



5.2 Juniors

MYC Juniors works closely with the club's sailing school (Manly Sailing) to deliver a program which spans from Learn-to-Sail to competitive dinghy racing. This partnership can take a child from never having stepped foot on a boat to becoming competent at racing in several sailing-dinghy classes.

Manly Sailing

Manly Sailing is a commercial sailing school and runs courses for both adults and children. Manly sailing runs Learn-to-Sail holiday camps and Saturday courses for Juniors. These courses concentrate on progressing *beginners* to the point that they are confident in handling a dinghy and are competent to or beyond YA Basic Skills Level 1. Manly Sailing can support further development of junior sailors if and when required by the junior's family.

MYC Juniors

The MYC Juniors program aims at developing skills from YA Basic Skills Level 1 to competent racing standard over several seasons depending on each child. The program runs regular weekend sessions with qualified and experienced instructors who are supported by the Juniors' parents. These sessions are scheduled in the club calendar. A Juniors Committee, made up primarily of parents, meets regularly to plan and manage the program.

Attendance and Schedule for year

- Juniors training, racing and sailing sessions are published in the MYC club calendar. Exact time of day will be communicated to Juniors members closer to the events via email and other means.
- Attendance is not compulsory but weekly participation is encouraged. Parents are required to notify of child attendance to each session by Wednesday of the week prior. This is done through a web portal.
- We ask that Juniors turn up to the sessions regardless of the weather conditions. The coaching team will then decide whether sailing is safe to proceed. If sailing does not proceed the coach may run a knowledge training session at the club house.
- The Juniors committee may decide to offer additional ad-hoc sailing days during school holidays. Juniors families will be notified of these by email as well as official club notice boards and web sites.

Juniors Pre-requisites

All Juniors must:

- Be sailing above YA Basic Skills Level 1. If the sailing level cannot be confirmed then an assessment of the Junior will take place in the first session to establish whether the Junior is competent enough to join or whether more tuition is required.
- Children need to have the confidence to sail directly from the wharf in the company of the support boat.
- Be members of MYC – either through a Junior or family membership.
- Complete and sign a Juniors Program entry form.

The target age range for Juniors is 8 to 15 years. Juniors outside this range will be considered for entry using a number of criteria including confidence in the water and swimming ability.

Juniors Fees and Charges

- All Juniors must pay for their club membership (either family or Junior membership) as per the membership schedule of fees.
- All Juniors requiring the use of a club dinghy sailing boat must pay a Club boat Usage fee as per the club fee schedule. There is a fee for a full season and half-season (only available if joining on or after mid-season).
- All Juniors who own a boat and want to store it at the club-house must pay boat storage fees as per the club fee schedule.



Juniors gear (to bring with them)

- Wetsuits (optional)
- Booties
- Board Shorts (wear over wetsuits to avoid wetsuit damage)
- Rash shirt
- Towel
- Jumper
- Sun Screen
- Drink Bottle (one you can afford to lose since they are carried in the boat)
- Bag – water-proof if possible
- Life jacket – These are not compulsory as the club can provide them

Parent participation and responsibilities

Parental assistance is required to help run the sessions and the program:

- At every session each Juniors dinghy requires a parent and that parent has overall responsibility for rigging and launching the dinghy at the beginning of the session and de-rigging, washing and stowing on completion. Parents will receive training for this.
- Encourage/train the Junior to rig/de-rig their own boat and take responsibility for it.
- Parents are required to assist the coaching team as needed, this may include joining the session on the support boat to help manage the children on the water.
- On a roster basis parents provide lunch for the coach on the Saturday Racers sessions as well as take the roll of deck captain. Deck captain involves managing support boat equipment, locking up, last-to-leave, filling petrol cans etc.
- Parents are responsible, with the aid of the Juniors Boat Captain and other club volunteers, for repairs to damage of the club dinghies resulting from their use. This does not include fair wear and tear unless the Junior has been allocated to a specific Manly Junior or a Flying 11 for the season. Any materials and spare parts required will be provided by the club through the Juniors Boat Captain.
- Parental assistance is required for the general running of the group eg. race officers, working bees, support boat driving, social events, regatta entry and administration.

