



2018 Youth Water Sports Program Outline

Program Coordinator

- Rear Commodore Richard Dauphine

Instructors (ASA Certified)

- Brad Schoch
- Alicia Ward
- Mark Michael

Mission Statement

SYC's mission is to introduce young students to the sports of sailing, kayaking and stand up paddle boarding, and to further develop the skills of experienced participants. Our program is committed to providing every student with a safe, fun and memorable experience.

Program Objectives

- To provide a safe environment on and off the water.
- To create an appreciation and love of sailing and other water sports.
- To instill confidence and develop competence in all participants.
- To customize the curriculum based on the skill levels and interests of each group of students.

Qualifications

- Students must demonstrate the ability to swim 50 yards and tread water for 3 minutes.

Safety

- Basic boating safety.
- Stillwater Cove harbor rules.
- Pier, dock and gangway precautions.
- Importance and correct use of PFDs.
- On water safety awareness.
- Weather precautions.
- Sun protection.
- Hydration.

General Seamanship

- Basic knot tying and uses (square knot, figure eight, cleat knot and bowline)
- Basic terminology.
- Rights-of-way.
- Understand wind direction.
- The importance of teamwork.

- Respect for others.
- Respect for the sea.
- Respect for property.
- Equipment care.

Sailing

- Learn to rig and de-rig a Laser Pico or FJ.
- Understand points of sail.
- Proper body position and weight placement in boat.
- Correct handling of tiller and mainsheet and/or jib (FJ).
- Trimming the main and/or jib (FJ).
- Steering.
- Tacking and jibing.
- Recovering from irons.
- Docking (leaving and returning)
- Sail a course.
- Basic sailing safety maneuvers (collision avoidance, capsize and recovery, etc.)
- Safe towing procedures for Laser Pico or FJ and assist vessel.

Kayaking

- Entering and exiting the kayak.
- Propelling and directing the kayak.
- Capsize and recovery.

Stand Up Paddle Boarding (SUP)

- Mounting the paddleboard.
- Paddle-boarding stance.
- Paddle-boarding stroke.
- Turns - sidestroke, back paddle, sea/sweep stroke.

What students will need to bring to class

- Swim suit
- Towel
- Footwear with non-skid rubber soles or "aqua-shoes"
- Sunscreen and sunglasses
- Hat
- Windbreaker and extra layer of clothing since weather can vary
- Water and snack
- Wet suits are highly recommended, but they are NOT provided. Monterey Bay Kayaks is offering a discount on weekly wetsuit rentals for participants in our program. Given that this is their busiest time of year, contact Holokai at MBK to confirm availability for the dates of your session. <http://www.montereybaykayaks.com/> alternatively, wet suits for children and juniors are usually available at *Costco*, other big box stores and *On The Beach* at a reasonable cost.
- We provide life jackets