Inspection_Form_7-1-19.pdf

ALL SAILORS Personal Equipment Checklist

- **Life Jacket (with Whistle Attached)**
- **Watch (Countdown)**
- **FYC Pinnie**
- **FYC Team Shirt & Polo**
- **Foul Weather Gear**
    - **Spray Top**
    - **Spray Pants**
    - **Gloves**
    - **Boots or Water Shoes**
    - **Hat (cold and warm options)**
    - **Base Layers**
- **Sunglasses**
- **Sunscreen**
- **Water Bottle**