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SAILING SCHOOL PROGRAM GUIDE

Below you will find descriptions of the Sailing School's classes. Should you wish to print or save the following information, please visit PDF Program Guide. For those students who begin their experience with SHSS as a Hermit or Seamen, the classes follow a progression based on age, experience and advancement testing. **For those students who are new to SHSS and who may also be less experienced and older, please contact the Program Director or Sailing School President to discuss your child's needs and progression.**

The SHSS sailing program has been successful for almost 90 years in teaching students to sail, forging lifelong friendships and enjoying summer days on Stage Harbor. The program is best experienced when students attend class regularly and for as many weeks as possible. This allows students to master the skills taught at each level and to develop strong friendships.

Program Structure

The Sailing School Program follows a general approach at each level: general instruction classes meet in the morning and more specialized classes (focusing typically on one type of boat or activity) usually meet in the afternoon (Optis for Seamen is the exception to this morning/afternoon approach, it is a specialized class that meets in the morning to take advantage of lighter winds). Students must be registered in a general instruction class in order to participate in the specialized programs. For an overview about the program options for different age groups and links to each of the sailing school class pages, visit Sailing School Introduction. We encourage students to register for **both** general/morning and specialized/afternoon classes, where possible. The more time students spend on the water, the more comfortable they become sailing and this time allows students to make important friendships.

The general instruction classes (Hermits, Seamen, Mates, Old Mates and Skippers) guide students through the Sailing School curriculum which is designed to be fun and varied and to teach kids the parts, terminology, knots and sailing knowledge they need to know as they become skilled, confident and safe sailors.

The specialized classes, sometimes referred to generically as the racing program, mostly meeting in the afternoons, focus on sailing specific types of boats in a fun and interesting way: Optis, 420s and BIC. But, please be assured that afternoon and specialized sailing is not just about racing!

Advancement

During the week, Seamen, Mates and Old Mates receive instruction on land and on the water. Instruction incorporates content developed over the years at Stage Harbor Sailing School with US Sailing's STEM curriculum. At designated time during classes to show what they have learned and advance from one class to the next by demonstrating mastery of Advancement Qualifications. Students are encouraged, in most circumstances, to approach advancement with an eye toward remaining with their peer group.

About Boat Ownership and Club Boat Usage

To facilitate participation in all of the Sailing School's classes, we offer the use of club boats to students registered in specialized classes in addition to the general instructional classes. Unlike many clubs on the Cape, the Sailing School provides Opti sailors with boats to use during Opti classes, private lessons, and sanctioned regattas at no additional charge; though many Opti sailors eventually elect to purchase their own boat. All 420 racers may use Club owned 420s for lessons and sanctioned regattas. Some students choose to purchase their own boats, but ownership is not a requirement for any class Stage Harbor Sailing School.

GENERAL INSTRUCTIONAL SAILING SCHOOL CLASSES

HERMIT CRABS Novices- 6 and 7 year olds

Eligibility: Sailors must turn 6 before September 1, and must be entering 1st or 2nd grade in the fall.

- Meet twice weekly, on Monday and Friday mornings.
- Learn the basics of sailing in a variety of boats.

- An instructor will be in each boat.
- Students will spend one or two years in Hermits and will advance to Seamen class based on the age requirements.

SEAMEN Beginners (Sprites with Instructors); largely ages 8-10

Eligibility: Sailors must turn 8 before September 1, and be entering at least 3rd grade in the fall. (Please note that if your child is new to the Club, not an experienced sailor but older than 10, you should contact the Program Director before registering.)

- Meet three times weekly, on Monday, Wednesday and Friday for on-water sailing instruction. Knots, Terminology, Part-of-the-boat, and knowledge instruction are incorporated into these three classes.
- Students learn to sail in Sprites, the Club's traditional small fleet of sloops. Two or three students are assigned to each of the Club's 12 Sprites.
- An instructor will be in each boat.
- Students learn how to control the boat when sailing upwind and downwind. Basic right of way rules and boat safety.
- Seamen advance to Mates after passing Advancement Qualification tests, including an on the water performance test to ensure that students can safely move to the next level.
- Seamen are encouraged to sign up for the Tuesday morning Opti for Seamen class. More information about that class is below.

