



Woollahra Sailing Club

Sailing School Junior Handbook

Version: May 2015

Woollahra Sailing School
Sailing Programs

CHAPTER 1: PROGRAM OVERVIEW

Club History

Woollahra Sailing Club was founded at a meeting on the 8th of May 1953 by some very enthusiastic Moth Class sailors resonating from the Woollahra Municipality, with Victor Friezer becoming President. Henry Arthur, acting as Club Captain, steered the club through its humble beginnings. Racing during this period was typically conducted on Sunday morning and consisted of no more than seven or eight boats sailing short courses in Rose Bay.

In December 1958, Woollahra Sailing Club underwent a decisive change. It moved locations from a shed near the Rose Bay Police Station and took up occupancy over the other side of the Bay in the old RAAF officers' Canteen Building of the Rose Bay Flying Boat Base which was leased to the Club by Woollahra Council. Until 1974, the appearance of the Club house was that of a humble weatherboard building. Smaller boats were stored inside, with a number of the larger boats being stored on the grassed area. In time, coinciding with the acquisition of the new Club House, membership numbers soared.

In 1964 the first sailing camps were conducted over the Christmas/New Year break. The camps focused on teaching the skill, and some say, the art of sailing to beginners, just like the camps we run today do. Emphasis during this time was placed highly on competitive sailing at the Club, and as a result we have since produced many state, national, and Olympic champions. Additionally, the Club involved itself heavily in the administration of important regattas for many different classes, with the Woollahra Sailing Club Annual Regatta in 1968 being the high point, drawing 509 entries in 27 classes.

In the late 1970's with membership and boat numbers continuing to increase and the proposed redevelopment of Lyne Park, the Club acquired a special lease until 2021 and embarked on the construction of a new Club house and adjoining facilities. The construction begun in 1980 and required the relocation of the Club house back from its previous position where it hugged the foreshore (near our current jetty) in order to make way for a public walkway. The new and current Club house was built first as a large terracotta brick structure which is bisected by a long sloping glass pane. Additional amenities, such as the large volume of accessible boats racks, continued to be introduced, until 1984 when construction on the site ceased.

Today, the Club house remains essentially as it was first presented in 1984. Admittedly some modifications have since taken place, including the renovation of the Wharf. The crane residing on the wharf, is a legacy of the Sydney 2000 Olympic Games. The club served as a training base for international teams preparing for the sailing competition. The addition of the crane to the wharf was possible due to the contributions made by the British, Swedish, New Zealand, and Italian Sailing Federations.

With Sydney winning the Olympic bid for 2000, Woollahra Sailing Club welcomed a large influx of Overseas Teams requiring boat space together with various facilities and services in order to train for the Olympics on Sydney Harbour. The apex of this influx was In December 1999, where there were hundreds of sailors and boats occupying the Club from no less than 23 different nations.

WSC with over 50 years of history as a dinghy sailing club, WSC embraces with a sense of pride, any new challenges ahead. The Board continues to navigate the Club into a bright and prosperous future- upholding the image of Woollahra Sailing Club being one of the most impressive dinghy sailing clubs in Australia.

Sailing offers us a unique medium to teach more than just the practical skills of how to sail. Sailing offers peace and tranquillity, along with excitement and adventure. Along the way there are many opportunities for personal growth and team work. There are few things more liberating or empowering than being in control of a small boat skimming across the water using only the power of the wind and a few simple machines. Our hope is that junior sailors embark on a lifelong romance with sailing after we expose them to its joy. Whether you just want to have fun or are a serious racer, there are many ways to enjoy sailing and it starts right here.

Mission Statement

The mission of the WSC Sailing Program is to instill a lifelong love and respect of sailing. This acquisition coincides with the introduction of the fundamental skills necessary for participants to advance in the sport as far as their desire, skill and hard work may take them. The program will provide a current and effective curriculum, developing skilled and self-reliant sailors who will respect others, care for their equipment and the marine environment and will help fellow sailors on and off the water. The program will focus on seamanship, sportsmanship, and sailing skills from Tackers 1-2-3 fundamentals to competitive racing. Through the sport of sailing, the Junior Program strives to build confidence through achievement; instill respect for safety and rules; develop self-discipline and responsibility; encourage team work and camaraderie; promote coastal and marine environmental awareness; and awaken interest in other maritime activities.

Program Goals

- To teach seamanship, sailing and racing skills, in a safe and fun environment.
- To enable students to acquire life-long values such as sportsmanship, integrity, teamwork, cooperation, and self-reliance.
- To teach youth how to sail to the best of their ability and interest, and to encourage growth in skill and competence through both individual and team participation.
- Develop a respect for the marine environment, the ocean, and the elements.
- To encourage the acquisition of competitive sailing skills in regattas and in races at WSC and other sailing events.
- To promote sailing as a lifelong activity.
- To instill responsibility for themselves, boats, and equipment.

It is the intent of the WSC Sailing Program to expose youngsters and their families to the enjoyment and uniqueness of sailing. This is accomplished under the supervision of certified Yachting Australia instructors, a full time year-round Sailing school coordinator, and the stewardship of volunteer adult leaders.

Parental Involvement

Parent volunteers and adult volunteers are critical to the success of the WSC Sailing Program. Parents with sailors at all levels are highly encouraged to help out and get involved. Be aware that the level of involvement needed increases as sailors transition from basic sailing classes to racing teams. Areas to participate as a volunteer include: WSC Sailing regatta support, boat transportation, event coordinators, etc. Volunteering is a great way to get involved, meet other sailing parents, and participate in your child's activities outside the home.

CHAPTER 2: PROGRAM PERSONNEL

A team of carefully selected instructors will lead every class offered by WSC Sailing under the supervision of the Sailing school coordinator/Head Instructors. Specific instructors are assigned to each class (see "Class Descriptions, Fees and Schedules"). Junior Instructors are often assigned to assist the Sailing Instructors with classes. In addition, special guest instructors are also welcomed on occasion to augment the WSC instructor staff and enhance our students' sailing experience.

