



# HANDBOOK FOR NEW JUNIOR & YOUTH SAILING FAMILIES

MOUNT MARTHA  
YACHT CLUB IS A  
LOCAL SAILING  
CLUB FOR "OFF  
THE BEACH"  
YACHTS AND OUR  
PURPOSE IS TO  
FOSTER SAILING AT  
MOUNT MARTHA  
AND SURROUNDING  
DISTRICTS.

THERE ARE MANY  
DIFFERENT WAYS  
TO GET STARTED  
IN SAILING AND A  
RANGE OF  
OPPORTUNITIES  
FOR YOU TO  
CONTINUE SAILING  
AT OUR CLUB AS  
YOU DEVELOP  
YOUR SKILLS,  
EXPERIENCE AND  
CONFIDENCE.

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## Handbook for New Junior & Youth Sailing Families

### Introduction

#### Welcome!

Welcome to MMYC. We are delighted you have decided to try sailing and join us. We hope this handbook helps you to navigate your way around, particularly if you are a family who is completely new to sailing.

Please familiarise yourself with the club website which has lots more information.

[Mount Martha Yacht Club](#)

#### Documentation

Firstly, we need you to complete the relevant documentation which is available on our website: [Junior - Learn to Sail](#)

When you register your child at a sailing club, they will receive an Australian Sailing (AS) Number. Your child will need this number if they compete in an event or regatta, or other training/coaching programs they may participate in.

#### Fees

When you register for Junior Learn to Sail programs with our club you may be required to pay annual club membership fees which is in addition to the training/coaching fees.

There are a range of membership options for you and your family to consider. Membership information and membership application is available here: [Membership](#)

Club membership and Australian Sailing affiliation covers liability insurance and some personal injury insurance. <http://www.networksteadfast.com.au/industries-and-associations/sailing/personal-injury-australian-sailing-members-insurance/>

## Parent Participation

At MMYC we welcome and encourage parents/caregivers to be involved in the child's activities. Assistance with preparing, launching, retrieving and packing up of boats is most appreciated.

While participating in any of our training programs a parent or their nominee needs to be always available on the club premises.

## Sailing Season

### Dates

The season commences the beginning of October and concludes at the end of April. The club sailing season has the following regular sailing activity:

- Sail training & coaching for Juniors.
- Sunday afternoon racing and Wednesday twilight racing.

The annual sailing program and weekly newsletters have exact dates. So be sure to check out the Club website and read the Wednesday Weekly.

## Junior Training

The Junior Training program will run from November through to the end of March. For a full list of dates refer to our website: [Junior - Learn to Sail](#)

## Keeping in Touch

The best way to keep in touch with our club is via our website.

Our club Training Coordinator will also send out notices regarding the training program from time to time so please ensure the club has your email address.

Quick links to keeping in contact: [Facebook](#) and [Instagram](#)



### Snapshot of a typical day at our sailing training program:

Time	What	Where	Who
8.45am	Arrive, sign-on, getting ready	MMYC	Discover Sailing Team & participants
9am	Sail training briefing (notices, weather, a highlight).	Club flagpole / lawn	
9.05	All kids warm up	Club lawn/beach	
9.15am	Break-out into groups for your session	'Group meeting place/classrooms'. On-shore/on water	
11.15am	Off water & debriefing	Your group meeting place	
11.30am	Conclude session: sign off.	Lawn/clubhouse	

### Arrival Time

Juniors are required to arrive around 15min before training sessions to allow time for the children to register **Sign on** and be changed and ready to go.

Please ensure your child checks in at the Sign In desk when you arrive. Your child is also required to sign off when they are off the water. Your child's safety is important to us so please ensure that you adhere to this simple requirement.

The instructor will advise the sign on procedure.

## Setting up your boat

Kids may be required to set up their boat on arrival depending on the program type.

If you are using Club boats, they will be allocated to children on the day depending on a few considerations such as demand, session planned, weather. The instructor will lead the boat allocation.

Children will need parent help with boat setup if new to sailing. There are plenty of other parents at the club who can assist, so please ask if you are unsure what to do.

