

MANASQUAN RIVER YACHT CLUB

Junior Sailing Handbook

2024



MANASQUAN RIVER YACHT CLUB
Junior Sailing Handbook
Table of Contents

Club Contact Information	3
Objective and Requirements	4
Class Descriptions	5-6
Junior Sailing Racing	7
Regattas	8
Sailor Rules and Code of Conduct	9
BBYRA Yacht Clubs	10

MANASQUAN RIVER YACHT CLUB
Junior Sailing Handbook

Junior Sailing Contact Information

Manasquan River Yacht Club
405 Riverview Lane
Brielle, New Jersey 08730

732-528-6792 – phone

office@mryc.org – email

mryc.org – website

mryc_nj – Instagram

Manasquan River Yacht Club Junior Sailing - Facebook

Jr Sailing Trustee – David Leone, djleoneesq@yahoo.com

Committee Chair – Karen Beavis, k.b.mryc@gmail.com

Head Instructor – McKenzie Kapp, MckenzieKapp@gmail.com

MANASQUAN RIVER YACHT CLUB

Junior Sailing Handbook

OBJECTIVE:

The Objective of the MRYC Junior Sailing Program is to provide junior sailors comprehensive instruction based on their individual capabilities. Our goal is foster a love for the water and encourage independence and respect. Respect for our waterways, equipment, and each other. Program participants will be divided into groups, at the discretion of the Head Instructor, according to their level of demonstrated ability. The MRYC Junior Sailing Fleet consists of: Optimist Dinghy, Sunfish, Laser, RS Feva and the 420.

MISSION:

The MRYC Junior Sailing Program's mission is to teach the essential elements of safety, seamanship, boat handling, teamwork, sportsmanship, and respect for the marine environment. MRYC Junior Sailing Instructors incorporate STEM experiences into the lesson to make the program educational and fun. The program will enable sailors to experience the joy of competitive and/or recreational sailing, with an emphasis on realizing one's own potential.

REQUIREMENTS:

1. Children must be 7 years old for the Introduction to Sailing Class and have reached their 7th birthday by day one of program. Exceptions require approval of the Committee Chair.
2. Each child will participate in a swim test (Tip and Swim).
3. Coast Guard approved life jackets (PFD Type III) must fit correctly.
4. Proper footwear must be worn during all classes and races.
5. All boats must carry proper equipment.
6. All required paperwork for each sailor must be on file before the start of program:
 - a. Registration/ liability form
 - b. Medical notification /release form
 - c. Trailer release form
 - d. Code of Conduct form
 - e. Media/photo release form

MANASQUAN RIVER YACHT CLUB

Junior Sailing Handbook

CLASS DESCRIPTIONS:

1. Introduction to Sailing: 2 Week (Optimist Dinghy)

Beginner sailors, with little or no sailing experience. Completion of first grade is highly recommended. (Older beginner sailors will be accommodated when necessary). Intro sailors will learn the basics of sailing: Rigging, knots, parts of the boat and safety to prepare them for the next level.

- a. Sailors will use Club owned boats
- b. Class meets 5 days a week, 5 hours a day for 2 weeks.

2. Introduction to Sailing: 4 and 8 Week (Optimist Dinghy)

Extension of 2-week program, sailors will learn base knowledge of Optimist and receive hands on instruction of race protocols.

- a. No boat is required for this program
- b. Class meets 5 days a week, 5 hours a day.
- c. Optional day off (Wednesday)

3. Beginner: 2 Week (Optimist Dinghy)

Beginner sailors who have completed the Introduction program or who have a little experience sailing. Generally, ages 8-11 years old. The Beginner Program introduces sailors to more advanced concepts and combines dockside and on-the water training.

- a. Sailors will use Club owned boats
- b. Class meets 5 days a week, 5 hours a day for 2 weeks.