The Sailing School Coordinator

The Sailing school coordinator is a part-time, salaried employee of Woollahra Sailing Club, responsible for the overall administration of the Sailing Program and year-round instructional activities for youth sailors. The Sailing school coordinator is also considered the Head Coach among a staff of certified instructors and junior instructors. The Sailing school coordinator reports to the Woollahra Sailing Club Board.

Responsibilities:

- Overall management of the program
- Manages the program, class schedules, and regatta participation:
 - Ongoing review of curriculum for each class
 - Blending in of Fun Days and other unique program experiences
 - For Regattas:
 - Posting of complete regatta schedules for all fleets
 - Notifies sailors and parents of registration information for individual regattas
 - Coordinates coach/instructor attendance
 - Coordinates coach boat logistics
- Recruits coaches, instructors, and junior instructors:
 - Assigns appropriate instructors to each class
 - Communicates expectations to instructors
 - Implements instructors clinics to improve teaching skills as necessary
 - Provides oversight for specific objectives and lesson plans for each class
- Coaches and teaches classes; fills in for other instructors as necessary
- Boat Yard and Equipment Maintenance
 - Ensures all Junior Sailing assets (dinghies, motor boats, class room) are maintained in proper working order with the necessary equipment, and that boatyard facilities are cleaned up and neat each day
- Communications:
 - Meets regularly with Board members
 - Participates in WSC meetings as part of interaction with WSC governance
 - Communicates with parents as necessary (outside of class time)
 - Participates in promotion of the program, and new sailor recruitment
- Enforces program policies to maintain a safe and productive environment
 - Assures appropriate discipline and conduct of students

Instructors

WSC Sailing Instructors are self-motivated, enthusiastic professionals who take teaching sailing seriously. They possess strong communication skills, organizational and leadership skills, and are team players. They are able to make competitive sailing both an enjoyable and rewarding experience for our junior sailors, while maintaining a fun and safe teaching environment. Most, if not all instructors have been competitive sailors themselves, and adopt a holistic attitude towards education – sharing from their own personal experiences, both positive and negative.

Responsibilities:

- Proper care and handling of all powerboats and sailboats
- Developing lesson plans and preparing class activities
- Conducting classes appropriate for conditions and student ability level
- Supporting regattas, as needed
- Maintaining attendance records
- Maintaining a safe and fun environment
- Appropriately handling behavior issues that disrupt/interfere with class
- Maintaining motorboat logs
- Report any problems, issues, especially behavioral issues to the Director
- All other activities associated with teaching sailing
- WSC instructors are responsible for sailors during class time only.
- Instructors are NOT responsible for children when the class ends.
- Ensuring each class is SAFE, FUN, and CONSTRUCTIVE

Qualifications & Certifications:

- Prior sailing experience
- Yachting Australia certified
- CPR & First Aid certified
- Certification fees are paid by the employee

Junior (assistant) Instructors

Junior Instructors assist our Lead Instructors in all capacities (e.g. launching/preparing coach boats, supervising/assisting students, making sure equipment is cared for and put away properly at the end of class). They work under the supervision of the Lead Instructors and are expected to be responsible role models. Only those who officially apply and are accepted for the job will be expected to be at the club helping out. Many of our Junior Instructors began sailing at Woollahra Sailing Club and we support their journey in to becoming the best instructors and sailors, they can be.

Requirements & Information:

- Must apply and be accepted by the Sailing school coordinator.
- Must be an WSC family member or junior member.
- Must be 14 years of age or older.
- Must have a minimum of two years sailing experience, with at least one year at WSC.
- Must be CPR and First Aid certified
- Must be a good role model and demonstrate a responsible and enthusiastic attitude.
- Must have a willingness to help younger and/or newer sailors and the staff.
- Able to work effectively as a team member, and independently with little supervision.
- Must be able to demonstrate basic knots and seamanship (bowline, figure-8, square knot, and cleat hitch) and coil a line neatly.

- Must be reliable and punctual.

Duties:

- Help sailing participants rig and de-rig boats
- Help ensure equipment is put away and cleaned properly
- Help maintain boats and equipment
- Assist the Instructor with sailing instruction
- Junior Instructors work closely with the staff to provide participants with a fun and safe learning experience.
- Provide general help in many areas of the WSC Sailing Programs.
- All Junior Instructors are expected to help haul out and wash down boats.

CHAPTER 3: SAILING PROGRAMS

WSC Sailing has various classes for students of different ages, skill levels and interests. Aside from summer classes, we also offer a variety of sailing courses during the school year. Registration and other important forms for all classes can be found online at www.woollahrasailingclub.org. All class registration is online only, however, you can always enquire about classes in person at the club, by email or phone call.

Off Season Sailing

- WSC Sailing offers classes all year round, offering various class options per session. These sessions capitalise on the year-round sailing opportunities we are fortunate to have in the Sydney, and represent a great way to keep the kids' sailing interest and skill levels growing!
- When Schools and after-school sports are in session, classes are scheduled not to conflict with their activities.
- We are proud to support several high school sailing teams, and also a dedicated group of year round Opti sailors.
- Please check online on the WSC website www.woollahrasailingclub.org.au for class schedules and offerings.

Summer Sessions

- Two separate 10 week "Sessions" are conducted each summer
- Multiple class options are offered during each session
- Classes may be held during the week in summer

Special Clinics

On occasion throughout the year, the Sailing school coordinator may arrange special sailing clinics, typically around the availability of a guest coach who might be available to offer special instruction in a specific boat class (i.e. Opti, Laser, Mirror and 29er etc). The Sailing Office will use email to ascertain interest in such a clinic, so please make sure your most current email address is on hand at the sailing office, as this is the primary form of communication.

