

Junior Sailing Handbook

Encinal Yacht Club Junior Program

Updated

1/1/2017

This handbook is designed as a resource to answer questions about all aspects of our Junior Sailing Program. While updates to this guide may not always keep pace with changes to the programs and policies described, we will do our best to keep the material as current as possible! Please let us know if you have any comments, suggestions or questions. We hope that the program will continue to benefit from a solid and growing volunteer spirit among EYC members and Jr. Sailing parents, and will provide a fun and memorable sailing experience for our youngsters.

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CHAPTER 1: PROGRAM OVERVIEW

Established in 1890, Encinal Yacht Club is one of the oldest sailing clubs in the Bay Area, and has long offered and supported an active and successful Junior Sailing program for Bay Area youth – both EYC members and non-members alike.

Why Sailing?

Sailing offers us a unique medium to teach more than just the practical skills of how to sail. Sailing offers peace and tranquility, along with excitement and adventure. Along the way there are many opportunities for personal growth and teamwork. 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 progress from our program with a lifelong love for the sport of sailing. Whether you are looking to cruise and 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 EYC Junior Sailing Program is to instill a lifelong love and respect for the sport of sailing, while providing the fundamental skills necessary for participants to advance as far as they desire.. 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 learn-to-sail fundamentals to competitive racing. Through the sport of sailing, the Junior Sailing Program strives to build confidence through sailing achievement, instill respect for safety and rules, develop self-discipline and responsibility, encourage teamwork 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, confidence, cooperation and self-reliance.
- To teach youth how to sail to the best of their ability and interest, and to encourage mental and physical improvement through individual and team participation.
- Develop a respect for the maritime environment, the ocean, and the elements.
- To encourage the acquisition of competitive sailing skills in regattas and in races at EYC and other Bay Area events.
- To promote sailing as a lifelong activity.
- To instill responsibility for themselves, boats, and equipment.

It is the intent of the Encinal Jr. Sailing Program to expose youngsters and their families to the enjoyment and uniqueness of sailing. This is accomplished under the supervision of certified US Sailing instructors, a full time year-round Program Director and Assistant Director, and the stewardship of volunteer adult leaders, including the junior sailing parent liaisons.

Parental Involvement

Parent volunteers and adult volunteers are critical to the success of the Encinal Junior 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: EYC Junior Sailing regatta support, fundraising, boat transportation, work parties to repair and service boats and equipment, 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 EYC Junior Sailing under the supervision of the Program Director/Head Coach. Specific instructors are assigned to each class. 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 EYC instructor staff and enhance our students' sailing experience.

Director/Head Coach (Mike Scott)

The Junior Sailing Director is a full-time, salaried employee of the Encinal Yacht Club, responsible for the overall administration of the Junior Sailing Program and year-round instructional activities for youth sailors. The Director is also the Head Coach among a staff of certified instructors and junior instructors. The Director reports to the EYC Junior Sailing Liaisons.

Responsibilities:

- Overall management of the program
- In conjunction with the Jr. Sailing Liaisons, 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 sailor and coach/instructor attendance
 - Coordinates trailer and coach boat logistics
- Recruits and oversees 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
- Communications:
 - Meets regularly with Jr. Sailing Liaisons
 - Participates in EYC Flag meetings as part of interaction with EYC governance
 - Represents EYC to Bay Area Youth Sailing (BAYS) board
 - Communicates with parents as necessary (outside of class time)
 - Responds to email and voice mail promptly
 - 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
- Administrative:
 - Maintains enrollment and payment spreadsheets for all classes
 - Maintains and submits categorized expense/income spreadsheets
 - Maintains and submits payroll spreadsheets for all instructors
 - Updates Junior Sailing Web Page and Facebook page
 - Writes a monthly Junior Sailing update for the club publication, Soundings

Instructors

EYC Junior Sailing Instructors are self-motivated, enthusiastic professionals. They are team players and possess strong communication, organizational and leadership skills,. 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.

Responsibilities:

- Proper care and handling of all motorboats 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
- EYC 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**

Requirements & Information:

- Prior sailing experience
- US Sailing Small Boat Level 1 Certification (Min. age 16 years)
- Must have completed Junior year in High School
- Those eligible to compete in Summer B.A.Y.S. events must attend Summer Race Team practices in the afternoons to be considered for employment
- CPR & First Aid certified
- Certification fees are paid by the employee

Junior Instructors

Junior Instructors assist our full-time 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.