MATES Intermediate Sailors (Sprites without Instructors); largely ages 9-12

Eligibility: Seamen who satisfy all Advancement Qualification requirements for advancement to Mates. New students 10 or older may also qualify for Mates - please contact the Program Director for guidance.

- Meet on Tuesday, Wednesday and Thursday mornings for on water sailing instruction. Knots, Terminology, Part-of-the-boat, and knowledge instruction are incorporated into these three classes.
- Mates continue to sail Sprites, but no longer with an instructor in the boat.
- Mates participate in destination sails to various locations within Stage Harbor and are introduced to basic racing techniques. Basic double-handed techniques, such as skipper/crew communication, hiking, points of sail and sail trim are reinforced.
- Mates advance to Old Mates after passing Advancement Qualification tests, including an on the water performance test to ensure that students can safely move to the next level.
- Mates are encouraged to sign up for the afternoon Opti for Mates class to help prepare them for the Old Mates class in which they will sail Optis independently. More information about that class is below.

OLD MATES Advanced Intermediates (Independent sailing in Optis); largely ages 11-14

Eligibility – Sailors must satisfy all Advancement Qualification requirements from Mates class. Beginning sailors age 12 or older may also qualify for Old Mates and should contact the Program Director for guidance.

- Old Mates meet on Tuesday, Wednesday and Thursday mornings for on the water sailing instruction. Knots, Terminology, Part-of-the-boat, and knowledge instruction are incorporated into these three classes.
- Old Mates sail in the Opti fleet and will learn to sail them in the inner and outer harbor.
- Old Mates advance to Skippers after passing Advancement Qualification tests, including an on the water performance test to ensure that students can safely move to the next level.
- Old Mates are encouraged to sign up for the afternoon Opti for Old Mates/Skippers class. More information about that class is below.

SKIPPERS Advanced (Learning to Sail 420s); largely ages 13-15

Eligibility –Old Mates who satisfy all Advancement Qualification requirements for advancement to Skippers. New students age 14 or older may also qualify for Skippers and should contact the the Program Director for guidance.

- Skippers meet on Tuesday and Thursday mornings and sail either Optis or 420s. The class has traditionally focused on sailing 420s.
- Skippers who sail Optis practice advanced sailing and racing techniques. Older and bigger Skippers sail the 420 sailboat class. Students sailing the 420 learn basic double-handed techniques such as roll tacking, use of spinnaker, and trapeze. Intermediate to advanced racing techniques are taught. Skippers class has a fun teen social atmosphere with an emphasis on building sailing and seamanship skills. Sailors in Skippers often participate in local racing series on Tuesday, Thursday and Sunday.
- Sailors in Skippers who are interested in advanced sailing are also encouraged to register for the Opti for Old Mates/Skippers or 420 Race Team.

INTRODUCTION TO 420 RACING

Eligibility: 12-14 years old. Must have completed Old Mates and be registered in the Skippers class.

- The Introduction to 420 Racing class will meet on Wednesday mornings from 9:30 to 12.
- The class is intended for those students who continue to race Optis but are ready to begin

learning to race the 420.

- The class is held only once each week and in the morning when winds tend to be calmer.

Specialized Classes : SHSS offers classes that mix traditional race technique with fun on the water. All classes emphasize safety, fun, community, friendship and mastery.

OPTIS FOR SEAMEN (mostly 8-10 year old beginner Opti sailors)

Eligibility: Optis for Seamen students must also be enrolled in Seamen

- Optis for Seamen meets 1 day a week, on Tuesday mornings.
- With an emphasis on fun and safety, sailors learn the basic parts and how to sail an Optimist Dinghy (Opti). Most sailors at this level will not attend regattas, as the goal of the class is the development of basic skills and time on the water having fun with friends
- The class will also include fun days where students enjoy destination sails, on the water games and the like.
- Due to space limitations, Sailors may be doubled up or rotated into Optis during class.

OPTIS FOR MATES (mostly 9-12 year old intermediate sailors)

Eligibility: Optis for Mates students must also be enrolled in Mates and will have preferably completed a year in the Optis for Seamen class.