Drop-ins

Weekday "Drop-In" sailing practices are available during the season. One afternoon is reserved for active Opti sailors, whilst a different afternoon is dedicated to Senior Race Team (29er and Laser) and High School Sailors. Drop-ins are a great way to get extra time on the water and are great value too!

Private Lessons

Private lessons are a great way to get personalised attention and make quick progress. Private lessons are open to all. Price varies per instructor and lesson length. If your child is interested in getting some one on one attention, please contact the sailing office to set up a time.

CHAPTER 4: PROGRAM DESCRIPTIONS

Holiday Camps

Availability: School holidays

Ages: 6-17

Prerequisites: None!

Description: This is a camp for young prospective sailors who are looking to have fun on and around the water. This is NOT a “Tackers 1-2-3” class, but rather a program designed to improve a child’s comfort and confidence around water, as well as develop respect for our marine environment. Sailors will enjoy a variety of sailing related activities each day, including games, arts & crafts, boat rides and swim time. Upon sailing school approval, graduates of the holiday program may enroll in our beginning sailing program a year early at the age of six.

Tackers 1 -2-3 (Tackers 1-2-3)

Availability: Offered in line with school terms

Ages: 7-13 (Oppie)

Prerequisites: Students must be able to pass the swim test.

Description: Open to sailors with little or no previous sailing experience. This class offers instruction in basic skills, enabling a child to feel confident sailing a single handed dinghy. Concepts include: capsizing recovery, sail trim, boat terminology, points of sail, upwind sailing, tacking, gybing, and safety, with an overall emphasis on FUN and becoming comfortable on the water.

Green Fleet 1 (Better Sailing)

Availability: Offered in line with school terms

Ages: 7-13 (Opti)

Prerequisites: Students must be able to pass the swim test. Sailors must have completed the Beginner Sailing Class or have similar training of beginning sailing skills to be approved for this class.

Description: Open to sailors who have successfully completed beginning sailing or similar training and want to expand their skills and learn to race. This class offers instruction in rigging, boat handling, sail trim, safety and an introduction to basic racing, including rules, tactics and race strategy. The goal of the class is to encourage students to attend regattas.

Green Fleet 2 (Start Racing and Better Racing)

Availability: Offered in line with school terms

Ages: 7-18 (Opti)

Prerequisites: Students must be of a competency to compete in club races and local regattas. Description: The Green Fleet 2 attends several local regattas throughout the summer and will be supported by WSC. Support may include power boat and coaching at regattas. Practices focus on training for club racing and upcoming events.

Note* Opti Green Fleeters 1 and Green Fleeters 2 may practice together or separately depending on the focus of each practice.

LTS (Start sailing 1 and 2) Double handed

Availability: Offered in line with school terms

Ages: 7- 18+ (Pacer/ Mirror)

Prerequisites: Students must be able to pass the swim test.

Description: Open to sailors with little or no previous sailing experience. This class offers instruction in basic skills, enabling a student to feel confident crewing or skippering a double handed dinghy. Concepts include: capsizing recovery, sail trim, boat terminology, points of sail, upwind sailing, tacking, gybing , and safety, with an overall emphasis on FUN and becoming comfortable on the water.

High School Sailing

Availability: Offered September - April

Ages: 11-18 year (Opti and Pacer)

Prerequisites: Sailors must receive participating schools approval.

Description: The WSC Sailing Program works in partnership with a number of Sydney Secondary Schools who have teams that participate in the WSC Schools Racing Series and the NSW Teams Racing Association Championships. Participants must be willing to undertake a lot of sailing, as we have a practice or regatta nearly every weekend during school terms 4 and 1. Please contact the sailing school coordinator for more information or ideas on how to start your own team!

Senior Race Team

Availability: Offered all year round

Ages: 11-18 years (29er, laser and Byte)

Prerequisites: Sailors must be of a competency to compete in open regattas.

Description: The Senior Race Team attends several local, state and national regattas throughout the summer and will be supported by WSC. Support may include power boat and coaching at regattas. Practices focus on training for racing and upcoming events.

Adult Sailing

Availability: Summer (on demand)

Ages: 18+ (Children may enroll with a participating parent)

Prerequisites: Must be able to swim

Description: The adult sailing program was started several years ago at the request of parents who saw how much fun their kids were having. Adult sailing has evolved a lot since then, and this year we'll be teaching our adult classes in Pacers or RS Vision. We're also allowing children to enroll with their parent, so that families can foster a love of sailing together. Who knows, you might learn a thing or two from your 8 year old...

CHAPTER 5: What's Next?

One of the biggest questions we get is "What comes next?" Here I'd like to take a moment to explain the typical student progression and address the skills needed to move to the next level.

The Beginning of a Life Long Journey

The age at which a child is first exposed to sailing varies greatly. Typically most students begin to actually Tackers 1-2-3 at age 6/7. There is a lot evidence to suggest that the earlier a child starts the more of a natural feel they'll develop. Research has shown that young children are "hard-wired" to learn. However, it's not a good idea to try to teach five year olds how to race. There are also plenty of successful sailors who come to the sport later in

high school, or even as adults. Sailing is a life-time sport, but those who start early certainly have a leg up in our opinion.

Internationally, most youngsters start out sailing the Optimist (Opti) between the ages of 7-12. It's a safe and stable single person dinghy. It is simple and offers a non-threatening learning platform, but can also be raced quite competitively- with over 250 competitors at the World Championships each year. Being selected to compete at the championships is a hard enough task, as countries are limited to send only their top 4-5 sailors. Combined we have 12 Oppie (crash proof Optis) and normal Optis in our fleet. They have become the bread and butter of most junior sailing programs- due to their simplicity and cost effectiveness.

Students age out of the Opti when they turn 15 or once they reach 50kgs. For older sailors who are already teenagers or over 45kgs, the Pacer serves as an ideal learning platform. The Pacer is sailed with two people, so it provides the opportunity for teamwork within the boat. It's a safe and fun boat, but it's also raced by many high school and university teams across the country and can be very exciting.