Requirements & Information:

- Must apply and be accepted by the Junior Sailing Director.
- Must be an EYC family member or junior member.
- Must be 14 years of age or older
- Must be an active member of the EYC Senior Race Team
- Must have a minimum of two years sailing experience, with at least one year at EYC.
- 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 Junior Sailing staff to provide participants with a fun and safe learning experience.
- Provide general help in many areas of the Junior Sailing Program.
- All Junior Instructors are expected to help haul out and wash down boats on Thursday evenings.

Junior Sailing Parent Liaisons (Barb Grove and Niels Glaser)

The EYC Junior Sailing Program is overseen by Junior Sailing Liaisons. Their responsibilities include:

- Acting as liaisons and managing all communications between the Junior Sailing staff (the director and instructors) and the Encinal Yacht Club, its officers, members and professional staff
- Recruitment and oversight of the Junior Sailing Director and Head Coach, and assistance in hiring overall instructor staff
- With the Program Director, publishing a Participant List for club use
- Maintaining, documenting, communicating and constantly improving EYC Jr. Sailing policies and procedures for the betterment of the Encinal Junior Sailing program
 - Enabling program policies to maintain a fun, safe and productive environment
 - Supporting the Director and Instructor staff in assuring appropriate discipline and conduct of students participating in the program
- Management of Program budgets for equipment, instructor staff, etc.
- Coordination of parent volunteers for all committee activities, including: Fundraising events, Crab Feed, Open House, Regatta participation, Clothing sales, Thursday Barbecue Races, Communications, etc.

Parent Volunteers

As our Junior Program depends on support from parents, all parents are asked to help with some aspect of the program over the course of the year, especially during the summer classes and the off-season fundraising. A list of committees and open jobs will be available at the beginning of each class session and at Thursday Summer Barbeques. Please give generously of your time so that the workload can be divided and everyone involved can have an enjoyable summer.

If you have a vocation or avocation that involves a sailing/boating skill or an expertise that would be of interest to our students (guest lecturer, demonstration, etc), we would love to hear from you – please contact the Director. We're always in need of parents with specialized skills, like outboard repair, welding, rigging, woodworking, fiberglass repair etc. Those skills are in high demand, so if you are handy at any of those things we can certainly put you to work!

CHAPTER 3: SAILING PROGRAMS

EYC Junior 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.encinal.org. All class registration is online only.

Fall, Winter, and Spring Sailing

- EYC Junior Sailing offers a Fall, Winter, and Spring Session (in addition to Summer), with various class options per session. These sessions capitalize on the year-round sailing opportunities we are fortunate to have in the Bay Area, and are a great way to keep the kids' sailing interest and skill levels growing!
- Since schools and after-school sports are in session, Fall/Spring Sailing classes are scheduled on six Saturdays *or* six Sundays, depending on the class assignment.
- We are proud to support several high school sailing teams, and also a dedicated group of year round Opti sailors, most of whom are also on the Race Team.
- Please check online on the EYC Junior Sailing website, at www.encinal.org for class schedules and offerings.

Summer Sessions

- Three separate 3 week "Sessions" are offered each summer
- Multiple class options are available during each session
- Classes are held Monday through Thursday each week of the session
- Thursday Twilight Barbeque Races - Every Thursday evening during the summer sessions, family and friends are encouraged to watch their kids from the EYC docks as they show their skills during fun races in the estuary. A fun family BBQ at the EYC poolside follows – please join us!
- Please check the EYC Junior Sailing website, at www.encinal.org for any schedule changes.

EYC 2017 Summer Sailing Program <i>All classes meet Monday to Thursday</i>			
TIME/ DATE	Session #1 June 19 – July 7 (Class M, W, Th, F 4th July week)	Session #2 July 10 – July 27	Session #3 July 31 – Aug 17
	Green Guppies (ages 6-7)	Green Guppies (ages 6-7)	Green Guppies (ages 6-7)
8:30am - 12:00pm	Beginning Sailing (ages 8-13)	Beginning Sailing (ages 8-13)	Beginning Sailing (ages 8-13)
	Teen Beginning (ages 13-18)	Teen Beginning (ages 13-18)	Teen Beginning (ages 13-18)
	Intro to Race (ages 8-13)	Intro to Race (ages 8-13)	Intro to Race (ages 8-13)
	ADVENTURE SAIL (all ages)	ADVENTURE SAIL (all ages)	ADVENTURE SAIL (all ages)

12:00pm - 1:00pm	Lunchtime Supervision	Lunchtime Supervision	Lunchtime Supervision
1:00pm - 4:30pm	Beginning Sailing <i>(ages 8-13)</i>	Beginning Sailing <i>(ages 8-13)</i>	Beginning Sailing <i>(ages 8-13)</i>
	Intro to Race <i>(ages 8-13)</i>	Intro to Race <i>(ages 8-13)</i>	Intro to Race <i>(ages 8-13)</i>
	Teen Intro to Race <i>(ages 13-18)</i>	Teen Intro to Race <i>(ages 13-18)</i>	Teen Intro to Race <i>(ages 13-18)</i>
	Advanced Race Team	Advanced Race Team	Advanced Race Team
5:15pm - 7:15pm	Adult Sailing (Mon & Wed)	Adult Sailing (Mon & Wed)	Adult Sailing (Mon & Wed)

Special Clinics

On occasion throughout the year, the Director 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, etc). The Director will use email to ascertain interest in such a clinic, so please make sure your most current email address is on hand at the junior sailing office, as this is the primary form of communication.