- Optis for Mates meets twice a week, on Tuesday and Thursday afternoon.
- With a continuing emphasis on safety, fun and time on the water, this class builds on basic skills learned in the Optis for Seamen class. The curriculum is oriented toward becoming more comfortable and proficient in Optis, some students may be ready to participate in local races or try a regatta.
- The class will also include fun days where students enjoy destination sails, on the water games and the like.
- Skills these students will practice will include: roll tacks and jibes, starting techniques, intermediate boat handling and racing tactics.

OPTIS FOR OLD MATES & SKIPPERS: mostly 11-14 year old, experienced sailors

Eligibility: Optis for Old Mates/Skippers students must also be enrolled in Old Mates or Skippers and will have preferably completed at least a year in the Optis for Mates Class.

- Optis for Old Mates/Skippers meets 4 days a week, Monday through Thursday afternoon; but students less focused on the racing aspect of this class and/or students participating in the new Adventure Sail for Old Mates/Skippers may attend less frequently (e.g., Tuesday/Thursday or Tuesday, Wednesday, Thursday).
- This class will differentiate between those students interested in advanced race technique and those students interested in continuing to build and develop strong sailing skills that will allow them to progress with confidence to sail the 420.
- Skills these students will practice will include: roll tacks and jibes, starting techniques, intermediate boat handling and racing tactics. Racers are encouraged to participate in sanctioned regattas and club racing series (Tue, Thurs, Sun).

ADVENTURE SAIL (for Mates, Old Mates and Skippers): largely ages 11-14

SHSS offers a Monday afternoon adventure sail class for Mates and a Thursday afternoon class for Old Mates and Skippers looking to spend a fun and leisurely afternoon on Stage Harbor. This class is intended primarily to serve students also enrolled in Optis for Mates or Optis for Old Mates/Skippers and so we encourage concurrent registration in those classes.

- Sailors will use a variety of boats, including BICs and 420s, paddle boards and more; all on an as available and programming designated basis.
- This class is ideal for sailors who want to continue progressing in the development of race skills through the Optis for Old Mates/Skippers program but who also want to take a break 1 day a week.
- Sailors who own BIC will use them in some, but not all Adventure Sail classes, as the class seeks to emphasis fun, team work, friendship and community.
- This class is intended for students who are younger or smaller. If a student is 14 or older or weighs more than 120 pounds, please contact the SHSS Program Director with questions.

420 RACE TEAMS

Eligibility: Ages 13-18.

- The 420 Race Team Program consists of two distinct tracks: (a) Junior 420 Race Team AND (b) Advanced 420 Race Team.
- Both 420 Race Team “tracks” meet on Monday, Tuesday, Wednesday and Thursday

afternoons. Teens who would like to participate should register for the 420 Race Team Program and select their preference for the Junior Team or Advanced Team. The coaches will then assess skill and experience level and will make final decisions on track placement.

- The **Junior Team** will develop racing and sailing technique and is primarily for students new to 420 racing or with little experience. The class will focus on boat handling and the proper roles of skipper and crew. Use of tell tales, starting and mark rounding tactics, and basic racing rules and strategies will be taught. Students will be introduced to spinnaker and trapeze skills and team racing.

- The **Advanced Team** will focus on honing sailors' expertise in fleet racing strategies and tactics. Heavy wind boat handling skills, and spinnaker and trapeze use will be developed. Team racing strategies will be learned, and sailors will have the opportunity to represent SHYC in the SMSA Team Racing Championship. Participants should plan to compete in a minimum of two regattas during the summer.

- Consistent attendance at practices is expected. All sailors are encouraged to compete in area regattas and local series races. Sailors intending to transition from Optis to 420s should do so in consultation with the Opti and 420 coaches and Program Director.

Adult Sailing

ADULT INSTRUCTION & FUN SAILS (Must be age 18 and above)

This class is offered every Monday and Wednesday afternoons on an as available basis. The Fun Sails feature a 90-minute sail in our Club Day Sailers. No experienced is required...just an interest in being on the water and having fun with other adults.

Introduction to Sailing for Adults ☐ ☐ ☐

0930-1200 Monday and Wednesday

This class meets two mornings each week and is intended for adults who are new to sailing and would like to learn the basics -- including rigging, parts, sailing upwind and downwind, boat control, right of way, safety and more -- in a fun group setting. Adult Fun Sails will continue to meet Monday and Wednesday afternoons.

