

MANASQUAN RIVER  
YACHT CLUB  
JUNIOR SAILING HANDBOOK

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**MRYC**  
**P.O. Box 325**  
**405 Riverview Lane**  
**Brielle, NJ 08730**

*Tel 732-528-MRYC (6792)*  
*Fax 732- 223-MRYC*  
*Website [www.mryc.org](http://www.mryc.org)*

## **JUNIOR SAILING COMMITTEE**

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<b>Trustee</b>	Christine Laufer	732 232 4409
<b>Co-Chairman</b>	Courtney Hogan	
<b>Coordinators</b>	Tracy Kritch, Christy McDonald & Jen Robinson	
<b>US Sailing Liaison</b> <b>Jim Walsh</b>		732 -995 -9446
<hr/> <b>D&amp;H Representative</b>	Brian Hart	732 492 9594
<b>Duck Boat Restoration</b>	Dave Kuykendall	732 223 8843
<b>Electronics</b>	Dave Kuykendall	
<b>Equipment</b>	Brian Hart	
<b>Handbook, Calender</b>	Christine Laufer	
<b>Parent of the Day</b>	Christine Laufer	
<b>Race Event Coordinator</b>	Christine Laufer	
<b>Social Committee</b>	Chrisstine Laufer	
<b>Trailer Transport</b>	Christine Laufer	
<b>Webmaster</b>	Jim Walsh	
<b>Other Committee Members:</b>		

## **STAFF**

*All Instructors are US Sailing Level I or II, CPR and First Aid Certified*

### **Instructors:**

<b>email</b>	<b>phone</b>	<b>home club</b>	<b>school</b>
<b><u>Henry Graff</u></b> <a href="mailto:Hgraff2020@pingry.org">Hgraff2020@pingry.org</a>	<b>973-722-7740</b>	<b>BHYC</b>	<b>The Pingry School</b>
<b>Erin Blisnuk</b> <a href="mailto:Erin.blisnuk@gmail.com">Erin.blisnuk@gmail.com</a>	<b>908-783-9170</b>	<b>MCYC</b>	<b>Clemson University</b>
<b>Sean Boland ( Head Instructor )</b> <b>Sboland16@gmail.com</b>	<b>908 839 0980</b>	<b>MCYC</b>	<b>Rutgers University</b>

## **OBJECTIVES**

The objective of the Junior Sailing program is to provide junior members of MRYC with a comprehensive program of sailing instruction based on their individual capabilities. Program participants will be divided into groups, at the discretion of the Head Instructor, according to their level of demonstrated ability.

The mission of the instructional program is to enable the junior sailors to experience the joy of competitive and/or recreational sailing and to teach the essential elements of safety, seamanship, boat handling, teamwork, sportsmanship and respect for the marine environment. Emphasis is on realizing one's own potential.

## **REQUIREMENTS**

1. **Children must be 7 years old for Intro and have reached their 7th birthday by the start of the program. Exceptions require approval by the chairman.**
2. **Each child must participate in Tip and Swim.**
3. **Life jackets (PFD Type III ) must be coast guard approved and fit correctly and a whistle.**
4. **Proper footwear must be worn during all classes and races.**
5. **All boats must carry proper safety equipment.**
6. **Skippers and crew in all junior sailing races must be members of MRYC and meet requirement "1".**
7. **A registration/liability release form, a medical notification/release form for each sailor, and a trailer release form must be filled out completely and accurately and must be on file in the MRYC office before the start of the program.**

**Sailing equipment can be obtained locally at :**

**Colie Sails Pro Shop, 1649 Bay Ave , Pt. Pleasant ,NJ 732-892-4344**

**West Marine , 51 Chambersburg Rd & Rt 70 ,Brick , NJ 732-864-8140**

## **PROGRAM INFORMATION**

### **KEY DATES for MRYC EVENTS**

<b>Fri June 26</b>	<b>Meet the Instructor BBQ 6:30pm</b>
<b>Mon June 29</b>	<b>Junior Sailing Program Begins with Tip &amp; Swim Tests (Mandatory for all sailors) All Classes Begin</b>
<b>Fri. July 24</b>	<b>First Session of Intro to Sailing ends</b>
<b>Mon. July 27</b>	<b>Second Session of Intro to Sailing starts</b>
<b>Mon / Tuesday July 20 &amp; 21</b>	<b>Junior Olympics @ IHYC</b>
<b>Tues. Aug 11</b>	<b>Bring a friend to MRYC</b>
<b>Wed Aug 12</b>	<b>Berkhofer Trophy Races (Double-handed) Mohlman Cup Races (Single handed) Wight Memorial Cup races (Opti)</b>
<b>Thursday Aug 6</b>	<b>Rookie Regatta @ MRYC</b>
<b>Thursday Aug 20</b>	<b>Instructors Cup Race</b>
<b>Thursday Aug 20</b>	<b>Junior Sailing Awards Dinner</b>
<b>Fri Aug. 21</b>	<b>Breakwater Beach, 9am</b>

## **CLASS DESCRIPTIONS:**

### **Introduction To Sailing: (Sailors use Club owned Optis. 2, 4 week sessions) INSTRUCTION IS IN CLUB-OWNED OPTIS**

This class meets 4 hours per day, 4 days per week for 2, 4 week sessions. It is for those sailors who have never sailed before and usually are from 8 to 10 years of age (older sailors can be accommodated when necessary). Completion of first grade is highly recommended. The goal is to expose the young sailors to the fun of recreational sailing and instill in them a desire to continue the following year with subsequent classes.

### **Optimist Beginner: ( Little or no experience, private boats. 8 weeks)** **ALL SAILORS MUST HAVE THEIR OWN BOATS**

This class meets 4 hours per day, 4 days per week for 4 or 8 weeks and is designed for those who have little or no sailing experience, or who have completed the Intro To Sail class. The age group is usually from 8 to 11 years old. The class will give the sailors a broad introduction to safety, seamanship, boat handling, teamwork, sportsmanship, respect for the marine environment, and racing. The teaching combines classroom or dockside lessons with on-the-water training and incorporates fun games and contests. Completion of second grade is highly recommended.