Drop-ins

Weekday "Drop-In" sailing practices are available during the Fall and Spring. Specific days are reserved for active Opti sailors, Senior Race Team and High School Sailors. Drop-ins are a great way to get extra time on the water and a great value too! Drop-ins are \$20 per practice.

Private Lessons

Private lessons are a great way to get personalized 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 junior sailing office to set up a time. **Private lessons are also available to adults and groups of adults using keelboats which are larger and more stable than dinghies.** Please email the director at juniors@encinal.org to schedule a lesson.

CHAPTER 4: CLASS DESCRIPTIONS

Green Guppies Program

Availability: Summer AM Only

Ages: 6-7

Prerequisites: None!

Description: This is a class for young prospective sailors who are looking to have fun on and around the water. This is NOT a “learn to sail” 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. Guppies will enjoy a variety of sailing related activities each day, including games, arts & crafts, boat rides and swim time. Upon director approval, graduates of the Green Guppy program may enroll in our beginning sailing program a year early at the age of seven.

Beginning Sailing

Availability: Offered during Summer and Spring

Ages: 8-13 (Oppis and/or Optis)

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, jibing, and safety, with an overall emphasis on FUN and becoming comfortable on the water.

Intermediate/Intro to Racing

Availability: Offered during Summer

Ages: 8-13 (Opti), 13-18 (FJ)

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. Attendance in this class must be approved by the director.

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 prepare the students for regattas.

Adventure Sail

Availability: Summer AM Only

Ages: 8-13 (Opti), 13-18 (FJ)

Prerequisites: Students must be able to pass the swim test. Sailors must have completed the Intermediate Sailing Class or have similar training of intermediate sailing skills to be approved for this class. Attendance in this class must be approved by the director.

Description: Open to sailors who have successfully completed intermediate sailing or similar training and want to expand their skills with less emphasis on racing. This class offers instruction in rigging, boat handling, sail trim, safety, navigation and other useful cruising skills. Students in this class are interested in learning how to safely navigate our waterways and successfully cruise for fun.

Teen Beginning

Availability: Offered during Summer Sessions only

Ages: 12-18 (FJ)

Prerequisites: Students must be able to pass the swim check

Description: class where teens learn the basics of sailing and also experience the fun of being on the water in a safe environment. Students are exposed to pleasure sailing and basic racing. The class is fun and social—perfect for teens!

EYC Opti Race Team

Availability: Offered Year Round (Including Summer)

Ages: 8-13

Prerequisites: Students must apply and be accepted by the Director.

Description: The Opti Race Team attends local and regional regattas throughout the year. Practices focus on training for upcoming events. Green Fleeters and Champ Fleeters may practice together or separately depending on the focus of each practice. Applications for the 2016 Opti Race Team must be received by April 15, 2016.

EYC Senior Race Team

Availability: Offered during Summer and Spring

Ages: 13-18

Prerequisites: Students must apply and be accepted by the Director.

Description: The Race Team attends regattas throughout the summer. Practices focus on training for upcoming events in the Laser, FJ, and Club 420 classes. The focus is on advanced boat handling, rules, tactics, and strategy. Applications for the 2016 Senior Race Team must be received by April 15, 2016.

High School Sailing Team

Availability: Offered September - April

Ages: 8th-12th Grade (7th grade with Director approval)

Prerequisites: Sailors must pass a swim test and bring an attitude conducive to competitive racing and must be at an intermediate competence level on the water.

Description: The EYC Junior Sailing Program works in partnership with a number of East Bay High Schools who have teams or clubs that participate in the Interscholastic Sailing Association (ISSA). Be prepared to do a lot of sailing, as we have a practice or regatta nearly every weekend during the season, including many travel regattas beyond the Bay Area. Please contact the Director for more information or ideas on how to start your own team!

Adult Sailing

Availability: Summer (Monday and Wednesday Nights 5:15-7:15)

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 Keel Boats. 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: SCOPE AND SEQUENCE

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 learn to sail at age 8. There is a lot of 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 always 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. Most young sailors worldwide start out sailing the Optimist Pram (Opti) between the ages of 8-12. 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. Combined there are nearly 50 Oppis (crash proof Optis) and normal Optis in the EYC fleet. They are the mainstay of any junior sailing program and have taught many Olympic gold medalists how to sail.