Weekly Sailing School Schedule (Schedule subject to change)

Monday

Tuesday

Wednesday

Thursday

Friday

0900

-

1200

-Seamen

-Adult introduction to Sailing

-Hermits 6 & 7

(0930-1200)

-Optis for Seamen

-Mates

-Old Mates

-Skippers

-Seamen

-Mates

-Old Mates

-Introduction to 420s

-Adult introduction to Sailing

-Mates

-Old Mates

-Skippers

-Seamen

- Hermits 6 & 7

(0930-1200)

1200

-

1300

Lunch @SHYC

(Seamen)

Lunch @ SHYC (Mates, Old Mates, Skippers)

Lunch @ SHYC (Old Mates, Skippers)

Lunch @ SHYC (Mates, Old Mates, Skippers)

Staff Meeting

1330

-

1600

-420 Race Teams

-Optis for Old Mates/Skippers

-Adventure Sail for Mates

-Adult Instruction & Fun Sail drop-in

(1330-1530)

-420 Race Teams

-Optis for Old Mates/Skippers

-Optis for Mates

-420 Race Teams

-Optis for Old Mates/Skippers

-Adult instruction & Fun Sail drop-in

(1330-1530)

-420 Race Teams

-Optis for Old Mates/Skippers

-Adventure Sail for Old Mates/Skippers

Make up Day for Race Team

Practices

GENERAL SAILING SCHOOL INFORMATION AND POLICIES

Registration: Sailing School & Team Programs are available for Stage Harbor Yacht Club members & Chatham and Harwich students who are awarded scholarships. The summer calendar is divided into two, four-week sessions. Sailors may register for the first, second or both sessions or they may add individual additional weeks (e.g., Session 1 plus 1 week during session 2). Registration must be completed online on our club website for each student participating in the program. All sailors must be registered before attending class or participating in team activities. Registration is complete when an online registration/waivers and applicable fees are received and when dues and all outstanding balances are paid.

Refund Policy: Students who withdraw by notifying Steven M. Ellard, CPA prior to the start of Session 1 (regardless of the session or week they are signed up for) may receive a full refund of Sailing School/Team fees paid. **Students withdrawing after their session begins will receive no refunds.**

Sailing School Advancement Qualifications: In order to advance from Seamen to Mates, Mates to Old Mates, and Old Mates to Skippers, students must have an assessment to verify they have mastered the necessary skills to move on to the next class. Students must be

proficient in the following categories: Knots, Terminology, Parts of the Boat, Knowledge, and Sailing Performance. Passing Sailing Performance requires demonstration of all skills necessary to advance to the next level. Parents are encouraged to communicate proactively with the Program Director regarding their child's progress and should communicate any unique issues (e.g., learning differences, illness, etc.) to the Program Director. SHSS understands that students learn differently and is glad to discuss ways to support its students in ensuring they are safely ready to move to the next level. Please visit Advancement Qualifications for more information. For Race Teams, sailors qualify for a particular team based on coaches' evaluation in consultation with the Program Director.

Swim Tests: At the end of the first day of Sailing School, all new students must take a swim test. The swim test requires that a sailor, without a life jacket, swim approximately 30 feet, tread water for one minute, and float on their back. New students should bring a towel and a change of clothes on the first day of class.

Equipment and Clothing: All sailors must wear a Coast Guard approved life jacket with his or her name clearly marked on it, closed-toe sailing shoes (no flip flops or bare feet), sunscreen, and weather appropriate clothes (non-cotton, layered undergarments, waterproof outerwear). Also encouraged: polarized sunglasses, hat, and water bottle. The use of helmets is at the discretion of parents, but is encouraged by SHSS.

Club Boat Use: Students registered in Sailing School, Specialized Classes and Race Teams are entitled to use Club boats during class, Club races, at Club-sanctioned regattas, and for practice sailing outside of class time as approved by the Program Director. Boats will be assigned to students by the staff; students may not reserve specific boats nor should they expect to sail the same boat each day.

Club Property: Students entrusted with Club boats and other property are expected to treat these items with respect, to report wear, malfunction, missing parts, or damage promptly, to assist with routine maintenance and minor repairs, and to leave boats and gear in shipshape condition for the next user. Families are financially responsible for loss or damage to Club boats and other property that is under their care, other than ordinary wear and tear, and for damage caused by a family member's negligence or carelessness.