### **Optimist C : (Intermediate sailor, private boat, 8 weeks )**

All Sailors must have their own boats and one year of sailing experience This class meets 5hrs a day , 5 days a week for 4 or 8 weeks and is for sailors who have completed Opti beginner or the equivalent. It builds on the skills and knowledge learned in Opti Beginner and introduces the basics of boat handling and safety without the emphasis on racing ,and with the goal of developing sailing skills thru structured FUN sailing activities. They will have the opportunity to participate in race series on Wednesday.

### **Optimist B ( More experienced Intermediate) ; (8 weeks)** **HAVE MORE THAN ONE YEAR OF SAILING EXPERIENCE**

This class meets 4 or 5 hours per day, 5 days per week for 8 weeks and is for sailors who have completed Opti Beginner or equivalent. It builds on the skills and knowledge learned in Opti Beginner and introduces the basics of racing. Experienced sailors may move up to Opti Advanced during the season at the discretion of the instructor. During the season, the sailors begin to participate in the weekly race series at MRYC. They will be able to participate in regatta's as well.

Opti A (Advanced ): (8 weeks)

**ALL SAILORS MUST HAVE THEIR OWN BOATS AND HAVE MORE THAN ONE YEAR OF SAILING EXPERIENCE**

This class is for the sailor who is ready to travel as a team to other clubs where they compete in regattas, exchange ideas and make new friends. The sailors will hone their racing knowledge and skills and learn to compete in the context of good sportsmanship and fairness. The class will meet 5 hours per day, 5 days per week for 8 weeks. Sailors will participate in the MRYC weekly race series and special races.

**Mixed Fleet (8 weeks)**

**ALL SAILORS MUST HAVE THEIR OWN BOAT AND HAVE AT LEAST ONE YEAR IN OPTI B.**

The Mixed Fleet class is for sailors who have completed at least one year of Optimist B. It provides an opportunity to further develop skills as well as to encourage a life-long love of sailing. Sailors must have their own boat (options include Opti, Blue Jay and Sunfish). There are a limited number of club-owned Blue Jays available for lease on a first-come first served basis with preference to sailors who have not leased previously. Class meets four days per week, plus sailors may choose to participate in MRYC weekly race series ( 5 th day ) and/or regatta/interclubs .

Club 420 : (All experience levels. 8 weeks')

**ALL SAILORS MUST HAVE THEIR OWN BOATS AND HAVE MORE THAN ONE YEAR OF SAILING EXPERIENCE**

These classes provide the platform for sailors of all levels to improve their sailing skills in a double handed boat with an emphasis on racing. Sailors must enroll as a two-person team. The class will meet 5 hours per day, 5 days per week for 8 weeks and will travel to regattas and events at other clubs. Sailors will participate in the MRYC weekly race series (5 th day ) and special races.

## **Racing Jacket Qualifications**

Each sailor has an opportunity to earn a MRYC Racing Jacket. In order to qualify for this your child will need to complete 8 out of the 10 Regatta's. One of the Regatta's that is mandatory to meet the requirement is the Junior Olympics (2 Days held at Island Heights Yacht Club).

# JUNIOR SAILING RACES

## MRYC Weekly Race Series

The following classes have one day per week reserved for Race Series: Opti C (Beginning), Opti B (Intermediate), Opti A (Advanced), Lasers, and Club 420. Race series **HIGHLY** encouraged for mixed fleet.

This is a season long series of short races run on the Manasquan River in which participants practice their newly acquired knowledge and skills under the supervision of their instructors.. Those sailors who successfully participate a certain number of races will be recognized at the Junior Awards Ceremony in September and finishers in the top positions within one's fleet will earn trophies.

## MRYC Trophy Races

Special 1-day races for a dedicated trophy or award, usually limited to MRYC sailors only. These races at MRYC. All have great traditions and sometimes a good story too!

- Mohlman Cup (Lasers),
- Beginners' Race (1<sup>st</sup> year Sailors)
- Berkhofer Race (Double-Handed Boats)
- Wight Memorial Cup (All Optis)

## Interclub Races

During the summer, sailors from the various BBYRA clubs come together to compete in one-day regattas, hosted by a MYC. This is a great way for sailors to meet their peers and make new friends. Bring a lunch, sail a few races, have fun, maybe win a trophy and create lasting memories. The Junior Sailing parents transport all or most boats. (See **How to Become and Involved Parent, pp 11**)

## Regattas

A regatta is a day of racing (sometimes several consecutive days) sponsored by a host yacht club and open to all clubs. Registration form and fees are required ahead of time (sometimes the same day but get there early). MRYC parents transport Optis and Lasers but parents are responsible for transporting children to sailing events. Check the sailing schedule for area regattas. BBYRA.org has additional regatta resources for interested sailors. Sailors will be provided with more information once classes start.

Sailors experience a big day of sailing, with sometimes more than 100 boats launching from one beach .The host club provides lunch and often a goody bag with T-shirt. Some clubs even have a meal and music in the evening (for the sailors). Many awards and trophies are presented. Junior Sailing parents will transport to (and provide coaches for) only a few local regattas but sailors are encouraged to attend any regatta for which they are qualified.

## **DAILY SAILING CHECKLIST**

- 1. Life Jacket (PFD) with Whistle attached.**  
*NO PFD - NO WHISTLE - NO SAIL!!*
- 2. Sneakers, Water Sandals (like Tevas), Water Shoes, or Sailing Boots-no flip-flops allowed on the water!**
- 3. Drinking Water ,snack**
- 4. Sunglasses**
- 5. Sunblock (best if applied 20 minutes before arriving)**
- 6. Hat**
- 7. Sailing Gloves (Optional)**
- 8. All Gear For Boat (blades, spars, sails, etc.)**
- 9. Spare parts: ties, wind vanes, pliers etc.**
- 10. Good attitude!**

## **INTERCLUB AND REGATTA CHECKLIST**

- 1. Signed permission or registration forms, with check (Regattas)**
- 2. On night before away races, help load and tie boats on trailers**
- 3. Individual students must bring all gear listed above**
- 4. Bring lunch and drinking water (Interclubs)**
- 5. Extra clothes**
- 6. Extra sail ties, any spare parts**
- 7. Protest flag**
- 8. Wristwatch or stopwatch**

## HOW TO BECOME AN INVOLVED PARENT

Parents are an essential part of the Junior Sailing Program and we need you **to** take an active role in supporting the program. Even though the instructors are able **to** handle all the daily activities of the various classes, there are several areas where parents are needed. If you want to help, sign-up for particular events on the Junior Sailing bulletin board on the lower deck of the club (as indicated below), or contact a Chairman or Head Instructor.