Juniors participating in MYC activities may be photographed and images may be used in reporting in these activities. Juniors will not be identified on those images unless permission has been granted to do so by the child's parent/guardian.

MYC Resources and Facilities

The Yacht club provides a number of dinghy sailing boats for the children to sail in the following classes:

- Optimists
- Pittwater Juniors
- Manly Juniors
- Flying 11s

Member-owned boats are encouraged to join within the above classes.

The Yacht club provides support boats, marks and life jackets. In each Juniors session a reasonable number of support boats will be deployed to support the Junior fleet, taking into account weather conditions and fleet numbers.

The Yacht club will provide one or more trained and qualified Dinghy Sailing Instructors to perform coaching duties. The designated MYC Juniors Coach (usually a parent) will manage these instructors.

Toilets and showers are located upstairs in the clubhouse.



The club provides a BBQ for use at social gatherings on the deck and the Juniors group may use the upstairs deck and rooms when they have not been hired out for a function.

General Rules

- Support Boats are to be skippered by a licensed driver only. The club encourages parents to obtain a boat license. Passengers are to be inside the boat at all times (eg. No riding on the bow of the boat)
- Diving off the Wharf is prohibited.
- Life Jackets are to be worn by Juniors at all times on the water.
- The children are to rig and de-rig their boats. Parents are to assist their children while assuming overall responsibility for these tasks.
- Licensed instructors are first in charge with Parent coaches and support boat drivers subordinate to those licensed instructors.
- MYC club dinghy sailing boats are not to be used outside the Juniors program.
- Support boats must be on the water and in support when MYC club dinghies are used.
- Boat maintenance
 - Manly Sailing School is responsible for repairing damage it causes and normal wear-and-tear maintenance to club dinghy boats used regularly in its Lean-to-Sail courses.
 - MYC Juniors is responsible for repairing damage it causes to all club dinghy boats.
 - MYC Juniors is responsible for wear-and-tear maintenance to club dinghies not regularly used by Manly Sailing.

Social events

Several Juniors BBQs are scheduled during the season to occur after Juniors sailing days. These will be held at the club on the downstairs deck or in the upstairs function room/balcony. These events are marked in the club calendar. Details of each BBQ will be communicated to Juniors prior to the events.

Juniors will participate in Club picnic and Presentation events.

Juniors may also become involved, on a social level, with the club twilight racing.

Awards

An awards night is held at the end of the season. Awards include:

- Most Improved Junior sailor
- Best and Fairest Racer and Cruiser – These awards are based on attendance and performance. 1 point for attendance each week and 3, 2 or 1 points for 3 best sailors as nominated by the Juniors coach in each session.
- 1st, 2nd and 3rd for the racing series in each division.

Squads

There are 2 squads in MYC Juniors – Cruisers and Racers. The MYC Juniors coaching team will consider Juniors requests and circumstances but will make the final decisions on allocation of each junior to these squads. These allocations will be made in the best interests of each child's development and to ensure club resources are available to support the squads adequately.

Cruisers

This squad is intended to aid transition between learn-to-sail and racing or children changing from crew to skipper roles or even when children change dinghy classes. Therefore, it is recommended for children who:

- Have just progressed from a Learn-to-Sail course and have achieved YA Basic Skills Level 1 competency OR
- Have been crewing but want to consolidate skippering skills before entering or re-entering the racers squad OR
- Just want to sail and have fun without the intensity of racing.

One or more trained and qualified dinghy sailing instructors will be provided by the club to coach the Cruisers squad at every session.



The Cruisers squad will only support the single-sail Optimist (Opti) and Pittwater Junior (PJ) dinghy classes. Juniors will be allocated to a class of boat for each half-season. Specific boats will be allocated on a weekly basis.

Cruiser numbers will be limited to the number of club PJs and Optimists available. However, registrations slightly over this limit *may* be accepted to allow for weekly absenteeism.