Students typically age out of the Opti when they turn 15 or once they reach 115lbs. For older sailors who are already teenagers or over 100lbs, the FJ serves as an ideal learning platform. The FJ is sailed with two people, so it provides the opportunity for teamwork within the boat. It is a safe and fun boat, but is also raced by many high school and college teams across the country and can be very exciting.

Whether a sailor starts in an Opti or an FJ, 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 my 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 receive a “Completion Award,” while those that still need more time with the basics will receive a “Participation Award.” Hint: Parents- Please save those completion awards! That’s your ticket to enrolling your child in the next class. A sample of the “EYC Beginning/Intermediate Skills Inventory” 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: _____

EYC Jr. 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 "S-Turn Gybe"			
Demonstrates how to get boat out of irons			
Uses the "Tiller Hand Exchange" when tacking			
Is comfortable using tiller extension and sheeting simultaneously			
Can stop their boat using "safety position"			
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)			
Uses the 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)			
Knows how to properly "Kite" the boat downwind			
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 quickly			

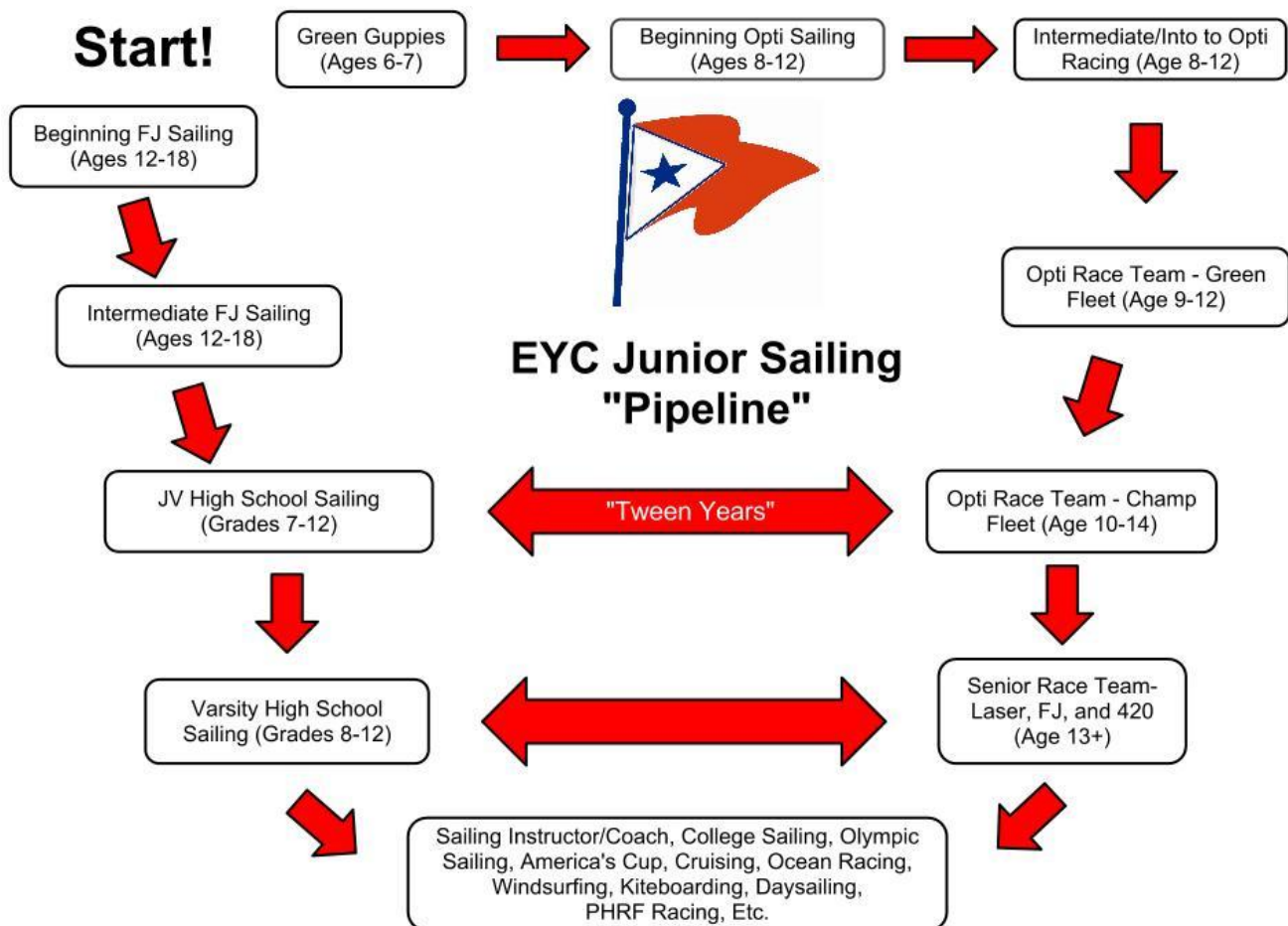
Completion of Beginning Skills - Instructor Signature: _____