It is not the responsibility of the instructor or coach to prepare your child's boat. In the programs where club boats are used, the boats are often shared so all children and parents/carers help, under the instructor's guidance.

## Briefing

When boats are set up the training team will bring the kids together for a briefing, before the on-shore and on-water activity begins. As a parent you are welcome to listen to the briefing to hear what it is the kids are learning.

Briefing length of time, and content can vary depending on the group, the conditions on the day, and what the kids are learning and practicing.

## On the Water

Following the briefing it is time to take the boats to the water. Kids are encouraged to bring their own boat down to the water, but parent help is always welcomed. Once on the water parents can stay on the beach or wait at the club house, ready to return to the beach when it is time to bring the boats back.

Kids are supervised by instructors on the water and on the beach. A volunteer wearing a Blue Vest - hi viz, will always be present on the beach/club tower/deck with a hand-held radio to communicate with the instructors on the water and the clubhouse. If you have any questions while your child is on the water, you should approach this person.

## Packing up the Boats

Once off the water boats need to be washed down, and excess water sponged out. Again, if you are unsure just ask how you can help out.

Equipment including sails need to be disconnected and put away. Again, it is not the responsibility of the Instructor to put your child's boat away – even if it is a club boat.



## Signing Off

After the debriefing and packing up boats, before heading into the clubhouse or elsewhere please ensure your child has signed off, at the same place they signed on.

## Club Committee & Training Leaders

The following link provides a list of contact details for the full [Committee](#)

## Volunteering

Our club relies on a volunteer workforce to perform a range of duties that make it possible for the club to provide on and off water services for members.

If you have some spare capacity the Club is always looking for volunteers. Please let us know if you would like to contribute on or off the water.

A Working with Children's check is a requirement for all club volunteers.

The club will provide informal training and can also offer formal training for volunteers.

Junior sailing volunteering - easy ways to help:

- Sign on-off desk
- Assisting in launching safety ribs..
- Launch/retrieval support of sailors
- Assisting with the children's social events

## Junior Classes (Boat Types)

Information about all classes sailed at our club is available

### Optimist class



The Optimist, also known as the 'opti', is a small, single-handed sailing dinghy intended for use by children up to the age of 15. Contemporary boats are usually made of fibreglass, although wooden boats are still built.

### Laser class



The **Laser** is a widely used class of [single-handed, one-design sailing dinghies](#) using a common hull design with three interchangeable rigs of different sail areas, appropriate to a given combination of wind strength and crew weight. [Bruce Kirby](#) designed the Laser in 1970 with an emphasis on simplicity and performance.

## Minnow class



Rex Fettell originally designed the Minnow in Victoria in 1970. The Minnow is an 8ft sailing dinghy ideally suited to young sailors from 8 to 15 years. The design allows children to enjoy sailing in all conditions, without fear and dependency on outside assistance in the event of capsize. It is an ideal trainer boat with three inbuilt, independent buoyancy tanks.

## Junior Sailing Programs at our club

Kids new to sailing will commence in Tackers 1 or Start Sailing 1 & 2 and will progress through the programs based on building competency in the foundation sailing skills. Assessments are undertaken by their instructor, in discussion with the lead of our club junior Sailing programs.



At our club juniors progress through the following programs to become independent and competent sailors:

### Tackers 1 – Having Fun

Kids sail in pairs in small boats. It's a great way to meet new friends and kids have the chance to sail with others in their group.

Tackers is a fun introductory, games-based sailing program designed for kids aged 7-12 yrs, delivered at recognised Tackers Centres, predominantly who are affiliated sailing

clubs. Kids don't need to have any sailing experience or club membership to participate. All the equipment, including the boats, is provided.

### **Tackers 2 – Tricks & Techniques.**

If kids are confident, they can sail a boat on their own with lots of support, supervision and encouragement from the Instructor and Assistant Instructors.

### **Tackers 3 - Sailing Fast**

Tackers 3 is all about how to sail as fast as you can. We will introduce some racing concepts but keep the competitive element out of Tackers. Learn how to make the boat go faster and play more games, all whilst still under the guidance and supervision of the Instructor and Assistant Instructors. For anyone who has completed Tackers 2 and feels comfortable sailing by themselves.