Whether a sailor starts in an Opti or the Pacer, there are certain aspects of sailing that they are expected to know before continuing on to the next level. Seamanship, safety, rigging, boat handling, and a basic understanding of right of way rules are expected of all sailors. There is no magic number as to how many sessions it takes before someone is ready to move up to Intermediate/Intro to Racing. Sailors learn at different rates, so parents shouldn't be concerned if it takes a few tries to "get it." Some sailors have a special knack and are ready to move up after one session. Most sailors, especially our younger ones, do several sessions of beginning sailing before advancing. It's perfectly normal, and in our experience better, to repeat the beginning class rather than rush prematurely into a more advanced class. The skills taught in beginning sailing are the foundation that everything else is built upon, so it doesn't hurt to make sure those skills are firmly reinforced.

For each beginner class there are skills sheets, which the instructors will fill out. Once a student progresses through the list of objectives they have permission to move up. Those who complete the skill check lists will be signed off in their Yachting Australia Log Book, while those that still need more time with the basics will receive a "Participation certificate." Hint: Parents- Please note your child's Yachting Australia number. That's your ticket to enrolling your child in the next class. A sample of the "Log Book check list" is on the following page. Notice that most beginning skills are focused on safety/seamanship and boat handling. As sailors mature and start racing they'll learn more about strategy and tactics, which are higher up on the "Sailing Pyramid of Success." (See "Sailing Pyramid of Success" on page 15)

Name: _____

WSC Sailing Skills Inventory

Beginning Sailing	Needs Improvement	Satisfactory	Proficient
Can rig/de-rig his/her boat in under 15 mins.			
Can tie Figure 8, Bowline, Square Knot and Cleat Hitch			
Knows basic boat names and terminology			
Knows how to tell where the wind is coming from			
Passes Swim and Capsize Test			
Comes to class prepared			
Consistently Demonstrates Good Docking			
Can Sail Upwind using Tell-Tales			
Can sail on a beam reach, broad reach, and a run.			

Understands and Demonstrates Basic Sail Trim			
Demonstrates how to get boat out of irons			
Uses the "Tiller Hand Exchange" when tacking			
Is comfortable using tiller extension and sheeting simultaneously			
Understands BASIC Right of Way			
Treats the equipment with care			
Intermediate/Intro to Race	Needs Improvement	Satisfactory	Proficient
Can pass the Intermediate Right of Way Quiz (80% or better)			
Good Posture/Form when Sailing (including Hiking)			
Is comfortable using tiller extension			
Uses tell tales to optimize sail trim and boat speed			
Makes an effort to Roll Tack/Roll Gybe			
Moves smoothly in the boat (footwork)			
Understands the effects of different sail controls			
Can sail in 15+ Knots of wind and IN CONTROL			
Demonstrates heavy weather techniques including "Feathering" and "Ease, Hike, Trim"			
Understands basic racing strategy and tactics			
Understands the starting sequence and race courses			
Can sail backwards			
Can accelerate from stopped to full speed in 7 seconds			

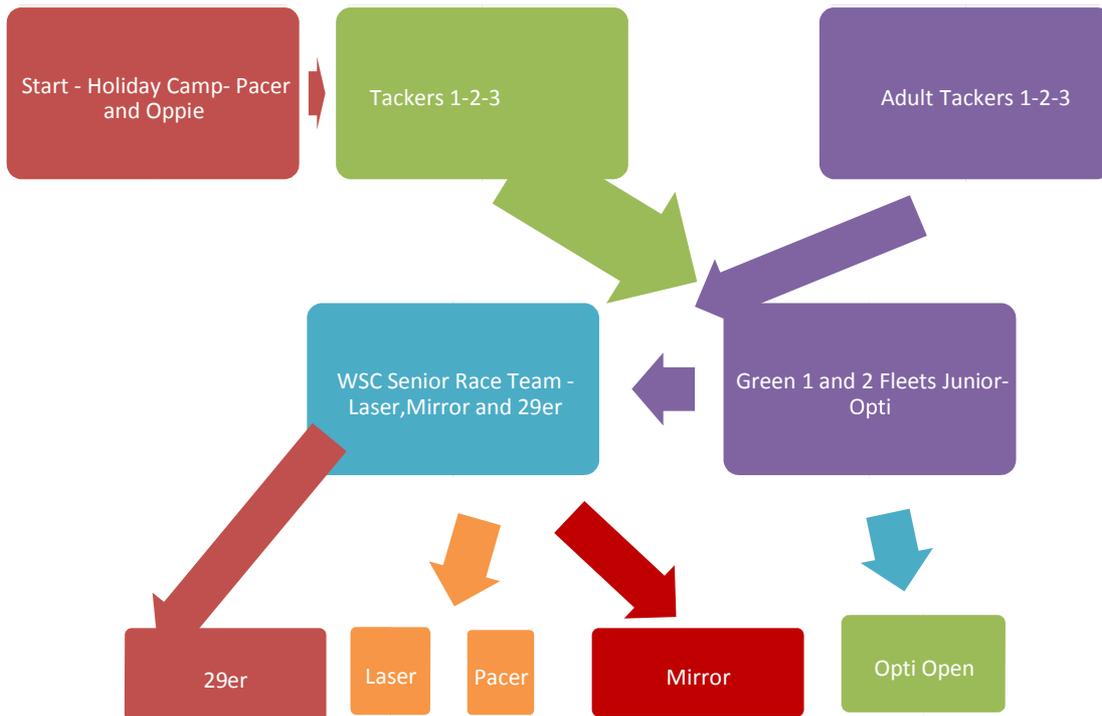
Completion of Beginning Skills - Instructor Signature: _____

Beyond Beginning Sailing

After you child completes beginning sailing they are introduced to racing in our Green Fleet 1 classes. The Green Fleet class is an extension of the concepts learned in beginning sailing. The first day or two is often devoted to a review of earlier material, but by the second week sailors are learning about the basics of racing. A similar list of skills is required to graduate from Green Fleet class, at which point sailors are ready to move up to the intermediate team.