Beyond Beginning Sailing

After you child completes beginning sailing they are introduced to racing in our intermediate classes. The intermediate 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 intermediate class, at which point sailors are ready to move up to the race team.

Admission to the race team is by application only. Sailors on the race team practice and compete all summer. The Opti Race Team continues year round, with practices and regattas during the school year too. It's expected that most of the Senior Race Team members will participate in high school sailing during the school year. The Senior Race Team members mostly sail C420's and Lasers during summer and transition back into the FJ for high school sailing.

Being on the race team is tons of fun! There is lots of traveling and it's a great way to make new friends from other clubs too. The goal is for every sailor to eventually reach the race team. However that is not a reasonable assumption, and realistically the race team can only accommodate a handful of new sailors each year. However, don't be discouraged! Many sailors like to take a more recreational approach to sailing, which is fine too. With the addition of a couple of keel boats we're looking for more ways to keep our recreational sailors on the water and having fun, which is what it's really all about!



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 US Sailing Level One Certification, which allows them to become sailing instructors. It is a great first job, and the pay is not bad either! At EYC we're also proud to have nearly 30 alumni who've gone on to race in college. They've represented schools like Cal Berkeley, Cal Maritime, Cal Poly, Middlebury, Navy, Oregon, Portland State, Princeton, Santa Clara, Stanford, U Colorado, UC Santa Barbara, UC Irvine, UCLA, UC Davis, UC Santa Cruz, and U Penn to name a few. College sailing is the same format as high school sailing and is also sailed in FJs, so it's easy to make the transition AND when you go to college 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 and Director. 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 California weather and fresh breeze most of the time, fog or light breeze can occur at any time. The Jr. Sailing Program 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?

EYC 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. Junior Sailing 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, wetsuits, 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! You must have a US Coast Guard Approved Type III PFD (life jacket). EYC Junior Program has life jackets and sailing clothing for sale.

Sailing Clothes For Sale

EYC Junior Sailing sells lifejackets and sailing apparel at reasonable prices. If you need to get any sailing apparel before class and would like to have it ready by the first day, please contact the Director.

Boat Ownership and Charter Fees

Students do not need to provide their own boats to participate. The small charter fee for boat use during class and regattas is included in the class fee. Sailors who bring their own boat will get a rate reduction from their summer fee.

Fee Payments/Refund Policy

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

- Class 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 junior sailing director

Financial Aid

Our goal is to never turn a student away for financial reasons. A limited amount of financial aid, made possible through tax-deductible contributions, is available to help with Program tuition costs and/or regatta fees. For further information contact the Director.

Required Forms

Three (3) release forms must accompany the registration:

- Medical Form- No child will be allowed to sail without a current medical form on file.
- Liability Waiver
- Boat Charter Form (for race team or high school sailing)

Charter Boats Assignments

- **(Not applicable to boat owners)**
- Each student will be assigned a specific boat, sail, spars and rack storage location at the beginning of a class (unless that student owns their own boat). Assigned boats and related equipment are the responsibility of that student for the duration of the class and must be treated with care and respect.
- Some boats may be assigned to one student in a morning class and another student during an afternoon class during the same session. In this event, students share responsibility for care of the boat and equipment.
- Assigned boats, sails, and spars must be returned undamaged at the conclusion of the class, as verified by the Director. Repairs beyond normal wear and tear are the responsibility of the student and/or the parents.

Lunchtime Supervision

Lunchtime Supervision is available during the Summer Program between the AM and PM classes (12:00pm-1:00pm). Sailors must be enrolled for Lunchtime Supervision. During the Summer Sailing Program, junior sailors are NOT permitted at the Club without parental supervision between 12:00pm-1:00pm. Any junior sailors who are not picked up on time, will be charged for lunchtime supervision.

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 junior shed that is always full of unmarked items. EYC and the Instructors, Director or Assistant Director are not responsible for loss or damage to personal property or equipment of the student. Contact the Director with any questions regarding what to bring to class or what to wear during sailing.