4. Beginner: 4 and 8 Week (Optimist Dinghy)

Extension of 2-week program. Sailors will receive more in-depth instruction on boat handling and practice racing strategies.

- a. Sailors are required to have a boat (Opti can be rented from Club or sailor
- b. may use their own boat)
- c. Class meets 5 days a week 5 hours a day.
- d. Optional day off (Wednesday)

5. Optimist C: 2, 4 or 8 Week (Optimist Dinghy)

Intermediate sailors with at least 1 season of sailing experience. This program builds on the skills and knowledge obtained in the Inro and Beginner class. In the Opti C program, sailors will be working with more advanced concepts of boat handling and racing.

- a. Sailors are required to have a boat (can be rented from the Club or use own)
- b. Class meets 5 days a week, 5 hours a day.
- c. Race series on Wednesday

MANASQUAN RIVER YACHT CLUB

Junior Sailing Handbook

6. **Optimist B: 2, 4 or 8 week** (Optimist Dinghy)

More experienced intermediate sailors with more than 1 year of experience, will be placed in the Opti B group. Sailors in Opti B, continue their instruction with a concentration on learning race strategies, advanced boat maintenance, and are seen as mentors to the Intro sailors. At the discretion of their instructor, sailors may be moved up to the Advanced fleet during program.

- a. Sailors are required to have a boat (Opti can be rented from the Club or sailor
- b. may use their own boat)
- c. Class meets 5 days a week, 5 hours a day.
- d. Race series on Wednesday

7. **Optimist A: 4 or 8 week:** (Optimist Dinghy)

Opti A is the MRYC Race Team. Advanced sailors will hone their racing knowledge and skills and learn to compete in the context of good sportsmanship and fairness. Sailors in Opti A will participate in Wednesday's Race Series and travel to other clubs where they will compete in regattas, exchange ideas and make new friends.

- a. Sailors are required to have a boat (Opti can be rented from the Club or sailor may use their own boat)
- b. Class meets 5 days a week, 5 hours a day.
- c. Race series on Wednesday.

8. **Mixed Fleet: 4 or 8 week:** (RS Feva, Laser, Sunfish, 420)

The Mixed Fleet program provides an opportunity to further develop skills as well as encourage a life-long love of sailing. Sailors will be instructed on advanced concepts of sailing a larger or two-handed vessel. The Mixed Fleet program concentrates on team work and responsibility on the water. Sailors in the mixed fleet are 14 -17 years old, and have had at least 2 years of experience in a smaller boat. (Exceptions can be made at the discretion of the Head Instructor)

- a. Sailors are required to have a boat (double handed rentals can be split by sailors or sailor may use their own boat)
- b. Class meets 5 days a week, 5 hours a day.
- c. Race series on Wednesday.
- d. Sailors will enroll as a two-person team (double-handed boats)

MANASQUAN RIVER YACHT CLUB
Junior Sailing Handbook

JUNIOR SAILING RACING

1. MRYC Weekly Race Series:

Race series will take place during program on Wednesdays. Opti C, B, A and Mixed Fleet are encouraged to participate. It is a season long series of short races run the Manasquan River in which participants practice their newly acquired knowledge and skills under the supervision of the instructors. Sailors who successfully participate in a certain number of races will be recognized at the Junior Awards Ceremony at the end of the season, top finishers receive trophies.

2. MRYC Trophy Races:

Special 1-day races for a dedicated trophy or award. Seated in tradition, these races have rich history and are part of the MRYC sailing legacy. Perpetual trophies are awarded to continue the tradition for future generations of sailors.

