



# 2018 Ipswich Junior Sailing

**Ipswich Junior Sailing Inc. is a non-profit organization open to all young sailors.**

The Ipswich Junior Sailing Program is operated at the Ipswich Bay Yacht Club  
Quay Road, P.O. Box 364, Ipswich, Ma. 01938



**The Ipswich Junior Sailing Program (IJS)** welcomes you to this season with a roster of instructors, assistant instructors, and Program Director, all experienced in teaching youngsters the skills and joy of small boat sailing. All instructors have been certified by the U.S. Sailing Association. Since its inception in 1995, the IJS Program has been teaching safe boat handling, motivating young people toward gaining confidence and competence in all phases of sailing and at the same time promoting good fellowship.

## Eligibility

The Program is open to all applicants who will be between the ages of 8 to 16 years old on July 1st. A swim check is part of the program. Sailors who have previously competed in OPTI or 420 Class Racing may continue on the Race Team as long as they meet the age qualification set for this year's local Junior Sailing events (usually determined by July 1st).

## The Boats



### The Optimist Dinghy (OPTI)

The Optimist Dinghy is a small 7' 9" sailing craft for kids up to the age of 15 years. First year beginners age 8-11 and weighing less than 115 lbs. will start out in an OPTI.

First year sailors in the OPTI will learn small boat handling, water safety, seamanship, terminology, rigging, and confidence building skills. Students start out sailing in pairs with the goal to gain confidence and comfort in the boat. As students continue through the program there is increasing emphasis on independence by sailing alone, and in rigging and maintaining their boats with less assistance.

As sailors continue to develop they will learn performance techniques to get the most from their boat and themselves. Sailors with interest level can continue into Racing Classes to learn basic rules and tactics and join the Racing Team to participate in local regattas.



### **The International 420 Class Dinghy**

The 420 Class Dinghy (420) is larger (13'9") with a centerboard, mainsail, jib, spinnaker, and trapeze designed for a crew of two. First year beginners age 12-16 or weighing more than 115 lbs. should start out on the 420. (Age 11 sailors meeting above criteria can start on 420's with permission). Sailing in pairs continually, students will learn small boat handling, water safety, terminology, rigging, and confidence building skills. In subsequent classes sailors will refine their boat handling skills and learn rudimentary navigation. Students will be introduced to strong wind techniques, performance sailing skills (roll

tacking, trapeze, spinnaker use, etc.) all in a format for practicing these skills. Again, interested students can continue into Racing Classes mentioned above, but with more advanced instruction in racing rules, competitive starts, mark rounding, and fine tuning of their boat.

All students completing a first course should take away a basic understanding of sailing and rigging. As they complete a second course they should have a journeyman level of skills and be able to go where they want in light to moderate conditions. Students completing three or more courses should have achieved a good understanding of sailing in local conditions and be able to manage their boat well, and be able to evaluate changing conditions affecting their boat's performance and well-being.

### **The Program**

There are four two-week sessions running Monday through Thursday starting the last week of June. Each class runs for three hours, either in the morning or afternoon for a total of twenty-four hours of instruction. Young sailors often benefit from experiencing two two-week sessions. This can be accomplished in two different weeks, or those aged 11 and above have the option to sign up for both morning and afternoon classes in the same session, with the result of being at the yacht club from 9:15 until 4:15.

The second class for the same sailor has a reduced rate. Students should sign up for the morning or afternoon session when they want to sail and we will organize them into classes of similar ability. The only exception to this is that advanced classes, both OPTI and 420, may be held in the afternoons of sessions 1 and 4 (first and last two-week classes). Beginner level classes may not be offered in the afternoons of sessions 1 and 4. Those who have completed a three classes and are interested can apply to the IJS Greenhead Race Team, which operates all summer. Simply indicate the session(s) you wish to attend, OPTIs or 420s and whether you are interested in racing. Classes will be formed on preference, skill and availability of boats.

Returning sailors will be grouped according to experience for beginner, intermediate, advanced or racing instruction.

### **Ipswich Junior Sailing Race Team**

Sailors who have previously participated on the Race Team for either the Opti or 420 class, or who have completed a racing class are invited to apply for the IJS RACE TEAM. New applicants will be evaluated based on class performance and instructor recommendations. Participation on the team is limited by the number of spots available; returning racers have priority if they signed-up by April 15.

There is a participation fee for the Race Team and parent participation is required-see website for details.

### **IJS Race Team members will:**

- Practice Monday through Thursday afternoons and Friday all day when no regattas are scheduled
- Race in local regattas (approx. five Fridays).

Essex Bay Yacht Club Mudflat Regatta (420s only) *TBD*

Marblehead Junior Race Week - *TBD*

Sandy Bay Yacht Club Linda Wieditz Memorial Opti Regatta - *TBD*

IJS Greenhead - *TBD*

Annisquam YC Squam Day - *TBD*



### **Friday Activities**

On several Fridays we will compete in local regattas with other youth sailing area programs. On the remaining Friday mornings there will be supervised Free Sail activities open to all sailors from 9:15 to 12:15.

### **Program Hours**

Each class runs for two weeks and is held either from 9:15 to 12:15 or from 1:15 PM to 4:15 Monday through Thursday (Friday is reserved for free sail or racing as discussed above).

### **Parent- Sailor Meeting**

There is a preseason meeting at the Ipswich Bay Yacht Club that will be announced as the season approaches. All parents and young sailors are encouraged to attend for an in-person forum to meet the instructors, see the boats and answer any concerns.