Sailors are **REQUIRED** to **bring and use** the following:

- Properly fitting, US Coast Guard approved Type III life jacket (PFD) with whistle tied on it (water skiing jackets are not permitted).
- Closed-toed shoes or sneakers. Preferably sailing booties or the less expensive water-sock type footwear.
- Sunscreen
- Clothing appropriate for weather conditions (Rashguards, fleece, thermal layers, spray gear, windbreaker, wetsuits, 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
- Hat or visor
- Watch with countdown timer (Necessary for racing)
- Sailing gloves (Race Team and Advanced Sailors)

Swim Check

Safety is first and foremost in the minds of the instructors. All students are required to pass the swim check in

order to participate in the Junior 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 the bay prior to class can also be helpful! Swim check is intended to acclimate children to the cold, dark water and observe their comfort level in the water. Swimming in the 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 will include:

1. Student puts on lifejacket.
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.
6. Student gets out of the water.
7. Student jumps back into water without lifejacket and demonstrates they can swim 20 yards and tread water for 2 minute.
8. Student demonstrates they can put on their life jacket while in the water.

NOTE: No one shall swim under docks 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 20 yards.

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 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 sailor's' 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 location.
- Communications between parents and the Instructors, Director and Assistant Director is expected and encouraged, but in order to enable maximum instruction time for student sailors, the Instructors Director and Assistant Director are available for parent questions **only outside of class hours** – your cooperation in this regard is critical and much appreciated.
- Questions concerning Jr. Program ***policies, fees, etc***, should be directed to the Parent Liaison, and ***not*** to the Junior Sailing Director.

Pick-Up/Drop-Off Instructions

Summer morning classes start promptly at 8:30AM and are dismissed at 12 PM. Instructors have only one hour between morning and afternoon classes, so parents are asked to arrive on time for dismissal. Instructors will stay with children until parents arrive. Afternoon classes start promptly at 1 PM, and are finished at 4:30PM.

- 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!
- The sailing staff cannot be responsible for babysitting so please pick up your child on time. The time between morning and afternoon classes is reserved for instructors' lunch, weather checks, and getting boats and lesson plans ready for the next class.
- 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.

- **Additional charges may apply if sailors are not picked up at the scheduled time!**

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 Director. 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, EYC cannot allow guests in sailing classes. Medical reports, 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?

EYC 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. Junior Sailing classes will not be cancelled because of weather.

My child turns 8 in August, can they sign up for the first session of Beginning Sailing?

We really encourage parents to wait until their child is at least 8 years old before putting them in a boat by themselves. There is a lot of mental and emotional maturity that needs to happen before sailors are ready to skipper their own boat. Luckily we now have our Green Guppies Program for 6-7 year olds. Green Guppies still get to go on the water and experience the joy of sailing, but in a manner that emphasizes fun and comfort rather than learning to sail.

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

In addition to the instructional program and championship races, junior sailors will have the opportunity to participate in a number of regattas throughout the summer. If they feel ready, sailors are encouraged to participate in local, regional and even national regattas. Complete regatta calendars for Optimis, Lasers, FJs and 420s are posted on the Junior Sailing Website.

Participating in regattas has many benefits. Regattas are a chance to make new friends, travel to new places, and enjoy cookouts, prizes and parties. Regattas 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 EYC. Throughout the summer there are regattas to accommodate all ages and levels from Green Fleet to Red Fleet Optimis, to 420s, CFJs and Lasers. Not all fleets will be attending all regattas.

Parental support is critical for regattas. Parents and sailors are responsible for loading and unloading 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 coach's responsibility to be the supervisor for the children!

Parents are encouraged to be spectators at Bay Area 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 Director 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 EYC, then parents are asked to provide emotional support only. 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: CLUB TRAILERS

The EYC Junior Sailing trailers will be available for transporting boats to and from regattas. Availability of the trailers depends upon parent participation. As part of the registration process each parent must sign a release and indemnification for use of a Club trailer. Only EYC member parents may tow club trailers. Parent volunteers are asked to sign up to haul trailers to and from regattas on a rotating basis. Each sailor, with the assistance parents as needed, is responsible for all loading and off-loading of his/her boat. Coaches are often very preoccupied at the beginning and end of a regatta. They are not responsible to load and unload the boats.

Sailors will be given berths on trailers on a first-come/first-served basis for each event, providing there are parent volunteers to drive. However, since there is have limited capacity on the trailers, we ask that those parents who are able to transport the Optis themselves (e.g., on car roofs) do so and allow other sailors the opportunity to sign up first for the trailers. Sign-up sheets will be posted several days ahead of the event, so that alternative or additional arrangements can be made, if necessary. Sailors on the list must have a ride to and from the regatta unless other arrangements are made and approved by instructors and/or parents.