### **Start Sailing 1 & 2**

For kids 7-11 yrs with no or minimal sailing experience

The juniors in this program progress through two levels, and will learn the fundamental dinghy sailing skills. The juniors will build confidence on-water, and confidence in themselves, plus they'll have lots of fun! The program is deliberately designed to give the juniors time to develop the foundation sailing skills, build friendships and learn lots. The kids learn through games and activities on and off the water.

### **Better Sailing**

Better Sailing is the next step for Juniors who have completed Start Sailing 1 & 2. It's a shorter program, a transition step - getting ready to become independent. In this program, more fundamental skills are introduced and what's been learnt is refined. During this course, the focus is still on fun, safety and building confidence on and off the water.

As the juniors build their skills, they'll seek to have a boat that suits their personality and their size. It's a good time during this course to start thinking about when to buy a boat, or if you'd like a club boat to loan. The club can help guide you through this when the time comes.

### **Green Fleet Level**

The fun doesn't stop when kids finish the foundation skill levels. Green Fleet is the program where the foundation skills are affirmed, and the sailors work to be independent in their sailing. This is when there is introductory fun racing where kids learn how to go around a course with kids of similar ability, where the focus is on enjoyment. If kids want

to do more racing, they move from Green Fleet into club racing. Classes sailed in our club Green Fleet: Optimists, Lasers, Minnows and Open Bics

### OutThere Sailing

OutThere Sailing (OTS) has been created for 12–17-year-olds who want to try sailing in a non-competitive, social and fun setting. Centres are encouraged to use equipment they already have and try to provide a widely varied experience for both their instructors and participants. OTS encourages the use of several watercrafts such as – Keelboats, Dinghies, Stand Up Paddle Boards, Windsurfers and Powerboat adventures.

### Club Intermediate Level

Club Intermediate programs, with the sailors now being independent, our intermediate program supports the sailors to refine their skills to a higher level and become competent in a variety of sailing skills and to classes of boat. This may be the time when junior / youth sailors try out a new class of boat as they grow out of the boat they've learnt to sail in.

Sailors in intermediate often want to race competitively and challenge themselves in a range of conditions. Sailors in intermediate may be interested in competition such as class events / class state championships and possibly national championships.

### Club Peak Level

*Club peak program is a coaching program that is not offered at our club.* Should your child have aspirations to compete in National events, we can guide you on where, when, and how the sailor can join a peak club program. This will generally be through a class association or another club. Peak programs are for sailors with performance aspirations, to achieve at National Championships, or seek selection into national teams, or compete in international competitions.

## 10 Basic Racing Rules for Beginners

1. Port keeps clear of starboard.
2. Windward keeps clear of leeward
3. The boat astern keeps clear of the boat ahead.
4. A boat Tacking, or Gybing keeps clear of one that is not.
5. Avoid collisions. Racing Rules are defensive to prevent collisions not offensive racing tactics.
6. If you gain right of way or change course, give the other boat time to keep clear.
7. The inside boat (s) at three hull lengths from the mark is entitled to room to round the mark.
8. A boat that is backing up or not racing keeps clear.
9. If you have infringed a rule, take a penalty
10. It is better to give way than to spend hours in a protest room.

## Essential Gear and What to Bring

### Junior and Youth programs

- Sunscreen
- Towel
- Wet Bag
- Dry change of clothes
- Water bottle / Lunch / snack
- Footwear
- Hat
- Shorts
- Shirt
- Warm top and light wind jacket



### Gear for once you progress

- Sailing Gloves
- Starting watches
- Rash Shirts
- Polarised Sunglasses
- Sailing Spray Jacket
- Footwear: Sailing Boots, wetsuit booties
- Long Wetsuit or long wetsuit pants
- Short Wetsuit for summer
- Thermals
- Hats or Beanie





## Where to Buy Sailing Gear

Here are a few places to buy sailing gear online or in stores:

- Sport Phillip Marine <https://www.sportphillip.com.au/>
- Whitworths: [www.whitworths.com.au](http://www.whitworths.com.au)
- NB Sail Sports: [www.nbsailsports.com.au/](http://www.nbsailsports.com.au/)
- Gill: [www.gillmarine.com](http://www.gillmarine.com)
- Ronstan: [www.ronstan.com.au](http://www.ronstan.com.au)
- Zhik: [www.zhik.com/](http://www.zhik.com/)
- All Marine: [www.allmarine.com.au/](http://www.allmarine.com.au/)

There are lots of buy/swap/sell options through social media such as Facebook.

