

*Pacific Corinthian Youth Foundation*  
*Summer Sailing Program*  
*Reference Guide*

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## Overview

The Pacific Corinthian Youth Foundation is a non-profit organization that sponsors and instructs youth sailing in Channel Islands Harbor. The Foundation was started in 1992 by members of the Pacific Corinthian Yacht Club and uses part of the PCYC grounds and guest docks to run the programs.

We want your children to learn to sail and have a great time while they do it. Learning basic sailing skills is supplemented with fun activities, such as sailing to the park, having picnics, going on treasure hunts, sailing on bigger boats, playing sponge tag and making sails.

The goal of the program is to develop good sailing skills, good overall seamanship, racing skills, water safety, and sportsmanship, and to have lots of fun. While having fun, these young sailors will learn a wonderful sport that they can enjoy through adulthood.

The Foundation serves all of Channel Islands Harbor and its surrounding communities. The Foundation's Board of Directors is composed of representatives from Pacific Corinthian Yacht Club, Anacapa Yacht Club, County of Ventura, and the community.

The Foundation uses and maintains a large fleet US Sabots, Lasers, and a Club FJ.

## Summer Program Overview

This year we are offering five sessions. Students may sign up for one or all of these sessions. Each session is independent of the other, so one may sign up for any session as long as he or she qualifies for the level.

The program is open to juniors from eight to eighteen and participants need not be members of any yacht club. Sailing instruction is done in Sabots, Lasers, and FJs.

All juniors will be required to pass a swim test on the first day of the program. The swim test consists of swimming laps in a pool, treading water, and putting on his or her Coast Guard approved life jacket while in the water.

There are four skill levels offered at PCYF. Each of these skill levels will be offered in each of the five sessions.

Level 1	Beginner	For individuals who have no previous sailing experience. This level is taught in U.S. Sabots.
Level 2	Adv Beginner	For individuals who have taken Level 1 or for those who have some sailing experience. It is not uncommon for a student to take Advanced Beginner more than once. This level is taught in U.S. Sabots.
Level 3	Intermediate	For individuals who have acquired the basic skills and are ready to start racing. Level 3 is taught in Sabots and Lasers and supplemented with Club FJs.
Level 4	Advanced	For individuals with good skills who are interested in perfecting their skills and competing in races hosted by PCYF and elsewhere around the nation. Level 4 is taught in Sabots, Lasers and Club FJs.

All skill levels are offered at each session. Your child will be assigned initially to the skill level designated on the Summer Program Application. If, after being observed by the instructors, that level seems inappropriate, the instructors will contact you and reassign your child to the appropriate level. When a child's skill improves such that he or she is ready for the next level, he or she will be moved up.

## **Times**

We recommend that students arrive between 8:45 – 9:00 a.m. Upon arriving, students should store their lunch and gear and begin rigging their boat. Students are required to have their boats rigged and ready to sail by 9:30 a.m. It is very important that juniors have their boats rigged and in the water on time.

At the end of the day, all boats and gear must be put away, and the guest dock clean of gear. To encourage teamwork, no student may leave until all boats and gear is properly put away.

Students will be ready to be picked up by 4:00 p.m. If it's a Thursday night and the student is planning on racing, he or she must still be picked up by 4:00 p.m. The student may return at 5:00 p.m. to rig their boat. No students may be left unattended at the sailing site between 4:00 p.m. and 5:00 p.m. on Thursday nights.

## **Ages**

This is a youth program open to students who are at least eight years of age and no older than eighteen years of age.

## **Required Gear and Equipment**

Please be sure that your child has all of the required gear and equipment on the first day of class. See [Daily Schedule](#) checklist in this manual. Please be advised that each student must have a Coast Guard approved life jacket. We recommend the vest type.

## **Lost and Found**

Please clearly mark all of your child's belongings. Many lunch and gear bags look alike. Please speak to you child about the importance of keeping track of all of their personal belongings. All items left on the docks or on our grounds will be placed in the Lost and Found located in the Junior Trailer. To encourage personal responsibility, retrieval of items from Lost and Found costs \$0.50 per item. Please check to see that your child has all of his or her belongings at the end of the day.

## Daily Schedule

8:45 - 9:00 a.m.	Students arrive and rig boat
9:00 - 9:30 a.m.	Launch boats, continue rigging boats, help fellow sailors
9:30 a.m.	Meet with instructor for roll call, lunch orders, daily information, exercises, and morning chalk talk
10:15 a.m.	On the water
12:00 p.m.	Lunch (come off the water)
12:45 p.m.	Lunch ends
1:00 p.m.	Afternoon chalk talk
1:15 p.m.	Back on the water
3:30 p.m.	Return to docks, derig boats
4:00 p.m.	Students are picked up

## Daily Preparation

For your child's safety and comfort on and off the water, the following items must be brought to sailing class everyday.