**VERY IMPORTANT: Please read the Student Code of Ethics and Sailor Conduct (pp. 12 & 13) and review them with your child. By becoming familiar with this information, you will already be making an important contribution.**

Here are some ways we need you to get involved:

1. **Be a Parent-of the-Day.** A parent for each child enrolled in the Jr. Sailing Program during the Summer , will be the 'Parent of the Day' for one sailing session. **See page 12** for details of this Junior Sailing Safety Program.
2. **Become A Fleet Parent.** The fleet parent is an instructor's helper, performing such duties as making phone calls and/or emailing other parents.
3. **Help out with special events,** such as the Junior Sailing BBQs, Pizza Suppers, or other events that our Social Chairman is developing. You can also sell or buy a T-shirts, all proceeds of which go to the Junior Sailing Program.
4. **Drive a Trailer** to or from an area yacht club before and/or after an interclub or regatta. You must have your own tow vehicle with correct ball. [2'' for 6 and 12 pack and 1 7/8'' for ribs and boats.](#) Contact Instructors or Jr. Sailing transportation head Chrissy Laufer 732-232-4409 [christinelaufer@hotmail.com](mailto:christinelaufer@hotmail.com).
5. **Join the Junior Sailing Committee** to help plan our activities.

### REMINDERS

1. **Parents are not allowed assist in the harbor area during classes or rigging/de-rigging periods. We thank you for understanding.**
2. **Parents need to ensure that their child is registered and boat is unloaded when going to an away event. At the end of the day, the parent needs to ensure that the boat is once again loaded, tied down properly and dismissed from his/her instructor before leaving. If you are unable to attend an event, please ask another parent to be responsible for assisting your child if necessary.**

## **PARENT OF THE DAY (POD) AT MRYC**

The responsibilities of the 'Parent of the Day' are to assist the instructors as needed and, more specifically, to be available as a critical resource when there is an emergency. Sailing experience is not necessary for this position.

**\*If there is no parent volunteer, we cannot have class that day.**

- 1. The 'Parent of the Day' will be required to sign in at the boathouse at the beginning of the day's sailing session. He or she will be assigned a hand held radio and a clipboard for the day. The clipboard will have the daily sailing schedule as well as a list of relevant emergency contact information.**
- 2. The 'Parent of the Day' should make him or herself comfortable on the waterside of the Clubhouse (at the pool or dock) so they are easily accessible if needed.**
- 3. At the end of each sailing day, 'Parent of the Day' will be required to make a reminder call to the next Parent of the Day. The schedule will be on the clipboard and on the Jr. Sailing bulletin board. If you cannot make the day you sign up for, you are responsible to get your own replacement.**
- 4. A parent for each child enrolled in the Jr. Sailing Program during the Summer will be the 'Parent of the Day' for one sailing session. This is a program MRYC developed to ensure the safety of our junior sailors. For every parent that does not participate in this for each child that they have in the program will be charged \$50.00.**

## **STUDENT SAILOR CODE OF ETHICS**

- 1. Treat other persons and their property as you know they should be treated, and as you wish them to treat you and your property.**
- 2. Be cooperative and respectful. Remember that your actions on and off the water reflect on you and MRYC.**
- 3. Regard the racing rules as agreements, the spirit or letter of which you should not evade or break.**
- 4. Be gracious in victory or defeat.**

## STUDENT SAILOR CONDUCT

1. Each sailor must wear a PFD, clipped and zipped, while on the water. A whistle must be attached by a lanyard to the PFD. **NO PFD - NO WHISTLE - NO SAIL!!**
2. Each sailor will be provided with a class schedule at the start of the program. This schedule is subject to change. The latest schedule (including changes) will be posted on the Junior Sailing bulletin board on the lower deck of the clubhouse and updated every weekend on the Junior Sailing portion of club website [www.mryc.org](http://www.mryc.org). **It is the responsibility of each sailor to check the bulletin board daily and the website each weekend to be aware of any schedule changes.**
3. **Each day sailors must arrive and leave at the scheduled class time.** All sailors will be dismissed at the same time after all tasks have been completed. Sailors must de-rig their boats and store boat and gear in the proper assigned places. This is a group cooperative process. **The dock and lawn area must be left free of all personal effects and trash.**
4. Attendance is expected on each scheduled day. If possible, please inform your child's instructor if an absence can be anticipated. Multiple unexcused absences will be reported to the Head Instructor for further action.
5. It will be the Head Instructor's decision as to whether a student arriving late will be allowed to participate on the water that day.
7. Improper treatment of boats or equipment or failure to observe proper conduct and safety will be grounds for suspension or expulsion from the program.
8. A child may not borrow another sailor's equipment. Everyone is asked to abide by this courtesy. If an oversight is realized, the sailor is to report to a staff member for assistance. It is a good idea to supply your child with a box or bag containing extra nuts, bolts, and extra line for example.
9. All sailors should be knowledgeable as to their parents' cell phone number during classes in case it is necessary to contact them for any reason.
10. Sailors must, at all times, observe the discipline and safety rules as established by the Head Instructor. At a minimum, there will be no rough play or running in the area of the bulkhead and docks. Pushing or attempting to push anyone into the water is forbidden. Sailors will follow the direction of their instructors, will not disrupt the class and will show respect for all instructors and fellow sailors.
11. The Head Instructor will be responsible for the enforcement of these policies. The Chairman will be responsible for interpretations, exceptions or grievances relating to these policies.
12. These policies are subject to revisions and additions as necessary.
13. Foul language, verbal abuse, exclusionary behavior and /or bullying of any form will not be tolerated.