Sailors in Green Fleet 2 practice and compete all summer- and most of the colder months, too! The Green Fleet 2 continues year round, with practices and regattas across the school year. It's expected that most of our Senior Green Fleet 2 members will participate in high school sailing during the school year. Our Senior Green Fleet 2 members may try 29ers and Lasers during summer and Pacers for high school sailing (in fact most sailors choose to participate in both programs!)

Being in Green Fleet 2 is tonnes of fun! We travel to a number of Sydney regattas and it's a great way to make new friends from other clubs. We'd like every sailor to eventually reach the open fleet, but realise not every sailor will be able to – or will want to. However, don't be discouraged! Many sailors like to take a more recreational approach to sailing, which is fine too.



After Junior Sailing

The Race Team is not the end of the line! Sailing is a lifelong sport and there is plenty that awaits you after junior sailing. Many race team members go on to get their Assistant instructors certificate, which allows them to become sailing instructors. It's a great first job, and the pay's not bad either! At WSC we're also proud to have supported a large number of sailors who have gone on to represent Australia at both Olympic, international and university championships. University sailing is the same format as secondary school sailing and is also sailed in Pacers, so it's super easy to make the transition and when you go to university you instantly have a group of friends!

There are many other avenues of sailing to explore after your junior sailing career. Match racing, PHRF (Handicap Racing/Distance Racing), One Design Racing, Offshore Ocean Racing, Dinghy Racing, Team Racing (3 on 3), cruising, day sailing, windsurfing, kite boarding, and multihull sailing are all different variations on the same principles learned in an Opti. It's also true that it's much easier to learn in a small boat and transfer those skills to a larger boat, and indeed the best sailors are those that started in dinghies. Our own Jack London once famously wrote, "...The small-boat sailor is the real sailor."



CHAPTER 6: HELPFUL INFORMATION AND FAQs

Selecting the right class for your child

Students are assigned to the appropriate class based on their interests and skill level (and parental input). They may be reassigned at the discretion of the instructors. Students are encouraged return to later sessions, either at the same level, or progressing through more advanced classes if skill levels and student interests dictate!

Questionable Weather

Although we're blessed with great Sydney weather and moderate breeze most of the time, heavy or light breeze can occur at any time. The programs will begin at the scheduled time for each class regardless of the weather conditions. All classes will be held rain or shine. If weather prevents sailing, alternative sailing related activities will be conducted.

What happens on rainy/stormy days?

WSC classes are held rain or shine. Classes sail in the rain if the wind is not too strong, so students must bring appropriate rain gear and be prepared to sail. In the case of bad sailing conditions, appropriate on-shore instruction and activities will be conducted. Classes will not be cancelled because of weather.

Clothing

Please come to class prepared to sail in any weather conditions (hot, cold, sun, cloudy, rainy, windy, etc). Sailors must dress appropriately for the conditions. (Rash guards, thermal layers, spray gear, wet suits, sailing boots, beanies, gloves, etc are strongly recommended. Stay away from cotton!) Bring your own towel, water bottle, sunglasses, sunscreen, etc. and a complete change of clothes. Bring shoes that can get wet! We do have PFD (life jackets) available for students, however it is recommended that students purchase an approved PFD. Above all, a hat and a smile will always see you through a day on the water!

Boat Ownership

Students do not need to provide their own boats whilst participate in the Tackers 1-2-3 fleet. On graduation to the Green Fleet, students are expected to own their own fiber glass Opti. WSC has, from time to time, fiber glass Optis available for charter to assist in this transition (direct inquires to the Sailing school coordinator).

Fee Payments/Refund Policy

The fees associated with WSC Junior Sailing represent a remarkable value for money , especially compared to the costs of most sports alternatives. The following terms apply to program fees:

- Fees are due upon registration
- No refunds unless cancellation is made 10 days prior to first class
- No prorated payments for partial class attendance
- Limited scholarships are available for financial need situations – contact the Sailing school coordinator

Financial Aid

Our goal is to never turn a student away for financial reasons. A limited amount of financial aid is available to help with Program tuition costs. For further information contact the Sailing school coordinator.

Lunchtime Supervision (Holiday Camps)

Lunchtime Supervision is available during the Holiday Camps (12:00pm- 1:00pm). During the Holiday Camps, junior sailors are NOT permitted to leave the Club without parental supervision. It is recommended that children bring an appropriate lunch with them.

What to bring to class?

Be sure to LABEL EVERYTHING really well with your name and phone number! We have a lost & found bin in the sailing office that is usually full of unmarked items. WSC and our Instructors/staff are not responsible for loss or damage to personal property or equipment of the student. Contact the Sailing school coordinator with any questions regarding what to bring to class or what to wear during sailing.

Sailors are REQUIRED to bring and use the following:

- Closed-toed shoes or sneakers. Preferably sailing booties or the less expensive water-sock type footwear.
- Sunscreen
- Hat
- Clothing appropriate for weather conditions (Rashguards, fleece, thermal layers, spray gear, wind breaker, wet suits, sailing boots, beanies, gloves, are strongly recommended. Stay away from cotton!) •
Shorts over swimsuits for girls
- Water bottle

Sailors are STRONGLY RECOMMENDED to bring and use the following:

- Sunglasses
- Towel
- Change of dry clothes
- Watch with countdown timer (Necessary for racing)
- Sailing gloves (Race Team and Advanced Sailors)
- An exercise book to begin a sailing journal/log where students can note down what they have learnt – from rules to fine tuning, recall a great day on the water or jot down the name of a new friend!

