

Avalon Yacht Club
704 7th Street
Avalon, NJ 08202

YOUTH & SAILING – SUMMER 2009

As the icicles of winter melt away, we are eagerly planning for summer, sunshine and sailing at the Avalon Yacht Club. Our 2009 Youth Sailing Program will take place Monday through Thursday for two successive 4-week sessions, beginning June 29, 2009. The first session will culminate on Family Day with swimming and sailing exhibitions, races and awards. The second session will finish with Family Night & perpetual awards. We encourage all AYC families to enroll their children or grandchildren in what will be, for many, the beginning of wonderful lifelong memories and friendships.

Kevin Strogon will return as Director of Sailing with day to day responsibility for the program. We will have a new crop of excited sailing instructors to blend with our experienced returnees. We will continue to provide excellent sailing instruction, while focusing on the safety of our program, and integrate new ways to stimulate the campers and provide the foundation for a lifelong love of sailing.

Our program begins with Arts & Crafts and swimming for five and six year olds. Kim Hartel will return as the Director of Arts & Crafts. We have developed an energetic number of projects for our youngest fledglings as we welcome them to their first years in our summer program. We look forward to enrolling any child in Arts & Crafts who has reached his/her fifth birthday by the start of the session. Arts & Crafts activities and swimming will begin at 10:00AM and end promptly at noon; these campers will not stay for lunch.

Our Introduction to Sailing class will admit children who have reached the age of seven years by the start of the session in which they are enrolled. Although the Intro class is from 10:00am to noon, many Intro students choose to stay for lunch. Intro students must be picked up by 12:30pm. All other sailing classes are from 10:00 AM to 3:00 PM. All sailors are required to pass a swim test, which will be given on the first day of each session.

Sailing classes will be organized as follows:

- A. **Introduction to Sailing** is generally for children ages seven to eight years, with little to no previous sailing experience. This is a 2-hour class. Children are familiarized with the boat and the basics of sailing, and gain comfort on the water. They sail with other children and there is always an instructor in the boat. At this level a sailboat is not required however; we welcome all sunfish and optimists.
- B. **Beginner Sunfish** instruction is targeted for sailors between the ages of eight and twelve years, although we welcome older beginners. Students sail in pairs with an instructor, and when ready, without the instructor. There are always at least two children in a boat. Children are taught boat care and water safety. At this stage a sailboat is not required of each sailor, but is encouraged. If a sailor does not have a boat he/she must wait to sail with a boat owner, and sailing time can be limited. A boat is needed for every two sailors, and it is the responsibility of the families to provide access to this equipment. The Beginner classes fill quickly and our numbers will again be limited this year allowing for additional on-the-water time for each sailor.
- C. **Advanced Beginner Sunfish** instruction is a continuation of the Beginner Sunfish course. Sailors still sail in pairs and work to improve basic sailing skills. Sailors are introduced to racing as they become confident on the water. A boat is required for every two sailors and it is the responsibility of the families to provide access to this equipment. A student cannot advance to the Junior level without his/her own boat.
- D. **Level I Optimist** instruction is an alternative to the traditional Sunfish instruction at the Beginner and Advanced Beginner levels. This will be the second year of this successful program. Students can choose either the Level I Optimist Class or the Beginner/Advanced Beginner Sunfish Classes. The Optimist is a smaller and much more stable boat as compared to the Sunfish which enables young sailors to gain confidence on the water at an accelerated rate. Opti ownership is helpful although five club owned boats are available for the use of this class. The AYC has purchased these boats to kick off the new program and class size may be limited because of boat availability. Please indicate on the registration form if you would like to participate in this class and if you own an Optimist. If class size needs to be limited it will be on order of registration.
- E. **Juniors Sunfish** instruction is targeted for sailors who can sail and handle a boat by themselves. They practice their technique through drills and racing, with an emphasis on safety. Different sailing games are employed to expand the sailors' breadth of sailing knowledge. At this level there is increased interaction with younger, less-experienced students, helping all to enjoy sailing.

- F. **Intermediate Sunfish** sailors work on more advanced sailing technique and on racing skills. They continue to gain confidence and experience on the water. The 420, a two-handed boat frequently used in college programs, and team racing may be introduced at this level.
- G. **Advanced Racing** sailors polish their racing technique. While the Sunfish is the primary boat used in the class, the sailors will also gain significant experience with the Laser and the 420 which includes the use of jibs, spinnakers and trapezes. These sailors are encouraged to race in the AYC weekly intraclub regattas, and are urged to compete on the Mid Atlantic Yacht Racing Association (MAYRA) circuit. AYC Team racers are chosen from this level. On occasion advanced sailors work with younger groups experiencing teaching and helping younger sailors to enjoy a higher level of sailing. Most of our instructors have spent several years in our Advanced racing class.

The placement of students in appropriate classes will be at the discretion of the Director based on skill level, experience, size and age. Whether interested in racing or looking for a fun way to spend the summer, we encourage all AYC youth to participate in our program. Every student must have a properly fitted life jacket, which must be worn on the water at all times. Every student must wear shoes or sandals at all times during the program. We encourage individual dollies for all boat owners. They help to protect the sailboat and speed boat cleanup at the end of the day.