## **INSTRUCTOR POLICY**

- 1. All instructors must abide by their Employment Agreement, the Instructor Policy and the BBYRA Instructor Code of Conduct. Failure to do so may result in termination.**
- 2. The Chairmen of Junior Sailing will be responsible for all policy and administrative matters, including grievance resolution involving parents, students and/or instructors.**
- 3. The Head Instructor will be responsible for all day-to-day and special activities of the program and all instructors will accept her authority and delegation of responsibilities.**
- 4. All instructors must abide by the work schedule set by the Head Instructor and the Head Instructor must approve all exceptions. The Chairmen must also approve any exceptions regarding work schedules.**
- 5. All clothing should be appropriate for sailing and is to be subject to the approval of the Head Instructor and the Chairmen. Instructors will wear appropriate sailing shoes with back straps. Teva style shoes are allowed. MRYC provided shirts will be worn while on land.**
- 6. Each Instructor is responsible for the safety of the students in his care and must assure that all safety rules and practices are adhered to at all times. All instructors when on the docks or the water must wear PFDs.**
- 7. All instructors are responsible for assuring the safe condition and operation of club-owned sail and power vessels at their disposal and must practice careful and prudent piloting. All club-owned boats must be rinsed with fresh water after use or by the end of the workday. Any maintenance or damage issues must be reported to the Chairmen as soon as possible.**
- 8. All instructors will maintain their work areas and equipment in neat and orderly fashion.**
- 9. Legitimate budgeted program expenses paid out of pocket by the instructor will be reimbursed (receipts required), subject to approval by the Chairmen**
- 10. USSA Level I or Level II certification fees incurred in the course of employment at MRYC will be reimbursed as follows. The course must be successfully completed immediately prior to or during the employment period. Proof in writing is required. One-half of the fee will be reimbursed upon completion of the first or current employment agreement. If the instructor returns to MRYC for the following season, the second half of the fee will be reimbursed upon completion of that year's employment agreement. Instructors who quit or are terminated for any reason are not eligible. Late fees or expenses will not be reimbursed.**
- 11. All instructors are expected to attend the Meet-the-Instructors BBQ (paid). All instructors must attend Instructors Orientation and a minimum of one BBYRA Instructor Training Session.**
- 12. There is no provision or restriction for Private Sailing Lessons while off-duty**

# **INSTRUCTOR CODE OF CONDUCT**

- 1. The safety of the students and staff will be the instructor's first priority at all times.**
- 2. Instructors must present a professional, courteous and positive appearance at all times.**
- 3. As representatives of MRYC, instructors will always adhere to the highest standards of personal behavior and conduct both at home and away.**
- 4. Instructors will treat all students, members and other instructors with courtesy and respect.**
- 5. Instructors will not use cell phones during work hours except in cases of emergency or strictly work-related calls.**
- 6. Instructors will abide by all rules and will adhere to all policies of MRYC.**
- 7. Smoking and profanity is forbidden in the presence of sailing students.**
- 8. The use of alcohol or illegal drugs is forbidden at all times.**
- 9. Instructors will treat students of all ability levels as valuable members of our team.**
- 10. Instructors will promote the tradition, honor and total sport of sailing and will not tolerate cheating, excessively competitive behavior or any unethical actions.**
- 11. Instructors will seek to develop well-rounded, skillful sailors who sail well and enjoy sailing.**
- 12. Instructors will strive to see that this code of conduct is understood and practiced by all members of our team.**

## **AREA YACHT CLUBS INFORMATION**

**BHYC Bay Head Yacht Club** 111 Metcalfe Street. Bay Head. NJ 08742  
**732 295 9821 or 732 899 2000**

(Dir. to Sailing Center only) Take Rt. 35 South to Bay Head. Turn right at light onto Bridge Ave. Go one block to light, turn left onto Lake Ave. Sailing Center is 02 mile on right. (Approx 10 mins from MRYC)

**BYC Beachwood Yacht Club** Compass Avenue. Beachwood. NJ 08722  
**732 349 9604**

GS Parkway South to exit 80 (Route 9 S), stay right, turn right on to Rt. 9 extension, at second light turn left at light onto Admiral, follow to light at Rt. 166 (see Rite Aid), turn right onto Rt. 166 then immediate first left, go 4 blocks, turn right onto Compass, club is just ahead on left, just before Community Center. (Approx. 35 mins from MRYC)

**IHYC Island Heights Yacht Club** River Avenue. Island Heights. NJ 08732  
**732 929 9813**

Take Rt. 35 South to end, follow signs to Rt. 37 West, go over Mathis Bridge. At 6<sup>th</sup> light exit right to make a left onto Vaughn Ave, which changes to West End Ave. Follow to end, turn left onto River Ave to club on right. (Approx 35 mins from MRYC)

**LYC Lavellette Yacht Club** 124 Swan Point Road. Lavellette. NJ 08735  
**732 793 8747 or 732 793 9499 or 732 830 6878**

Take Rt. 35 South to Lavellette. At 1<sup>st</sup> light past "Welcome" sign turn right onto Ortlely Ave. Turn right onto Bay Blvd. Go around the traffic island and left onto Swan Point Road to end. (Approx 25 mins from MRYC)

**MCYC Metedeconk River Yacht Club** Tilton Road. Brick. NJ 08723  
**732 477 9781**

Take Rt. 35 South to Mantoloking. Turn right at light onto Herbert St ( Mantoloking Road.) Go across bridge. Go 0.9 miles and turn right onto Tilton Rd. Go .3 miles to entrance on left. Sign says MCYC (Approx 20 mins from MRYC)

**MYC Mantoloking Yacht Club** Bav Avenue. Mantoloking. NJ 08738  
**732 892 6281 or 892 9251**

Take Rt. 35 south to Mantoloking. Turn right at light onto Herbert St (Mantoloking Road.) Turn at 1<sup>st</sup> left onto Bay Ave. (don't cross bridge). Club is 1 1/2 blocks on the right. (Approx 15 mins from