Swim Check

Safety is first and foremost in the minds of the instructors. All students MUST be able to swim in order to participate in any WSC Sailing Program. Be aware of your child's swimming ability and get lessons ahead of time if he/she is not a strong swimmer. A practice session in Rose Bay prior to class can also be helpful! The WSC swim check is intended to acclimate children to the cold, dark water and observe their comfort level in the water. Swimming in Rose Bay presents new circumstances and is not like swimming in a pool. The swim check will be given on the first day of class and include:

1. Student puts on lifejacket, unassisted.
2. Instructor inspects lifejacket and ensures proper fit.
3. Student jumps in the water with lifejacket on and floats for a few seconds.
4. Instructor inspects lifejacket to ensure safe floatation and fit.
5. Student demonstrates they can swim a short distance. (25m)
6. Student gets out of the water.

NOTE: No one shall swim under docks, near boats under way (power/sail) or near docked boats.

What if student won't do swim check or cannot pass swim check?

- Student cannot participate in any activities on the water.
- This may seem tough, but we've never had to turn anyone away. There's no time limit, and sailors can use any stroke they like, so long as they make it the 25m.

Special Requests from Instructors

- We ask that you do not help rig your child's boat on a regular basis. Knowledge, confidence, and ability all come from your child being responsible for the routine tasks of sailing. It is also important that the sailors learn to help each other with what they cannot do themselves. Parental coaching during scheduled classes is most likely disruptive to the curriculum and lesson plan.
- We ask that, while you are on club property or at a regatta site, you do not discuss topics near sailing students that may be a distraction or that do not help make the sailors' experience more fun or more enjoyable. "Politics" and or other issues not directly related to the ongoing class or regatta should be taken off property or another far away location.
- Communications between parents and the Instructors & Sailing school coordinator is expected and encouraged, but in order to enable maximum instruction time for student sailors, the Instructors & Sailing school coordinator are available for parent questions only outside of class hours – your cooperation in this regard is critical and much appreciated.
- Questions concerning any program policies, fees, etc, should be directed to the Sailing school coordinator, and not the instructors.

Pick-Up/Drop-Off Instructions

Summer morning classes start promptly at the published times. Instructors have a limited time to pack up (as most of them need to get ready to race their own boats), so parents are encouraged to arrive on time for dismissal. Instructors will stay with children until parents arrive.

- For safety reasons, parents must check out their sailors with their head instructor each day.
- Please be on time for drop off to allow the class to start on time and get to all the fun the staff has planned!
- As mentioned, sailing staff are here to educate your children in sailing. In light of this, it's important to remember they are not qualified in babysitting.
- For the safety of your young children, the staff will not release your child to anyone other than you or a regular alternate. There will be a daily sign-out sheet where you can note different arrangements.

FAQs

What if we are going on vacation and will miss class?

If you know your child will miss a class, please tell the instructor ahead of time. If your child will be missing several classes, please tell the Sailing school coordinator. If your child misses a significant number of classes, you might want to consider private lessons if you want your child to keep up with the class. Classes are not pro-rated for missed classes.

May I bring a friend to class?

Unfortunately, due to liability, WSC cannot allow guests in sailing classes. Swim tests, enrollment fees, life jackets, knowledge of the water, and boat availability all prevent guests from attending classes. Instead, encourage your friends to sign up!

What happens on rainy days?

WSC classes are held rain or shine. Classes sail in the rain if the wind is not too strong, so students must bring appropriate rain gear and be prepared to sail. It's particularly important to bring a towel and warm change of clothes if the weather appears to be uninviting. In the case of bad sailing conditions, appropriate on-shore instruction and activities will be conducted. Sailing classes will not be cancelled because of weather.

Can I volunteer in return for a class discount?

Unfortunately not, we rely heavily on parent volunteers and can't afford to give discounts to everyone. Therefore we've adopted a strict policy that we don't offer class discounts for goods or services rendered.

CHAPTER 7: REGATTAS

As mentioned, in addition to the instructional programs and Championship races, junior sailors will have the opportunity to participate in a number of regattas throughout the year. If they feel ready, sailors are encouraged to participate in local, regional and even national regattas. Complete regatta calendars for Optis, Lasers and 29ers will be posted in the clubs racing calendar.

Participating in regattas has many benefits. Regattas are a chance to make new friends, travel to new places, and enjoy dinners, prizes and parties. Regattas, particularly those on different waterways, also help improve skills. By racing with new sailors in larger fleets, our sailors will learn skills and lessons that cannot be developed by racing only at WSC. Throughout the summer there are regattas to accommodate all ages and levels from Green Fleet to Open Fleet Optis, to 29ers and Lasers. Not all fleets will be attending all regattas.

Parental support is critical for regattas. Parents and sailors are responsible for transporting their child's boat for each regatta. At least one parent also needs to be at regattas to assist and supervise their child in the event he or

she leaves the water early due to heavy wind, boat breakdown, etc. If you cannot be present, you MUST make arrangements with another parent to fulfill these responsibilities for you. It is NOT the coaches' responsibility to be the supervisor for the children!

Parents are encouraged to be spectators at regattas. If you are available to take your own boat to a regatta as a spectator boat and can accommodate other parents, please notify the the Sailing school coordinator in advance.

FAQ: I am an experienced racer. Can I coach my child at regattas? If your sailor is participating in an event with a coach provided by WSC, then we highly recommended that you leave the coaching to them. Let them do their job without undue influences. If a coach is not present and you desire to coach, you must follow the coaching rules as stipulated in the NOR. Be cognizant that your experience level will be very different than that of a young sailor. Keep it positive regardless of race outcomes and limit your input to a few things at a time to avoid information overload. With the exception of the Optimist Green Fleet, coaching for all junior sailing is only permissible before and after races, but not during individual races. Coaches can observe the racing from designated areas and provide feedback to the sailors at the completion of the race(s) observed.