SHYC Website: All notices and updates will be posted on the Club's website as soon as available. **E-mail will be the number one communication tool between the**

program and families.

Schedule of Notable Dates: Please refer to the Stage Harbor Yacht Club Calendar included in the Annual Membership Directory as well as posted on this website for special sailing school events and racing schedules.

Requirements For All Sailing School Participants

- All students must pass a swim test (detailed above).
- All registration/medical waivers must be completed and fees paid in advance.
- All sailors must wear an approved life jacket at all times on the water and have a safety whistle attached.
- All sailors must wear close-toed shoes at all time.
- All sailors are responsible for rigging and de-rigging their boats.
- All sailors must have their boat equipped and set up before class begins, all classes will begin on time.
- All boats must be ship shape and secured at the end of each class.

Rules of Student Conduct: Sportsmanlike conduct is expected of all sailors at all times, on and off the water, whenever representing the SHYC in the community, and at all times while on SHYC property. This Code of Conduct represents the most important ideals and guidelines to follow in order to have the most fun during your summer sailing experience. Simply stated, it is an agreement by all sailors to:

- Be on time for lessons.
- Attend regularly sail for fun and the love of the sport.
- Be cooperative, supportive and respectful of other people and their property at all times.
- Listen to and follow SHYC Instructors' directions.
- Listen, ask questions, and watch others to see how you can better your skills.
- Participate 100% in daily activities.
- Learn the Right of Way rules and observe them at all times when operating a boat.
- Be a team player - get along with your classmates.
- Be considerate in success and failure, victory or defeat, be a good sport.
- Remember that your actions both on and off the water reflect upon you and your yacht

club.

It is expected that all sailors will at all times be respectful of their classmates, instructors, boats and the Club. Foul language, poor behavior, and inappropriate clothing will not be tolerated. The right to participate in SHYC activities shall be at the discretion of the Program Director and Flag Officers.

Weather: Sailing School is open regardless of weather, unless parents are otherwise notified. Any notices about closure will be made by email. If conditions do not allow students to be on the water, staff will conduct classes and games in the sailing center. While on the water, if Instructors hear, or see, any lightning, all sailors will take shelter as soon as possible.

Photography and Videos: By registering for participation in the Stage Harbor Sailing School or otherwise participating in Club activities, parents or guardians grant permission for films, video recordings, slides, photographs and other media representations (collectively, "Photograph") to be taken of their child or grandchild during SHSS and other SHYC club-related activities. SHYC is then authorized to use any such Photograph in its publications, press coverage, promotional materials, website or other media outlet at any time.

If you do not wish any such photographs/videos to be used for such purposes, please inform the Commodore no later than the first day of sailing of the 1st Session of the summer.

SAFETY: The Stage Harbor Yacht Club Sailing School is dedicated to ensuring the safety of your child during their participation in sailing classes. When exercising general supervision, our instructors are immediately accessible. They are alert for potentially hazardous conditions and will react accordingly. If an instructor has to divert attention from the overall supervision of a class, to make a rescue, administer first aid, or to effect a repair, another instructor will watch the class. Instructors practice proper emergency procedures throughout the course of the season. All are CPR and first aid trained.

Rules of Safety

- Personal Flotation Devices (PFD's) must be worn by all students/racers and instructors at all times when on the water for sailing lessons and races.
- Parents shall not leave a child age 12 or under unsupervised at the Club for any period of time. This includes the hours between 12:00-13:30pm when lessons are not in session, unless registered they are registered for the Lunch @ SHYC, and any time between lessons.
- Jumping off the Club Pier is not permitted.
- SHSS is not responsible for items left on the property.
- Students must strive to develop competency in safety drills, capsize drills, towing and rescue procedures.

Equipment Check/Maintenance: All our equipment is checked periodically; the safety of our boats is checked daily. If a piece of equipment is broken, we repair it immediately and keep a maintenance report. If you or child notices something wrong with a boat, please let a Steward know.

Safety Boat Skills: All instructors are required to pass a safety boat test before they are allowed to operate a club motor boat for instructional purpose.

Radios/First Aid: Each SHSS club motor boat is equipped with a radio and a first aid kit.