## **AREA YACHT CLUBS INFORMATION (cont)**

**NBYC Normandy Beach Yacht Club** South Court. Normandy Beach. NJ 08739 **732 793 6807**

Take Rt. 35 South to Normandy Beach. A 2<sup>nd</sup> Ave turn right then left onto West Central (parallel road to Rt. 35). Make the next right turn onto South Court and go to end. (Approx 20 mins from MRYC)

**OGYC Ocean Gate Yacht Club** Foot of Ocean Gate Avenue. Ocean Gate. NJ 08740  
**732 269 3622**

GS Parkway South the exit 80 (Route 9 S), follow Rt. 9 extension onto Rt. 9 South, go approx. 3 miles (go past boarded up strip mall, WaWa, Bayville Elementary) to Ocean Gate jughandle just past Walgreens (exit right for left turn; Ocean Gate sign), follow Ocean Gate Blvd. to near end, turn right onto W. Longport then left onto Ocean Gate Ave. to end. (Approx. 45 mins from MRYC)

**PBYC Pine Beach Yacht Club** Riverside Drive. Pine Beach. NJ  
08741 **732 349 9810**

GS Parkway South the exit 80 (Route 9 S), follow Rt. 9 extension onto Rt. 9 South, go approx. Two-three miles to Motor Road and make left turn, follow to bend, roads turns into Riverside Drive, club ahead on left about 3/4 mile (Approx. 35 mins from MRYC)

**SAYC Shore Acres Yacht Club** 800 Drum Point Road. Brick. NJ  
08723 **732 477-3950**

Take Rt. 70 West to Brick Blvd turn left, follow to Red Lion Inn, turn left onto Drum Point Rd, follow to end. (Approx 25 mins from MRYC)

**TRYC Toms River Yacht Club** 1464 Riviera Avenue. Toms River. NJ 08754  
**732 929 9809 or 732 929 0888**

Take Rt. 35 South to end, follow signs to Rt. 37 West, go over Mathis Bridge. At 6<sup>th</sup> light, exit right to make a left onto Vaughn Ave. Take 4<sup>th</sup> right onto Whittier Rd. After several blocks, turn left onto Tennyson. Follow to stop sign, turn left onto Holmes. Follow to end to club. (Approx 40 mins from MRYC)

**FOBH Friends of Belmar Harbor** 901 L St. Belmar, NJ 07719  
**732 403 4154**

Take Rt 35 North into Belmar and turn Right onto L St. ( Approx 15 min from MRYC )

**Seaside Park Yacht Club**

209 S. Bayview Ave. Seaside Park, NJ 08752

Phone 732-793-9611

Take Rt 35 South towards Seaside Heights. Then after Rt 35 merge onto Central Ave, Turn Left onto Lafayette Ave , Turn left onto N. Ocean Ave then 300 ft you will arrive at the destination.

GLOSSARY OF MISCELLANEOUS TERMS

**Auxiliary** - Any large multi-person sailboat with an "auxiliary" propulsion engine

**Bailer** - A scoop or bucket used to get water out of a sailboat

**BBYRA** - Bamegat Bay Yacht Racing Association, organization that coordinates interclub activity in our area

**Blades** - The tiller and centerboard of an Opti or other small sailboat (flat things)

**Blue Jay** - Double-handed craft with main and jib. A safe, stable boat, it is an excellent training boat to learn double handed and chute flying skills

**Boathouse** - Building at far end of harbor area where sailing classes are taught

**Boom** - Horizontal spar below mainsail, also the noise made when you forget to duck

**Bow** - Front of boat

**Bowline** - Line attached to bow used for mooring or towing

**Bridle** - A pre-rigged set of lines used to lift a sailboat into or out of water

**Burgee** - Triangular pennant or flag used as signal or to identify a yacht club

**Centerboard** - A pivoting board located in the center of the boat that can be lowered to project down into the water (420, Blue Jay)