Cruisers sessions will be held on Sunday mornings to take advantage of lighter winds.

Session schedule

- 30 minutes Boat rigging, preparation
- 10 minutes Coach briefing
- 10 minutes Launching
- 90 minutes Sailing
- 10 minutes Coach De-brief
- 30 minutes De-rig and stow gear

Racers

This squad is made up of either:

- Juniors who have developed more advanced skippering skills and confidence and who want to learn how to race and compete in the club race series as a skipper. Generally skippers will have progressed to Basic Skills Level 2, however, confidence and ability to sail upwind around a race course are the key pre-requisites. This will almost always exclude sailors coming straight from Learn-to-Sail courses without going through a half-season in the Cruisers.

OR

- Juniors who wish to crew (not skipper) in a Manly Junior (MJ) or Flying 11 (F11). These Juniors need to at-least have mastered YA Basic Skills Level 1. Note, to progress to skipper, a half-season will most-probably be required back in the Cruisers squad.

The Racers squad will support the Opti, PJ, MJ and F11 dinghy classes. Juniors will be allocated to a class of boat for the whole season if they are using club boats.

The club will aim to provide a trained and qualified dinghy sailing instructor to act as coach at all sessions. However, in some sessions (particularly race days), on-water support may be limited to experienced volunteers and licensed support-boat drivers.

Club-owned PJs and Optimists will be allocated on a weekly basis to those sailors allocated to the PJ and Opti cases. Club-owned MJJs and F11s will be allocated to a skipper and crew for the season with some possible adjustments, if necessary, at the mid-season point. Maintaining constant dinghy class and skipper/crew allocations throughout the season is a priority for the purposes of the race series results and to build familiarity with the boats and their crew mates.

All these allocations to classes and club-owned boats will be decided by the Juniors Committee using the following guidelines:

- Longer serving Racers members have preference over members with a shorter history as a Racers member. Although children who have been Racers for 2 or more seasons will be encouraged to buy their own boat where club boats are limited.
- Previous Racers will have preference over Juniors who have only been Cruisers.
- Longer serving Cruisers members have preference over shorter-serving Cruisers or new members.
- Older sailors have preference over younger sailors.
- More experienced and better-skilled sailors have preference for high-skilled classes (eg. MJJs and F11s)
- Child weight will be matched to class of boat as best as possible
- Skipper and crew to be as compatible as possible – children and parents will be able to indicate pairing-up preferences



Racers allocated club MJs and F11s are responsible for all repair work including normal wear-and-tear. The club will fund spare parts required but the work will need to be owned by the member's parents. The Juniors Boat Captain and other Juniors committee members will assist where possible.

Skipper and crew allocations for member-owned boats will be the responsibility of the owner member and his/her parents.

Initial allocations will be made at the start of the season and adjustments will be made throughout the first few weeks of training before the racing series commences.

Racer squad member numbers (for members needing to use a club boat) will be limited by the number of club boats available.

The session runs on Saturday afternoons to allow Manly Sailing to run Learn-to-Sail courses on Saturday mornings. Sessions will be either training sessions or official club race point-score sessions.

Racers Session Schedule:

- 40 minutes Boat rigging, preparation
- 10 minutes Coach briefing
- 10 minutes launching
- 110 minutes Sailing training/racing
- 10 minutes Coach De-brief
- 30 minutes De-rig and stow gear

Racing Series

Racing is designed to progressively teach the Juniors the finer rules of racing and foster their competitive spirit. The competition tends to keep the Juniors (and seniors) interested and motivated to sail and continue sailing.

A series of club point-score races is planned over the length of the season. Refer to Notice-of-Race and Sailing Instructions for detailed racing rules. Racing will be within dinghy classes and not between the classes. Racing point-score will be based on best results in a number of races in the series. Club racing awards will be awarded based on the racing point-score. These award categories are listed in the Trophies and Presentation section of the club handbook.

Racers will be encouraged to attend State and National regattas for the class of boat they race. However, parents will need to organize and fund registration, transport for boats and accommodation where necessary.