A **boat rack** fee must be paid for **each sailboat or kayak** stored on the AYC lot at any time during the summer months. Due to space constraints, we will again issue half season stickers for sunfish and optis. All sailboats and kayaks on AYC property must display a current AYC sticker. Stickers may be purchased for: 1) the season, 2) the July session or 3) the August session. All July stickers will expire on July 26 at which time the boat should be removed to make room for August stickers, which will activate on July 27. After payment of the fee, a registration sticker will be available for pick-up at the front desk, beginning Memorial Day weekend. After Memorial Day, stickers will only be issued by Helene Moran and will take about a week from payment to pick-up. The front desk will not sell stickers but can accept forms and checks for Ms. Moran. Please pick up your sticker, and place this sticker on the stern of your boat. Boats and kayaks that do not display a current sticker may be moved from the boatyard.

Registration for the Youth Sailing program is by mail only, not in person at the club at any time. Enclosed you will find a Registration Form listing the fees, a Parental Waiver and Consent Form, and a Medical Form. Please complete all three forms for each child. Please indicate whether you are signing up for one session (Half Season, 6/29/09 - 7/24/09 or 7/27/09 - 8/21/09) or for the full eight weeks (Season). A copy of the birth certificate or passport must be enclosed with the completed registration package for each child entering the Arts & Crafts or Intro programs. *Please return all completed forms with payment to Helene Moran at AYC, P.O. Box 321, Dennisville, NJ 08214 by 5/1/09 to ensure consideration of your child.* As in the past, membership type and date of receipt of all three completed forms, with payment, will prioritize enrollment. *We cannot guarantee a spot in the program for any child whose package is returned after the 5/1 deadline.* To apply, payment must accompany completed forms. A late payment charge of \$50 will be applied to all applications postmarked or completed after May 1, 2009. Please enroll your child for an entire 4-week session; no partial-session payments will be accepted. Again this year, because card fees have become very expensive for the program, we will not be accepting credit cards as payment for registrations. We apologize for any inconvenience and thank you in advance for your cooperation.

We ask that students who prefer to buy lunch prepay on a session or season basis. We will continue to review comments regarding options on the daily menu. Children are welcome to bring their own lunches, and a drink machine is available.

We are anticipating a safe and exciting summer of sailing and fun for all. We welcome any questions, comments and suggestions; we hope you will feel free to contact us with your thoughts.

Bill Heffernan, Commodore
The Sailing Committee:
Bob Hartel, Chairman, Y&S

Bob Manning, Jim Waters, Bud Thalman, Linda Tozour, John Groskoph

Contacts: Bob Hartel, Hartel_Bob@emc.com,
Bob Manning, bobmann146@aol.com,
Helene Moran, 609-861-0476 (AYC)

Enclosures: AYC Youth Registration Form, 2009 Season
Y&S Parental Waiver and Consent Form
AYC Medical Form

**AVALON YACHT CLUB
2009 MEDICAL FORM**

Student Name _____ Date of Birth _____ Age _____ Sex _____

Home Address _____ Home Telephone _____

City _____ State _____ Zip _____

Name of parent or guardian _____

Home Address _____ Cell phone # _____

Summer Address _____ Summer Phone _____

Emergency # _____

If person named above is not available in the event of an emergency, please notify:

Name #1: _____ Relationship _____ Telephone(s) _____

Name #2 _____ Relationship _____ Telephone(s) _____

Name of Child's Physician _____ Telephone _____

Personal health/accident insurance carrier _____

Policy number _____ Telephone _____

Check all items that apply. Explain any "Yes" answers.

ALLERGIES: Food, medicines, insects, plants, other? Yes No Explain/treatment options: _____

GENERAL INFORMATION:

ADD/ADHD	<input type="checkbox"/> Yes <input type="checkbox"/> No	Convulsions/seizures	<input type="checkbox"/> Yes <input type="checkbox"/> No	Diabetes or hypoglycemia	<input type="checkbox"/> Yes <input type="checkbox"/> No
Hemophilia	<input type="checkbox"/> Yes <input type="checkbox"/> No	Asthma	<input type="checkbox"/> Yes <input type="checkbox"/> No	Heart Trouble	<input type="checkbox"/> Yes <input type="checkbox"/> No
Bee Sting Allergy	<input type="checkbox"/> Yes <input type="checkbox"/> No	Anxieties/fears	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Does child carry an EpiPen	<input type="checkbox"/> Yes <input type="checkbox"/> No	Epilepsy	<input type="checkbox"/> Yes <input type="checkbox"/> No		

OTHER _____

Explain any "Yes": _____

List any medications to be taken at sailing (during the day): _____

Activity Restrictions: _____

Eyeglasses Contacts Hearing problem

Blood Type _____ Date of last Tetanus shot _____ Current (summer) medications _____

The information provided is correct and accurate to the best of my knowledge. I give permission for full participation in the AYC Youth and Sailing programs, subject to limitations noted herein. In case of emergency, I understand every effort will be made to contact me. In the event I cannot be reached, I hereby give my permission to the licensed health-care practitioner selected by the Camp Director or designee to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for my child.

Signature of parent/guardian _____ Date _____

Official Use Only Reviewed by _____
--