**Daggerboard** - A board in the center of the boat that can be lowered to project down into the water (Opti, Laser)

**Dolly** - A two-wheeled cart for moving or storing small sailboats

**Duckboat** - Double-handed craft with mainsail, wooden, slow and stable, classic

**Hiking stick** - See Tiller Extension

**Hull** - The shell of the boat, the boat less sails, blades, spars, etc.

**Jib** - Small secondary sail in front of mainsail

**Laser** - Single-handed craft with mainsail, low and fast, requires strength and skill.

**Lanyard** - Length of string or rope used to attach two items so they don't get separated

**Leeward** - in the direction to which the wind is going (downwind)

**Lines** – fancy sailor talk for ropes

**M Scow** - Double-handed craft with main and jib, for older kids and adults, very fast

**Mainsail** - Large primary sail

**Mast** - Vertical spar which supports sails, front edge of main sail attaches to this

**Opti** - Single-handed craft with mainsail, small and stable, easy to learn, years to master

**Patrol Boat** - Powerboat used to assist in classes and races

**PFD** - Personal flotation device or life vest or life jacket

**Port** - Facing bow, left side of boat

**Ropes** - look like lines

**Rudder** - Vertical blade attached to stern used for steering

**Sail** - Cloth-like material rigged in order to propel a boat

**Sheets** - Lines used to control the sail

**Spars** - The sprit, boom and mast of an Opti or other sailboat (long round things)

**Sprit** - Spar used on gaff-rigged boat such as Opti to support top of sail beyond mast

**Starboard** - Facing bow, right side of boat

**Stern** - Back of boat

**Swim Check** - Before beginning classes each season all sailors must show proficiency at swimming (see also Tip Test)

**Telltale** - Short string or yarn on sail that indicates wind flow across sail

**Tiller** - Control stick attached to rudder

**Tiller extension** - Swivel handle attached to tiller for greater reach

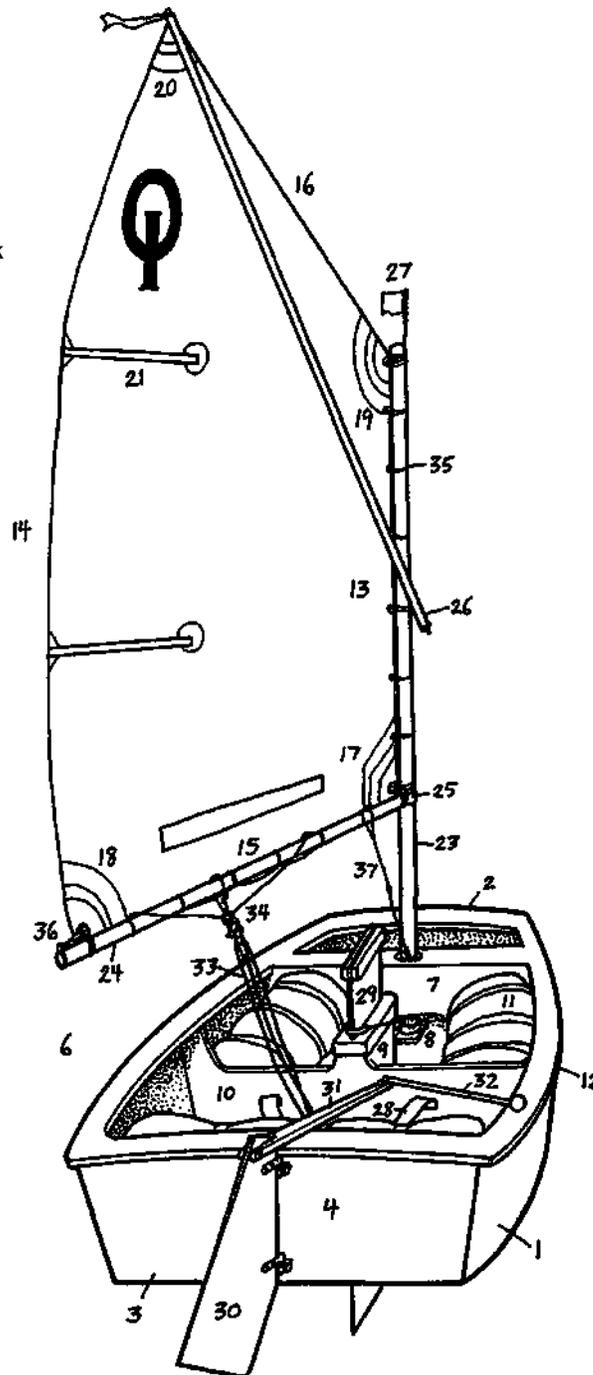
**Tip Check** - In addition to the Swim check, before beginning classes each season all clinic sailors must show proficiency at righting a tipped sailboat

**Windward** - in the direction from which the wind is coming (upwind/weather)

# THE OPTIMIST DINGHY

## Parts of a Boat

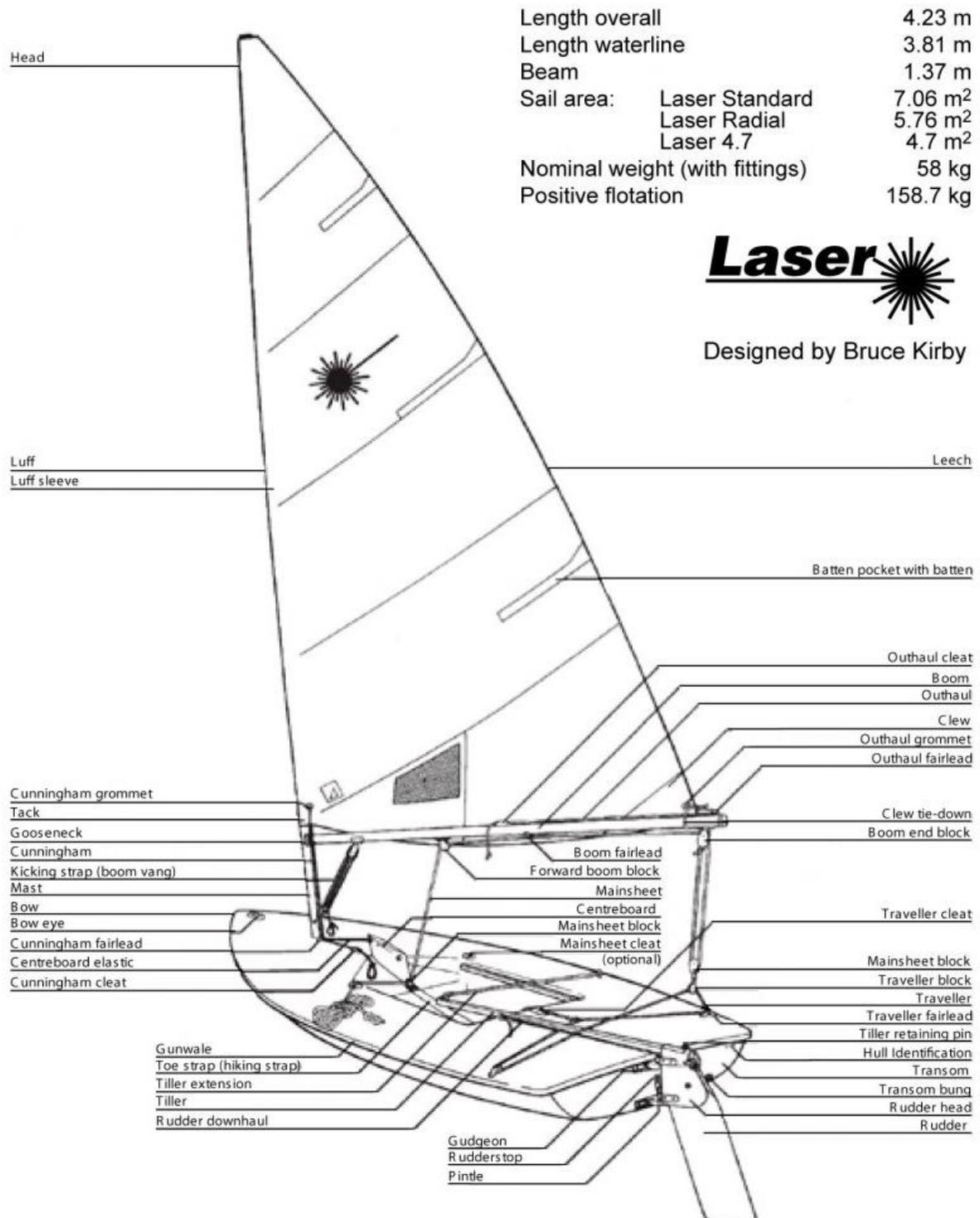
1. hull
2. bow
3. stern
4. transom
5. starboard
6. port
7. mast thwart
8. mast step
9. daggerboard trunk
10. bulkhead
11. flotation
12. gunwale
13. luff
14. leech
15. foot
16. head
17. tack
18. clew
19. throat
20. peak
21. batten
22. grommets
23. mast
24. boom
25. boom jaws
26. sprit
27. wind indicator
28. hiking strap
29. daggerboard
30. rudder
31. tiller
32. tiller extension
33. mainsheet
34. shackle
35. sail tie
36. outhaul
37. boom vang



