

HdG YOUTH SAILING PROGRAM OVERVIEW

PROGRAM GOALS:

- Develop sportsmanship, integrity, and interpersonal skills.
- Instill an interest and appreciation for the sport of sailing in all campers.
- Develop core boat handling and sailing skills for those with a recreational interest.
- Develop enhanced boat handling and sailing skills for those who wish to compete.
- Develop respect for our waterway and gain environmental awareness.
- Learn and incorporate good safety and seamanship practices in day-to-day activities.
- Instill a sense of responsibility for all boats and sailing equipment.
- Create a fun atmosphere in which campers want to participate.

WHAT CAMPER WILL NEED AND WHAT THEY WILL DO:

Pre-Requisite Age, Safety, and Swimming

- The minimum age for the program is 7 at the start of the camp session.
- The first activity of the first day of camp is a safety review and facility tour.
- Safety will remain foremost with the instructors and with all campers as well.
- Campers must pass a swim check held on the first day of each session. The check involves a swim to a target and back and treading water while using a PFD.

Important Daily Camper "To Do" List:

- Have a good breakfast after a good night's sleep and remember any medications;
- Pack a lunch and two small snacks;
- Remember a water bottle, sunscreen, towel, dry change of clothes;
- Remember sunglasses, hat and other sun protection (long sleeved T-shirt);
- Wear closed-toe shoes (an old pair of gym shoes that can get wet), crocks, or aqua socks are best. Sandals and flip-flops are not permitted;
- Bring a Type III Coast Guard approved vest style life jacket (PFD).

General Daily Schedule:

- 08:45-09:00 Camper drop off
- 09:00-10:00 Attendance, morning classroom and land drills, boat rigging
- 10:00-12:00 Morning on the water
- 12:00-12:30 Lunch
- 12:30-01:30 Morning review and afternoon classroom and land drills
- 01:30-03:00 Afternoon on the water, de-rig, clean-up, and review
- 03:00-03:15 Pickup

Parental Involvement:

- Sailing is a unique sport - skills learned today can be used and enjoyed for a lifetime;
- Sailing challenges both the mind and body, allowing individuals with different strengths and weaknesses to "find their niche;"
- Help your camper get the most out of the experience by being involved at home;
- Talk with your child about what they learned in camp so that you:
 - Reinforce skills learned;
 - Increase camper's confidence and self-esteem through encouragement;
 - Find out how camp is going generally, so that problems or issues can be addressed sooner, rather than later.

Our Expectations for Campers

HdGYSP has behavioral expectations to help ensure a safe, rewarding, and fun learning environment. It is important that both you and your camper review these rules with understanding and acceptance. The following camp behavior is expected:

- Classes start at 9:00 a.m. sharp;
- Campers should be dropped off no earlier than 15 minutes before the start of class and picked up after class ends at 3:00 p.m. Campers must be picked up promptly;
- Direction from instructors is absolute and campers are expected to obey the instructors and other camp staff at all times;
- Campers must learn how to recover a capsized boat and must be able to do so;
- Observe boundaries, both on the water and ashore, as established by the instructors;
- No running on the docks, no climbing on the boat racks, trees, or fences along the shore;
- No going under the docks.
- Campers will pick-up their own trash, and are expected to keep their belongings in a neat and orderly fashion;
- Campers will show respect for the camp's sailing equipment and other camper's property;
- Campers will show respect for their peers, all staff, and volunteers;
- There will be no physical violence shown towards other campers or staff;
- No obscene, insulting, bullying, or threatening language will be tolerated;
- Absolutely no throwing of objects;
- No smoking/vaping or use/abuse of substances or alcohol is allowed, nor is discussion or joking about these topics permitted.

Consequences

Failure to follow the above rules and expectations will have consequences which vary according to the nature of the infraction, but may include loss of privileges, time away from camp, and as a last resort for repeated problems, removal from camp.

Boats We Use:

HdGYSP uses several different boats as we teach. Different boats "handle" differently, and certain boats lend themselves to sailors of different sizes and/or experience levels. On the first day of each session, instructors will evaluate the skills and experience of the students and consider factors like size and age, to determine into which group a camper will be placed. In the case of returnee campers, we typically already know which group best suits the camper. If, after a few days you have concerns about how your camper is placed, feel free to talk to the Camp Director or any member of the Operating Team.

Optimist is the boat used from rank beginners to experienced racers, who weigh less than 110 lbs. The Optimist is a 77lb., 8 foot long, sprit rigged pram. Easily rigged, it is designed to be sailed by one sailor, although for the first day or two of class, campers are sometimes doubled up till they gain a certain comfort and skill level. The Optimist is the largest one-design class in the world with more than a half million boats being sailed and raced competitively around the world by kids ages 5-15.

Xcites (Regular Sail and Turbo Sail) and Club TAZ are 10 ft long hulls outfitted with different sail plans for campers of different sizes and experience levels. Used typically by those who have sized out of the Optimists or by first timers who are older and larger.

Lasers (Full Rigs, Radial Rigs, 4.7 Rigs) are a standard 14 ft long hull outfitted with different spars and sails, for campers of different sizes and experience levels. Used typically by older campers and those who have sized out of the Optimists. It is also the boat of choice for campers focused on single handed racing skills.

Club 420s are fast, fun, sloop rigged double-handed (two sailors) 14 ft boats that are very popular in youth programs around the country. Some of the 420s are rigged with spinnakers for use by intermediate and advanced and racing instruction, for ages 11-17 (size and experience dependent).

FAQ:

Q. I have a concern or issue who should I talk to?

A. Immediate concerns should be brought to the direct attention of the Sailing Director (Nicole Sikowitz), the Family Outreach Board Coordinator (Coral Hotte), or the Camp Operating Committee (Capt. Rick Wahl, Dan McLaughlin, Gordon Black). Your camper's instructor should usually be your first stop for resolving most issues. S/He is the hands-on day-to-day program facilitator for your camper and usually will have the answer and can resolve problems. The best time to talk to the instructor is at the end of each day.

Q. It's raining. What now?

A. Classes are held in all kinds of weather: even if it's raining. The one exception is if there is a threat of severe storm or lightning. In this event, camper families will be called at their emergency contact number and informed of any decision to cancel class.

Q. We're going to be late or my child is sick. What do we do?

A. Please call the Camp Director ((412) 979-1362) and let the camp know your child will be late getting dropped off, or being picked-up, or will be absent, so we are informed.

Q. My child is reluctant to come to class. What should we do?

A. A student's unwillingness to come to sailing camp can be caused by any number of things: fear, an incident with a fellow camper, or simply being tired. Our instructors are well versed in the art of motivating reluctant campers. If you get them to camp, in all but exceptionally rare cases, we can get them involved and sailing, and enjoying it too.

Q. Learning Challenges and Special Medications

A. Should your camper have any challenges or medication issues that might not be indicated on their application or health history, or anything that needs further clarification, please speak with the Camp Director at any time.

Camp Operating Committee by phone/text (412) 979-1362

Email hdgyouthsailing@gmail.com

Email CampDirector@hdgyouthsailing.org

Email Family.Outreach@hdgyouthsailing.org