Recommendations For All Sailors

- Please put your name on all personal belongings with permanent ink.
- Please put your child's last name in large letters on the back of his/ her lifejacket so as to help with identification when they are in the water.
- Be sure to wear sun block, visor or hat, and sunglasses each day.
- Please bring a water bottle or drink.
- Wear appropriate water shoes, sailing sneakers or sailing boots.
- Depending on conditions, you may need foul weather gear.

FREQUENTLY ASKED QUESTIONS

What should my child wear to Sailing School? Students should come to Sailing School with sun block applied and a bathing suit under a dry-wick or rash guard shirt suitable for getting wet and quick dry shorts. Please do not send your children in cotton clothing. Wet cotton clothing does not dry quickly and tends to cause the child to be cold. Closed toe shoes like Keens, Lands' End water shoes or Crocs (with the back strap on) are a must to protect their toes. Students may not wear flip-flops or have bare feet at any time. Sunglasses and a hat are also a plus.

The most important and necessary item is a US Coast Guard approved life jacket, with a whistle attached. All students are required to have their life jacket when they arrive at the Club. Many life jackets look alike, so please make sure your child's name is clearly marked on his or hers.

Where do I look for notification of class cancellations or early dismissal due to weather? Information about cancellations or early dismissal will be made by email.

What does the swim test include? At the end of the first day of Sailing School, all new students must take a swim test. The swim test requires that a sailor, without a life jacket, swim approximately 30 feet, tread water for one minute and float on his or her back. New students should bring a towel and a change of clothes on the first day of class.

What types of boats are sailed during Sailing School? The Sailing School uses Sprites, Optis, BICs, 420s and Day Sailors during classes. The Club provides sailors with boats. Private boat ownership is not necessary at Stage Harbor, but many Bic and Opti sailors own their own boats and store them on Club property. If you are interested in purchasing a boat, please look at our virtual and real bulletin boards for information about available boats for sail or to post a request to buy one.

Where can I park at the club? Parking is at a premium around the Club. There are a few parking spots on the side Club side of Champlain Road between Port Fortune Lane and the Club. If you have a town beach-parking sticker you can park on the grass lot across from the club next to the Harbor Master's storage garage. There are also some open spots at the parking lot next to the Harbor Master's Building. Please avoid parking where you see cones. These designated reserved parking spaces and/or pick up and drop off areas.

We encourage members and students to ride bikes to the club. We have several bike racks on the beach below the bluff next to the Sailing School building. Please help us go keep the beach clear of bikes by using the racks. Don't forget a helmet!

How do I sign my child or myself up for private lessons?

While private lessons are available to members and their children, parents should not feel obliged to schedule private lessons for their children. The Sailing School curriculum covers all of the necessary material and provides opportunities for students to practice their skills in order to advance to the next level. However, if you are interested in scheduling private lessons for yourself or your child, please follow these steps:

- Approach an instructor that you know or your child has connected with in class OR consult with the Program Director or Head Instructor.
- Make arrangements with the instructor to schedule a lesson for a mutually convenient time (please keep in mind that all instructors report to work at 09:00am).
- Instructors set their own fee and payment should be made directly to the instructor.
- Sign a private lesson waiver, which will be provided by the instructor.
- Plan to be at the Club during your child's lesson. An adult must be present on shore in a case of an emergency.

Can our family friend/cousin join my child for sailing school one day? Due to space constraints we do not allow guests to attend class. You are welcome to bring visitors by to observe the beginning or end of class; however, an adult should accompany any minors.

Why don't you have the "answers" to the advancement qualifications written down

somewhere? All students (children and adults alike) have different learning styles. We believe that our sailing curriculum should be accessible to all. Therefore, our instructors use a variety of methods to teach the knots, parts, terms and knowledge that students need to advance within our program. We believe that giving students a list of definitions and diagrams of parts would defeat the purpose of attending sailing school! To this end, please let us know of any information about your child's learning profile that would be helpful for us to best understand your child's approach to learning. Our instructors are trained to differentiate their instruction based on the needs of individual students.

Do we need to let you know if our child will be absent from Sailing School? It is important that your child checks in at the beginning of each class, but it is not necessary to report an absence.

Who should I contact with questions? Please contact the Program Director at programdirector@shyc.com or call 508-945-1542.