If a sailor signs up for a trailer or trailer berth but will not use it, s/he must cross her/his name off the list & notify the Driver, who will be listed at the top of the sheet. Sailors who fail to do this will be denied future trailer privileges. Sailors whose boats are repeatedly not properly secured may be subject to non-eligibility for trailer transport.

Please check with the director to see whether or not you will need to immediately unload your child's boat upon return to EYC.

In the event of an accident involving a club trailer, **LIABILITY FOR THE DAMAGES TO THE TOW VEHICLE, OR THE TRAILER, AND FOR PERSONAL INJURY, RESTS WITH THE DRIVER TOWING THE TRAILER, NOT EYC. BOAT OWNERS ARE RESPONSIBLE FOR ANY DAMAGE TO THEIR BOATS.** This means that insurance coverage for any personal injury or damage to the trailer or tow vehicle resulting from an accident is under the automobile policy of the drivers.

CHAPTER 9: FUNDRAISING & DONATIONS

In addition to class fees, our program relies on the generosity of parents, other EYC members, and friends of Junior Sailing. Donations help defray the significant costs of boats, sails, awards, repairs, instruction staff and more. During the course of the year, several programs are available for your consideration:

Junior Sailing Clothing

Our program is a dealer of several major sailing brands, including Zhik, Gill, Patagonia, and Stohlquist. Not only will you save money by shopping with us, but all profits from our great line-up of Junior Sailing clothing and accessories go to EYC Junior Sailing. All prices are at least 10% off what you can get through a store. Annually we raise thousands of dollars through clothing sales, and our participants get quality gear at a reasonable price!

Annual Crab Feed

Every year, junior sailors wait tables at the crab feed. All tip money that evening goes directly to the Junior Sailing Program. Typically held near the beginning of the year, this event is very popular so we need lots of junior sailors to help.

Annual Fundraiser

Our annual fundraiser is usually held in the summer, with profits going directly to Junior Sailing. In past years we've done auctions or giving campaigns. There won't be a major fundraiser every summer, as they take a huge amount of time and effort. By fundraising throughout the year we can reduce the intensity of focusing on one big event.

Junior Sailing Sponsor

You can advertise your business on our junior sailing tee shirts, worn by many sailors around the bay area. Just contact the Director or Junior Sailing Committee for more information about becoming a sponsor.

Amazon Shopping Online

Similar to "Escrip" at our schools, for all purchases made on Amazon through our EYC link, EYC junior sailing will receive up to 8 % of the sale amount directly to our junior sailing program. It's as simple as that! Find details on our webpage www.encinal.org and then click on the "Juniors" tab.

Cash Donations

Are accepted with many thanks. To be sure any such donations go to Junior Sailing; checks should be made out to the Encinal Yacht Club Junior Sailing, c/o Junior Sailing, and submitted directly to the Jr. Director or dropped off in the Director's mailbox in the EYC Office.

Monthly EYC Bill

Many EYC members make a monthly contribution to Junior Sailing via their monthly bill. Please contact the Director if you are interested.

Other Donations

The Junior Program is always in need of items such as duct tape, electrical tape, cleaning supplies, gently used sailing gear and lifejackets, sunscreen, sand paper, boat repair materials, pins, ring dings, line, white board markers, permanent markers, office supplies, hot chocolate, snacks, water bottles, etc. These types of donations help defray costs throughout the year.

CHAPTER 10: AWARDS AND TROPHIES

Competition is merely one dimension of the EYC Junior sailing program, but it can be a powerful motivator for many young sailors. To recognize sailors who have competitive success in designated races and race series, various certificates, flags 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 Junior Sailing Awards Night, August 15, 2013. All children in the program are eligible for trophies, so don't miss out on a great night!

CHAPTER 11: CODE OF CONDUCT

It is the responsibility of parents and juniors to read and abide by the rules of the Code of Conduct.

Attire

- US Coast Guard 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, docks and ramps, 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, wetsuits, 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 on yacht club grounds or in the boats
- Do not ride bikes, roller blades or skateboards on the dock or yacht club premises.
- No running on the docks, pushing into the bay or swimming pool or unauthorized swimming.
- No one shall swim under docks or near docked boats.
- No climbing or playing on or around boat hoists.
- No one shall jeopardize the safety of others, or themselves.
- No one shall board private boats without permission.
- Swim test 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 EYC 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, gym bags, jackets, etc). EYC 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.
- EYC 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 any harmful weapon, 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 Director.
- Sailors are not allowed in the pool/pool area after class without parental supervision. Instructors are NOT responsible for sailors after class. Instructors are only responsible for sailors during class.
- During the Summer Program, juniors are NOT permitted at the Club without parental supervision between 12:00pm-1:00pm. Any juniors who are not picked up on time, will be charged for lunchtime supervision.