### **Competition/ Awards Day**

Competition Day will be held on the last day of August. At this event, sailors are welcome back to compete in various activities. Awards are given for:

- Robert W. McKinley Outstanding Young Sailor
- Set-up & Rig
- Quickest Bowline Knot
- Most Fearless Sailor
- Capsize & Recover
- Most Improved Sailor
- Various Racing Awards
- Lawn Games

## 2018 Schedule

First class \$450; each additional class \$425 for same student -until June 1, \$495 for all classes after June 1. All classes include Free Sail Friday Mornings 9:15am-12:15 pm (no charge with registration).

<b>Class #</b>	<b>Dates</b>	<b>Program</b>	<b>Times</b>
1	6/25-7/5*	Opti – Beginner & Interm.	9:15 am - 12:15 pm
2	6/25-7/5*	420 – Beginner & Interm.	9:15 am - 12:15 pm
3	6/25-7/5*	Opti --Interm. & Advance	1:15 pm - 4:15 pm
4	6/25-7/5*	420 – Interm. & Advance	1:15 pm - 4:15 pm
5	7/9-7/19	Opti – Beginner & Interm.	9:15 am - 12:15 pm
6	7/9-7/19	420 – Beginner & Interm.	9:15 am - 12:15 pm
7	7/9-7/19	Opti --Interm. & Advance	1:15 pm - 4:15 pm
8	7/9-7/19	420 – Interm. & Advance	1:15 pm - 4:15 pm
A1	7/9-7/12	420 Adventure Week (age 12-16)	9:15 am - 4:15 pm
A2	7/16-7/19	420 Adventure Week (age 12-16)	9:15 am - 4:15 pm
A3	7/30-8/2	420 Adventure Week (age 12-16)	9:15 am - 4:15 pm
9	7/30-8/9	Opti – Beginner & Interm.	9:15 am - 12:15 pm
10	7/30-8/9	420 – Beginner & Interm.	9:15 am - 12:15 pm
11	7/30-8/9	Opti – Interm. & Advance	1:15 pm - 4:15 pm
12	7/30-8/9	420 – Interm. & Advance	1:15 pm - 4:15 pm
13	8/13-8/23	Opti – Beginner & Interm.	9:15 am - 12:15 pm
14	8/13-8/23	420 – Beginner & Interm.	9:15 am - 12:15 pm
15	8/13-8/23	Opti – Interm. & Advance	1:15 pm - 4:15 pm
16	8/13-8/23	420 – Interm. & Advance	1:15 pm - 4:15 pm

\* There will be no classes on July 4. There will be an additional class on Friday June 29 for that session.

### **Cost of the Program**

The Program basic fee is \$475 (a discounted price of \$450 is available before June 1) for the first class and \$425 for each additional class for the same student. For example, one student taking one course in each month (June, July, Aug.) would be \$450 +\$425 +\$425 = \$1300. Full payment and signed medical waiver is required with each application (if class is full and alternatives are not available fees are refundable).

### **Requirements for Class Sessions**

- All sailors must bring a U.S. Coastguard approved life vest. The PFD jacket type vest is recommended. The vest must be worn at all times. **NO VEST-NO SAILING**
- Each participant must be able to swim. A swim check will be given on the first day of class. Students will wear a life vest.
- Closed toe shoes: water shoes or crocs are preferred.
- Sun block (SPF 15 or greater) should be applied before class.
- Sunglasses, hat and a swim suit are recommended.
- Water bottles frozen the night before will help ward off thirst.
- Change of clothing, towel, insect repellent. (back pack optional)
- Students are expected to attend ALL classes, be on time and have necessary items with them.
- We are the guests of the Ipswich Bay Yacht Club and all sailors are to treat the IBYC property, members and staff with respect and consideration.



### **IJS On The Water Safety**

All on the water activities are patrolled by four "chase" boats. These boats consist of a 17' Bristol Runabout, a 15' Ribbed Inflatable and a two 15' Carolina Skiffs. Each boat is manned by experienced instructor.

In addition, the Ipswich Bay Harbormaster's Boat patrols the area.





## Important Notice

The IJS program is run by volunteers. We make every effort to honor your preferences while maintaining a quality program. Class assignments will be made according to skill level, age, and stated preference. If there are more applicants than spaces for a particular class, preference will be given to the applicant whose application is received first. We will attempt to schedule siblings in same time slot upon request. We reserve the right to change the schedule based on the number of applicants at each of the skill levels.

Refunds are not honored and all payments are final.

Check for schedule updates!

Visit our website at [www.IpswichJuniorSailing.org](http://www.IpswichJuniorSailing.org)

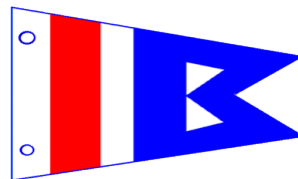
Contact us by email: [office@IpswichJuniorSailing.org](mailto:office@IpswichJuniorSailing.org)

or by telephone at 978-412-4412

## A special thank you to our sponsors



[www.riverfrontmarine.com](http://www.riverfrontmarine.com)



Ipswich Bay Yacht Club  
Quay Road  
Ipswich MA 01938

**Donations** of both time and financial support are very much needed. If you would like to make a financial donation, you may mail a check payable to IJS, P.O. Box 364, Ipswich, MA 01938.

Donations of time may be at [the fundraiser webpage](#) or by contacting Darlene Doucot at:

[Darlene.Doucot@IpswichjuniorSailing.org](mailto:Darlene.Doucot@IpswichjuniorSailing.org)