# THE LASER

For additional information and rigging tips, see  
[www.teamvangnard.com/boats/m/general/laser\\_tuning](http://www.teamvangnard.com/boats/m/general/laser_tuning)

## Parts of the Laser



# THE CLUB 420

For additional information and rigging tips, see [www.club420.org/rigtips](http://www.club420.org/rigtips)

## Lines

- 20102 Moinsheel 3/8" Morstron
- 20103 Jsbsheel 3/8" Mantron **20044**  
Spinnaker sheel 3/16" prestrelch
- 20104** Pointer. 5/14" Mormon
- 20149 Outhaul
- 50205 Boom Vang line

## Sails

- 50104 Soil, Main, Morlh/Yonguord
- 0 Soil, Jib, North/Vanguord 50204  
spinnaker w/cusiom (olcrs (4 week leod lime)
- 1 Soil, Spinnaker w/ red stripe
- 50208 Soil, Spinnaker w/blue snipe
- 20002 Batten set, Mainsail 20393Borten,  
long (full lop) 20144Batten, medium (2  
middle) 20074Botten, short (bottom) 12000  
Sod numbers (per digit)

Soil,

## Sail Numbers

- 12000-1 #1
- 12000-2 #2**
- 12000-3 #3**
- 12000-4 #4**
- 12000-5 #5
- 12000-4 #4 or #9
- #
- #8
- 12000-0
- 12000-U
- 12000-S
- 12000-A

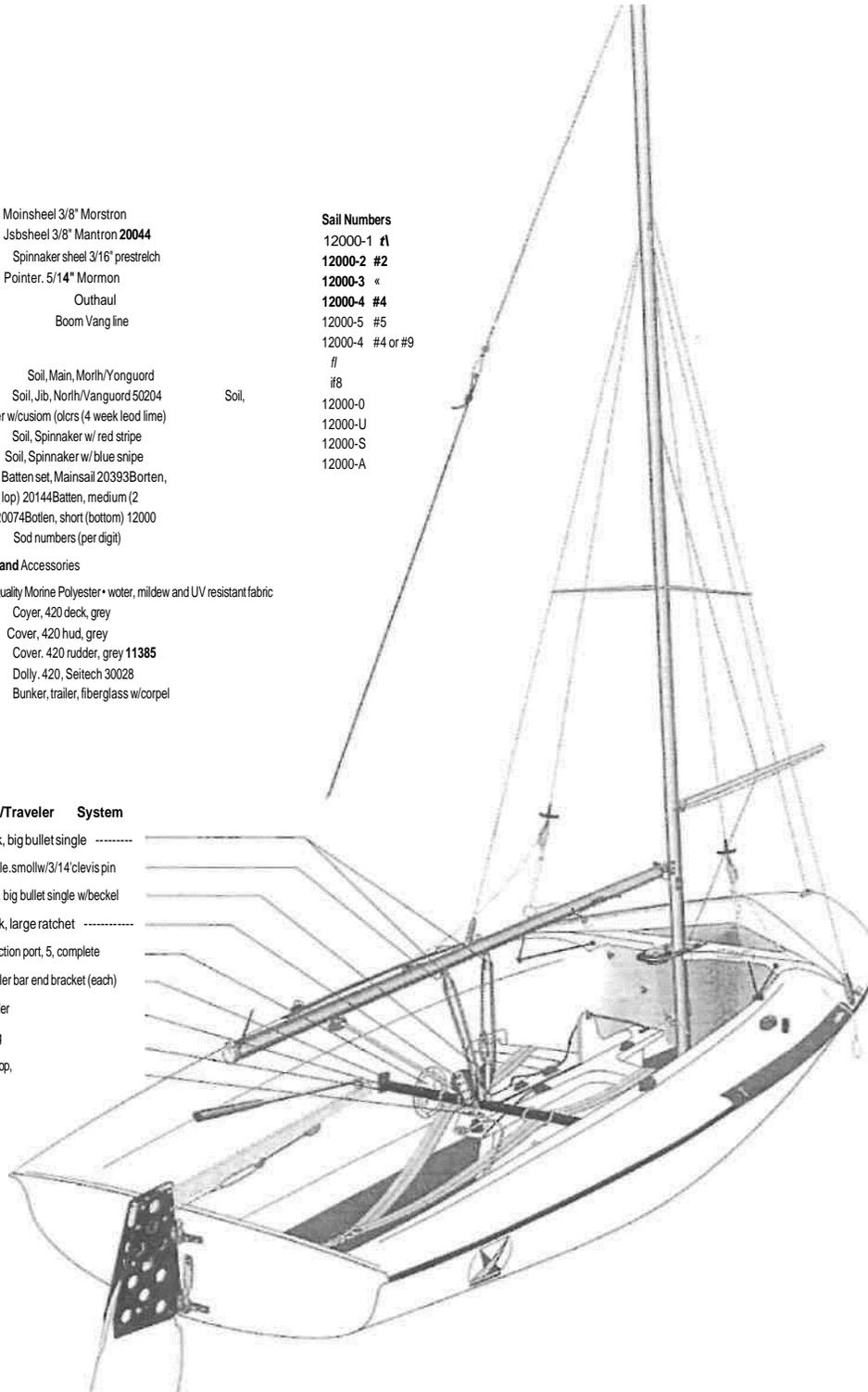
## Covers and Accessories

HighestQuality Marine Polyester • water, mildew and UV resistant fabric

- 11011 Cover, 420 deck, grey
- 11010 Cover, 420 hud, grey
- 11012 Cover, 420 rudder, grey **11385**  
Dolly, 420, Seitech 30028  
Bunker, trailer, fiberglass w/corpe