CHAPTER 8: AWARDS AND TROPHIES

Competition is merely one dimension of the WSC Junior sailing program, but it can be a powerful motivator for many young sailors. To recognise sailors who have competitive success in designated races and race series, various certificates and trophies are awarded at the conclusion of each season. There are also a number of special, non-racing award categories for which all sailors are eligible.

Be sure to mark your calendars for the Sailing Awards Night, notified at the beginning of the season. All children in the program are eligible for trophies, so don't miss out on a great night!

CHAPTER 9: EXPECTED CONDUCT

Attire

- An approved life jackets (PFD), with whistles tied on, must be worn and properly fastened at all times while on the water and at other times as directed. Anytime the students are on or near the water, wharf and ramp, their lifejacket must be on and fastened.
- Come to class prepared to sail in any weather conditions. (Rain or shine, cold or hot.)
- Shoes, booties, or sneakers are to be worn at ALL times. No open toed shoes. No bare feet on docks.
- Towel, sunglasses, hats, and a change of clothes are strongly recommended.
- Rashguards, thermal layers, spray gear, wet suits, sailing boots, beanies, gloves, are strongly recommended for winter and race team. Stay away from cotton!
- Shorts over swimsuits are required for girls.

General Safety

- Whistles are to be used in case of emergency ONLY
- No glass containers are allowed anywhere in the club grounds or on the boats
- No running on the wharf, pushing into the bay or unauthorized swimming.
- No one shall jeopardise the safety of others, or themselves.
- Swim check must be passed.

Behavior

- Sportsmanlike conduct is expected from all students at all times, on or off the water. Foul language, harassment, intimidation, and other disrespectful behavior will not be tolerated. Repeat offenses qualify as grounds for removal from the program.
- Borrowing anything without prior permission from the owner is stealing, and therefore prohibited.
- No littering, anywhere. Make a mess, clean it up!

- Any student unwilling to participate in the program activities will be sent home. Neither the instructors nor WSC can be responsible for students who are not participating in the available sailing program activities.
- Each student is responsible for his/her own belongings. All personal belongings should be labeled with your name (life jackets, bags, jackets, etc). WSC is not responsible for loss or damage to personal property or equipment of the student.
- Students will return boats and equipment to proper storage areas as soon as possible upon completion of the class. Boatyard and launch areas will be kept clear of obstructions.
- Students are required to remain at the club during scheduled program hours.
- WSC bathrooms should be kept neat and orderly
- As in our schools, there will be a zero tolerance policy regarding any student possessing and/or using alcohol, controlled substance, or any tobacco products.
- Charter boats and accompanying sails and spars must be returned, undamaged, at the conclusion of the class, as verified by the Instructors.

Attendance

- Sailors are expected to show up on time for all classes, rain or shine.
- If a sailor is unable to attend, or will be late, the Sailing Office **MUST** be notified.
- Policy **REQUIRES** parents to inform WSC Sailing Program staff if their child is not attending a scheduled class.
- Please call or email the Office on 9371 9805 or sailing.school@woollahrasailingclub.org.au before the class meets.

Parent Guidelines

Parents / guardians are an important part of a successful Sailing Program. Parents should be involved and supportive of their children as they pursue the sport of sailing. In addition to signing your child up for lessons we ask you to also:

- Encourage your child to play by the rules. Remember, children learn best by example.
- Make their participation fun. Support their desire to sail or play the sport of their choosing.
- Show a positive attitude toward the WSC program and all of its participants.
- Emphasize personal skill development and practices and how they benefit your young athlete.
- Applaud a good effort in victory and in defeat and enforce the positive points of the sport.
- Familiarize yourself with the materials required for your child's participation in the WSC program. (Course Descriptions, Calendars, Schedules, Policies, Duties, etc)
- On a special note, parents can assist with the movement of boats but are asked not to rig boats for sailors. Knowledge, confidence, and ability all come from your child being responsible for the routine tasks of sailing. It is also important that the sailors learn to help each other with what they cannot do themselves.
- Please do not interrupt classes while they are in session.
- Parental coaching during scheduled classes is disruptive to the curriculum and lesson plan.
- Parents are welcome to watch from a distance. Our experience has shown that most young sailors learn best without the distraction of a parent. All of our coaches are trained to run safe and fun classes, and appreciate being able to do so without parental input during class.
- Communications between parents and the Sailing school coordinator/Instructors is expected and encouraged, but in order to enable maximum instruction time for student sailors, the Instructors are available for parent questions only outside of class hours – your cooperation in this regard is critical and appreciated.
- Get involved with volunteer opportunities.
- We ask that, while you are on club property or at a regatta site, you do not discuss topics near sailing students that may be a distraction or that do not help make the sailors' experience more fun or more

enjoyable. "Politics" and or other issues not directly related to the ongoing class or regatta should be taken off property or another far away location.

CHAPTER 10: JOINING WOOLLAHRA SAILING CLUB

Perks and Benefits

Members receive many perks and benefits, especially when they have one or more children sailing in our program! Here are some advantages to becoming a member...

- Lower tuition and fees on nearly all the programs we offer!
- Sailors are eligible to work as junior instructors (must meet age requirements).
- Eligible to store privately owned boats at WSC (additional fees apply)
- Enjoy all the services here at WSC, including a great Café.
- Additional membership to Yachting Australia, including third party insurance.

Joining

Joining is cheaper than you think, and we can help!