- a. Mohlman Cup (Lasers)
- b. Beginner's race (1st year sailors)
- c. Berkhofer Race (Double -Handed Boats)
- d. Wight Memorial Cup (All Optis)

MANASQUAN RIVER YACHT CLUB

Junior Sailing Handbook

REGATTAS

Regattas are held at each club registered with the BBYRA (Barnegat Bay Yacht Racing Association). Regattas are a day (JO is the only 2-day Regatta) of racing sponsored by a host club and open to all clubs. Registration links and sign up will be posted on the Jr Sailing message board. Racers are required to load boats for transport and ensure that all equipment is in working order. Sails, center boards, rutters, wind indicators and dollies must be taken home and brought to the race with the sailor. Parents of regatta participants are required to assist with trailering boats to and from races and assist when needed. Sailors are encouraged to participate to gain knowledge and experience with the racing circuit. The MRYC Race team will participate in all eligible races. The MRYC Race Team Coach will be the liaison for all Regatta information and organizing.

a. Race Team Jacket:

Each sailor has the opportunity to earn an MRYC Racing Jacket. In order to qualify, the sailor must compete in 7 of the 10 regattas. A mandatory regatta is the Junior Olympics, a 2-day regatta held at Island Heights Yacht Club, midseason. Race Team jackets will be awarded at Awards Night at the end of program.

b. Regatta Checklist:

Sailors are responsible for letting the Race Coach know if they are attending a race at least 2 days prior to regatta. Staffing, trailering and loading boats must be considered. If the Race Coach is not notified prior, participation in the regatta cannot be guaranteed.

- Make sure on-line registration completed
- Load boat the day prior
- Sail/blade bag/wind indicator/dolly must be brought home and accompany sailor to race
- Watch or stopwatch
- Water
- Sunscreen
- Change of clothes
- Hat / Sunglasses

Most regattas last all day, please be prepared for a full day on and off the water

MANASQUAN RIVER YACHT CLUB
Junior Sailing Handbook

JUNIOR SAILOR RULES AND CODE OF CONDUCT:

1. Lifejackets must be worn at all times at or near the bulkhead-NO EXCEPTIONS
2. All sailors must work together to help load/ launch boats
3. Rented and personal equipment must be stored and handled carefully
4. Improper treatment of boats or equipment, or failure to observe proper conduct and safety will be grounds for suspension or expulsion from the program.
5. Only sailors renting equipment may use club-owned property (ie rudders, extensions, sails)
6. Each Sailor must arrive on-time and ready to rig
 - a. It is at the discretion of the Head Instructor, whether a late-arriving sailor will be allowed to join the class on the water
 - b. Dismissal is also at the discretion of the Head Instructor. Sailors are not allowed to leave until boats/equipment are de-rigged and properly stored.
 - c. All personal items and trash must be removed or disposed of
7. Sailors must observe the discipline and safety rules established by MRYC and the Junior Sailing instructor staff
8. Disrupting class or disrespecting fellow sailors or instructors will be grounds for discipline. Foul or inappropriate language or bullying will not be tolerated:
 - a. First warning: Verbal from Instructor
 - b. Second Warning: Head Instructor follow-up
 - c. Third Warning: Parents notified
 - d. Fourth Warning: Meeting with Head Instructor, Parents, Junior Sailing Committee Chair

PARENT INVOLVEMENT:

Manasquan River Yacht Club operates on the efforts of volunteers. Please contact the Junior Sailing Committee Chair for information on getting involved.

Electronic Sign-ups will be available if you are able to assist.

MANASQUAN RIVER YACHT CLUB
Junior Sailing Handbook

BBYRA YACHT CLUBS

BBYRA: Barnegat Bay Yacht Racing Association

BH - Bay Head Yacht Club

BYC - Beachwood Yacht Club

IHYC - Island Heights Yacht Club

LYC - Lavallette Yacht Club

MCYC - Metedeconk River Yacht Club

MRYC - Manasquan River Yacht Club

MYC - Mantoloking Yacht Club

NBYC - Normandy Beach Yacht Club

OGYC - Ocean Gate Yacht Club

PBYC - Pine Beach Yacht Club

SAYC - Shore Acres Yacht Club

TRYC - Toms River Yacht Club

SPYC - Seaside Park Yacht Club