## Boat Access

### Tackers / Start Sailing 1 & 2 programs

Our Club provides boats for these programs. As described in the earlier section it is the responsibility of each sailor to prepare the boat before sailing and to pack up.

### Club Boats for Green Fleet

Our Club has a number of boats that are available to lease.

### Purchasing a Boat

At the Green Fleet stage families are encouraged to consider purchasing a boat. Please ask at the club as there are often second-hand boats available, and to ask our instructors and training coordinator as they can guide you where to look and what to look for.

Optimist class: <https://optimist.org.au/getting-started/>

Alternatively check out the Buy-Sell Optimist Sailing site on Facebook, and too Gumtree.

## Clinics and Events

### Clinics

Sailing Clinics are a really great way for kids to practice the skills they have learnt and to meet new friends from different clubs. Class Associations organise and run clinics often over weekends and in school holidays.

### Junior / Youth Carnivals and Regattas

As soon as the kids are feeling confident in their boats and starting to sail in club racing, they may want to attend one of the many events, a great opportunity to meet other kids enjoying sailing. There are carnivals for Green Fleet level sailors, through to State and National Youth Regattas. Youth Regattas are a great way to bring kids together from clubs in the state. Your Class Association, and Australian Sailing events page will be able to provide you with the details of upcoming events that you may wish to enter.

<https://www.revolutionise.com.au/sailingyouth/>

Two Regattas that MMYC participate in are:

Snapper Point Regatta February - Mornington Yacht Club

Sail Country October - Albury/Wodonga Yacht Club and

## The Social Side

### List of Social Events

- BBQ's after Training Days
- Presentation Day's
- Bring a Friend days
- Pizza nights



## Sailing Glossary

1. **Aft** - The back of a ship. If something is located aft, it is at the back of the sailboat. The aft is also known as the stern.

2. **Bow** - The front of the ship is called the bow. Knowing the location of the bow is important for defining two of the other most common sailing terms: port (left of the bow) and starboard (right of the bow).

3. **Port** - Port is always the left-hand side of the boat when you are facing the bow. Because “right” and “left” can become confusing sailing terms when used out in the open waters, port is used to define the left-hand side of the boat as it relates to the bow, or front.

4. **Starboard** - Starboard is always the right-hand side of the boat when you are facing the bow. Because “right” and “left” can become confusing sailing terms when used out in the open waters, starboard is used to define the right-hand side of the boat as it relates to the bow, or front.

5. **Leeward** - Also known as lee, leeward is the direction opposite to the way the wind is currently blowing (windward).

6. **Windward** - The direction in which the wind is currently blowing. Windward is the opposite of leeward (the opposite direction of the wind). Sailboats tend to move with the wind, making the windward direction an important sailing term to know.

7. **Boom** - The boom is the horizontal pole which extends from the bottom of the mast. Adjusting the boom towards the direction of the wind is how the sailboat can harness wind power in order to move forward or back-wards.

8. **Rudder** - Located beneath the boat, the rudder is a flat piece of wood, fiberglass, or metal that is used to steer the ship. Larger sailboats control the rudder via a wheel, while smaller sailboats will have a steering mechanism directly aft.

9. **Tacking** - The opposite of jibing, this basic sailing manoeuvre refers to turning the bow of the boat through the wind so that the wind changes from one side of the boat to the other side. The boom of a boat will always shift from one side to the other when performing a tack or a jibe.

10. **Gybing** - The opposite of tacking, this basic sailing manoeuvre refers to turning the stern of the boat through the wind so that the wind changes from one side of the boat to the other side. The boom of a boat will always shift from one side to the other when performing a tack or a jibe.



*Sail with a smile! Sailing is for everyone, opportunities are available for all ages to get into sailing. If you are interested, please contact the Discover Sailing Centre Principal.*