- Don't know any members? We can help with that too. WSC junior sailing families are happy to help new members, and instantly you have a network of people you know at the club!
- Yearly dues are only \$150.00 for juniors, \$260.00 for adults and \$550.00 for families (two adults and 3 children under 18). The savings in class fees will almost pay for the membership itself, especially if you enroll all year round or have more than one active junior sailor.
- For more details or to request a membership application, please contact the office on 9371 9805

Membership prices as of the 2015/16 sailing season

CHAPTER 11: The Boats

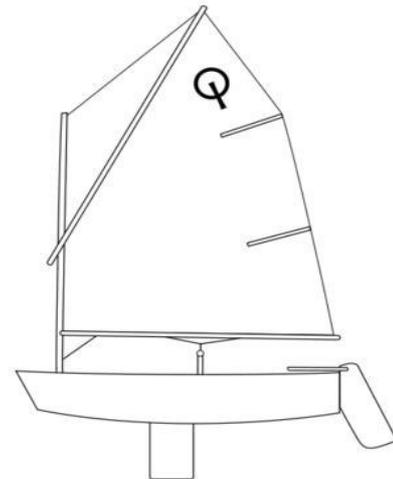
Optimist

The Optimist is the largest one design racing fleet in the world and the international standard in junior instruction. The boat's simplicity and stability make it ideal for teaching young beginners, while the popularity of the Optimist class makes the boat extremely challenging for pre-teen racers. W S C owns a fleet of 12 Plastic Opties to use for the summer program. Racers have their own boats for practice and racing.

A skipper can race Optimists until December 31st in the year they turn 15. On December 31st of that year, they age out of Optimists and can no longer race the boat. To promote participation across a wide range of skill levels and ages, Optimist racing events are typically divided into fleets.

Green fleet is a special fleet for beginners. Green fleet sailors can be any age up to 15. A green fleet might have skippers who are as young as 6 and as old as 15, but sooner or later they will move into either the red, white, or blue fleet depending on their age. Green fleet typically sails relatively close to shore and on short courses. Sailors may be coached at any time including during a race.

The class website is- WWW.AIODA.org/



Laser

The Laser is the single-handed option for sailors who are too big or too old to sail the Optimist. The Laser can be rigged with three different sail plans, providing great versatility across a wide range of sizes. Lasers are best suited to sailors 13 years of age or older, over 45kg, and focused on racing.

Lasers are one of the fastest growing one-design classes in Australia and the primary singlehanded boat used in youth sailing events. In 2008, the Laser Radial debuted as the Women's singlehanded event at the Olympics. Consequently, a number of young women are now sailing in the Radial. It is not atypical to see a significant number of female sailors at Laser Radial events.

Additional information about the Laser Class Association is at www.laser.org/



Byte

The Byte C2 is 3.7 m long, 1.3 m wide and roughly 45 kg. The hull is composed of glass reinforced polyester and foam sandwich. The Byte is designed for sailors weighing 54 to 66 kg although most sailors weighing 41 to 73 kg should have no problems sailing this boat on a recreational basis. The Byte sail size is only 5.6 m² making it the ideal boat for those sailors who enjoy the independence and simplicity of a cat rigged boat, such as the Laser, but who are not strong or heavy enough to control a large sail.

The rigging is similar to that of the Laser except one noticeable difference. The traveler is just below the main sheet block and not at the stern of the boat (similar to a Finn or Europe dinghy). This eradicates the chance of the main sheet getting caught on the transom which is a common complaint of the Laser. The sail controls are also "split" and led to both side-decks, again somewhat like a Finn or Europe and allows for more technical adjustments.



Mirror

With its low price, light weight and seaworthy design which makes it easy to sail, the Mirror is the world's most popular double handed sailing dinghy, inspiring confidence in sailors of all ages and abilities. It is popular for children to sail together, as well as adult and child combinations, especially parent and child. The Mirror dinghy equips young sailors with the ability and the environment to learn tactical and crew relation skills.



29er

It is targeted at youth, especially those training to sail the larger 49er. It has a single trapeze and a fractional asymmetric spinnaker. The Class is a more modern replacement to Franks previous Laser 2 replacing it in the ISAF Youth Sailing World Championships. A self-tacking jib decreases the work load of the crew, making manoeuvres more efficient and freeing the crew to take the mainsheet upwind and on two-sail reaches. The spinnaker rigging set-up challenges crews to be fit and coordinated, and manoeuvres in the boat require athleticism due to its lack of inherent stability and the high speed with which the fully battened mainsail and jib power up.

The hull construction is of fibreglass-reinforced polyester in a foam sandwich layout. The fully battened mainsail and jib are made from a transparent Mylar laminate with orange or red Dacron trimming, while the spinnaker is manufactured from ripstop Nylon. The mast is in three parts - an aluminium bottom and middle section, with a polyester-fiberglass composite tip to increase mast bend and decrease both overall weight, and the capsizing moment a heavy mast tip can generate.

The 29er is able to reach high speeds fairly quickly by having a sleek and hydrodynamic hull and will often exceed the wind speed when planing both up and downwind.



Further information about the 29er class from www.29er.org/

Pacer

The Pacer was originally commissioned by Puffin Paints and Glues in the UK. Noted international boat designer Jack Holt was asked to design a 'pretty yacht for use by families'.

The concept and design proved to be one of the most successful of Jack Holt's and soon spread internationally, being sailed in India, Holland, Canada, and of course Australia. It was brought to Australia in 1969 by Anchor Marine, Sandringham, Victoria. In 1970 we had our inaugural National Championships, competitors were from Victoria and New South Wales. John and Nancy Loutit became our first national champions. Although Pacers

were sold in other states, the mainstay has always been Victoria. Now through the efforts of a strong committee, and a new fibreglass hull, the Pacers have seen a resurgence in popularity, with fleets going to many sailing schools and clubs in other States, indeed the Epiglass Interstate Schools team racing challenge is conducted in Pacers. The UK association dropped the original name of Puffin Pacer in the early '70s. Australia followed suit in 1989 dropping the "pregnant duck" and adopting the Wedgetailed Shearwater (Pacific Puffin), as our new symbol. We hope to see continued growth of the class, and some closer ties with other countries where Pacers are sailed.



CHAPTER 12: Contacts

Club Administration

- Email sail@woollahrasailingclub.org.au
- 2 Vickery Avenue, Rose Bay. NSW 2029
- Phone 9371 9805

Sailing Office

- Email sailing.school@woollahrasailingclub.org.au
- Phone 9371 9805