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 Director MUST be notified.**
- Policy REQUIRES parents to inform EYC Junior Program staff if their child is not attending a scheduled class.
- Please call or email the Junior Office at (510) 769-0221 or juniors@encinal.org before the class meets.

Discipline

Generally we have had very few problems with children running afoul of the code of conduct, and we hope your children will abide by these common-sense rules. But when infractions occur, it is unfair to all the kids if those infractions are not dealt with. Inappropriate behavior will not be tolerated. Behavior that is disrupting the learning environment or threatening the safety of others is considered inappropriate. If the code of conduct is violated or if inappropriate behavior continues after the child has been warned, the instructor will remove the student from the situation and refer the offender to the Director who will determine the necessary action. If necessary, the Director may ask the EYC office to contact the child's parent for immediate pick up. Upon infraction of the code of conduct, the student may be warned, suspended or dismissed from the program, depending on the discretion of the Director. Class fees will not be refunded in these situations.

Parent Guidelines

Parents / guardians are an important part of a successful Junior 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 EYC 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 EYC program. (Parent Handbook, 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 Director/Instructors is expected and encouraged, but in order to enable maximum instruction time for student sailors, the Director/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.

It is the responsibility of parents and juniors to read and abide by the rules of the Code of Conduct.

CHAPTER 12: JOINING ENCINAL YACHT 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! Members usually save between 25-40% on class fees.
- Members are also eligible for our Year Round Sailing program, which is a significant yearly savings.
- Sailors are eligible to work as junior instructors (must meet age requirements).
- Eligible to tow trailers and coach boats.
- Eligible to store privately owned boats at EYC (additional fees apply)
- Enjoy all the services here at EYC, including a great bar and dining room, along with a heated outdoor pool!
- When you travel, enjoy reciprocal privileges at most other yacht clubs (this is a huge perk!).

Joining

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

- EYC will waive the joining fee (\$500-\$1000) for any family actively participating in junior sailing. That's right, you pay NO initiation fee! All you need to do is request an initiation fee waiver from the junior sailing director.
- Don't have sponsors? We can help with that too. EYC junior sailing families are happy to sponsor new members, and instantly you have a network of people you know at the club!
- Monthly dues are only about \$130 per month. The savings in class fees will almost pay for the membership itself, especially if you enroll in the Year Round Sailing program or have more than one active junior sailor.
- For more details or to request a membership application, please contact the main office at

(510) 522-3272

CHAPTER 13: EMERGENCY PROCEDURES

In the event of an on the water emergency...

1) Call 911

- If no cell phone, use emergency **Channel 16 on VHF Radio** to relay emergency distress message to Coast Guard. They can patch you through to EMS 911 dispatch.

2) Provide Care to Victim

- Stabilize victim and address immediate concerns.
- Prepare victim for extraction

3) Get victim to professional care ASAP

- Take victim to chosen extraction point, where they can get professional treatment from paramedics.
- Continue to provide care (CPR/First Aid) until professional help arrives.

4) Notify the Junior Sailing Director once victim is stable

- Jr. Sailing Office phone (510) 769-0221
- Tyler Colvin or Mike Scott's Cell Phone
- EYC Main Office (510) 522-3272

5) Junior Sailing Director Notifies Parent Liaison/Emergency Contact

- Barb Grove Parent Liaison
- Refer to Binder for Victim's Emergency Contact Info

6) Parent Liaison alerts higher chain of command.

- Parent Liaison serves as shore-side coordinator and representative

Emergency Extraction Points



- 1) Encinal Yacht Club- 1251 Pacific Marina, Alameda, CA 94501
- 2) Oakland Fire Department- 47 Clay Street, Oakland, CA (Dock next to Jack London Square and the red light ship "Relief")
- 3) Artemis Racing Headquarters- 1050 West Tower Avenue, Hangar 12, Alameda, CA 94501
- 4) Boat Launch next to Encinal High School Football Field

CHAPTER 14: CONTACTS

Encinal Yacht Club

Address: 1251 Pacific Marina, Alameda, CA 94501
Office Ph: 510-522-3272
Office Fax: 510-865-8630
Dining Room: 510-865-1303
Website: www.encinal.org

EYC Junior Sailing Director

Director: Mike Scott(eycjuniors@gmail.com)
Jr Office Ph: 510-769-0221
Jr Website: www.encinal.org, then click on the "Junior Program" tab

EYC Junior Sailing Liaisons

Liaison: Barb Grove
Email: sgrove01@pacbell.net
Phone: 925-366-6054

Liaison: Niels Glaser
Email: cthecker@pacbell.net
Phone: 925-899-1960