## Mainsheet/Traveler System

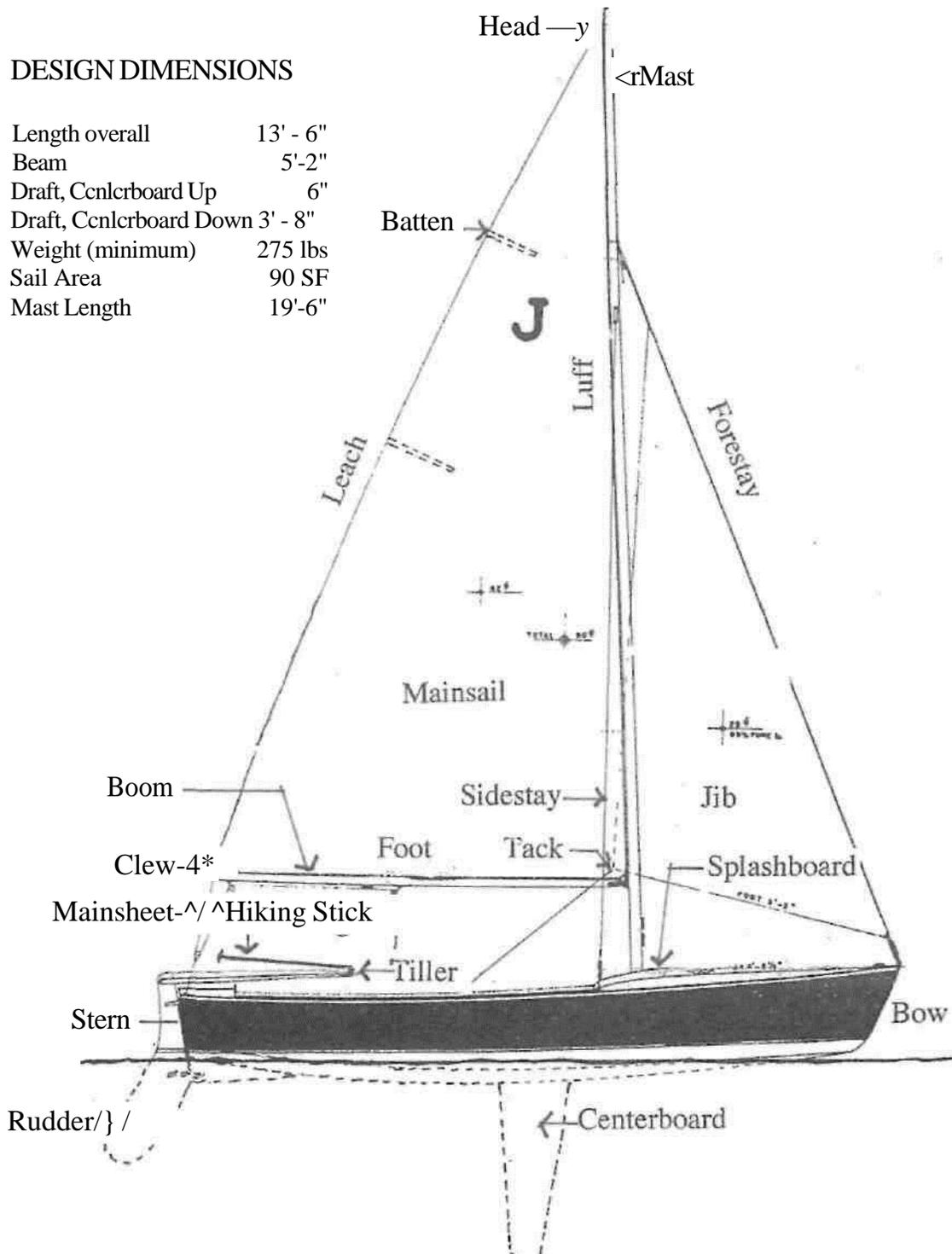
- 10125 Blook, big bullet single -----
- 10072 Shockle, smallw/3/14 clevis pin
- 10124 Block, big bullet single w/beckel
- 10009 Block, large ratchet -----
- 11302 Inspection port, 5, complete
- 50135 Traveler bar end bracket (each)
- 10155 Traveler
- 10071 Spring
- 10137 Eyestrop,



# THE BLUE JAY

## DESIGN DIMENSIONS

Length overall	13' - 6"
Beam	5' - 2"
Draft, Centerboard Up	6"
Draft, Centerboard Down	3' - 8"
Weight (minimum)	275 lbs
Sail Area	90 SF
Mast Length	19' - 6"



# WHAT KNOTS TO KNOW!

If you can't tie one good knot, tie a lot of them.

Gary Jobson, America Cup Sailor

Square Knot: Good for joining together two ends.

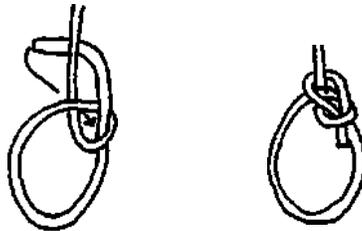


Right over Left  
Left over Right

Figure Eight: <sup>M</sup>Stopper--to prevent rope from running through a block, pulley etc.



Bowline (bo-lin): Used to make a loop. Great for the end of your tow line.



Cleat: A "hitch" good for securing mooring lines to cleats on the dock



Part of good seamanship is knowing how to tie secure, reliable knots. It's also important to know the suitable use for a knot. Sailing knots are both secure and easy to untie.

True "knots" use only a rope(s), whereas "hitches" secure a rope around a solid object