### What to wear or bring to class everyday:

- Hat
- Sunglasses (with "Croakies" or other tethering system)
- Sun block (waterproof and 15 SPF or more)
- Foot protection
- Coast Guard Approved lifejacket
- Swim shorts
- Extra pair of clothing (*Clothes will get wet!*)
- Towel
- Sack lunch or money for lunch (*Make sure lunch is in a seagull proof container!*)
- Plenty of water
- Any medications or health equipment (*Note: PCYF instructors will not administer any medications to students unless the medication is 1) presented to the instructor by the parent, 2) is accompanied by written authorization for administration, and 3) is accompanied with written directions for administration. Please refer to "2004 Youth Medical Form".*)
- Anything else that you may feel necessary

## Lunch System

Students are required to provide their own lunch, drink and any snacks they may want. Students may either bring their lunch everyday or they may purchase one from the PCYC kitchen. If you bring your lunch, please make sure that you store your lunch in a “seagull proof” container, like a cooler or zippered bag. If you want to buy your lunch, you may do so from Wednesday to Friday. (The club is closed on Monday and Tuesday, so students must bring their own lunch on those days.) Lunch costs \$5.00 and consists of a sandwich, chips, fruit and a drink. Sandwich selections are peanut butter and jelly, sliced turkey, or ham and cheese. Order forms are available from the instructors or Kathy Henry (Program Director).

## Thursday Night Races

Every Thursday night, from June 24 to August 12, races are held in the main turning basin in Channel Islands Harbor. Racers of all levels, from beginner to advanced, in both Sabots and Lasers, are encouraged to participate. There is no entry fee, and the Foundation will even provide a boat for current and past students. Just let us know that you want to sail.

Cheering sections of interested family and friends are always welcome on the Whale’s Tail guest dock, where the races can be viewed from start to finish. A family barbecue at Anacapa Yacht Club, where ribbons will be handed out to the top three to five boats in Laser, Sabot A, Sabot B, and Sabot C fleets, follows the races. See [“Thursday Night Post-Race Family Barbecue”](#) in this manual.

Racers should arrive at the sailing center at 5 p.m. to rig their boat. Races start at 5:30 p.m. in the main turning basin and the last race is over by 7:30 p.m. The starting order is Lasers, Sabot A, Sabot B and Sabot C fleets. Three-minute starting sequences are used. The instructor running the races announces the time and the course for the race.

## Thursday Night Post-Race Family Barbecue

Immediately following each Thursday Night race, from June 24<sup>th</sup> to August 12<sup>th</sup>, Anacapa Yacht Club will host a family post race barbecue and awards presentation. These family barbecues offer the opportunity to meet with the instructors, other families in the program, and your child's new friends.

All interested parents, friends, and family members are encouraged to attend. Awards from the races and announcements are made at the conclusion of dinner.

Dinners costs \$5 per person and consist of choice of hot dog or hamburger, chips, and drink.

## Annual Awards Dinner

The summer program will conclude with the annual awards dinner on Thursday, August 19<sup>th</sup>. Festivities will include video of highlights of the summer program, awards for all levels, and the presentation of the perpetual trophies. Dinner is prepared by the acclaimed Pacific Corinthian Yacht Club kitchen, and served in the main dining room. Invitations will be sent approximately three weeks before the event.

## Perpetual Awards

**Junior Seamanship Award** is presented to the sailor who has demonstrated knowledge of the seas, wind patterns, rigging, and boat handling.

**Junior Achievement Award** is presented to the sailor who has demonstrated the highest achievement in sportsmanship both on and off the water.

**High Point Award** is presented to the sailor, age 14 to 18, who has demonstrated the highest achievement in racing.

**Junior Achievement Award** is presented to the sailor, age 13 or under, who has demonstrated the highest achievement in racing.

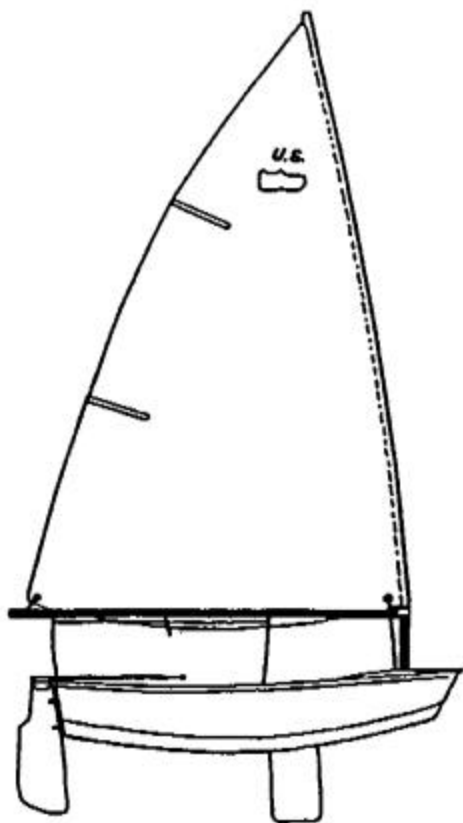
## **Casino Night at the Pacific Corinthian Yacht Club**

Saturday, August 14th, enjoy an evening of fine dining and exciting entertainment with fellow parents and Youth Foundation supporters. Hosted by the Pacific Corinthian Yacht Club, your admission includes a fine dinner and \$500 in “funny money” to try your luck at cards, roulette or even craps. Additional “funny money” can be purchased at a nominal rate. All proceeds go to the Youth Foundation. Casino Night is an event not to be missed! To reserve your seats, contact Kathy Henry or call the foundation at (805) 985-0660

## **Sail-a-Thon Fundraiser**

See how many laps you can complete in three hours! In this fundraising event, we set a course in the Harbor’s main turning basin, and juniors can test their upwind and downwind skills. Participants get pledges per lap and the tax-deductible proceeds go towards a worthy cause – your summer sailing program! Stay tuned for the date!

## Meet the Fleet – Sabots



### Specifications

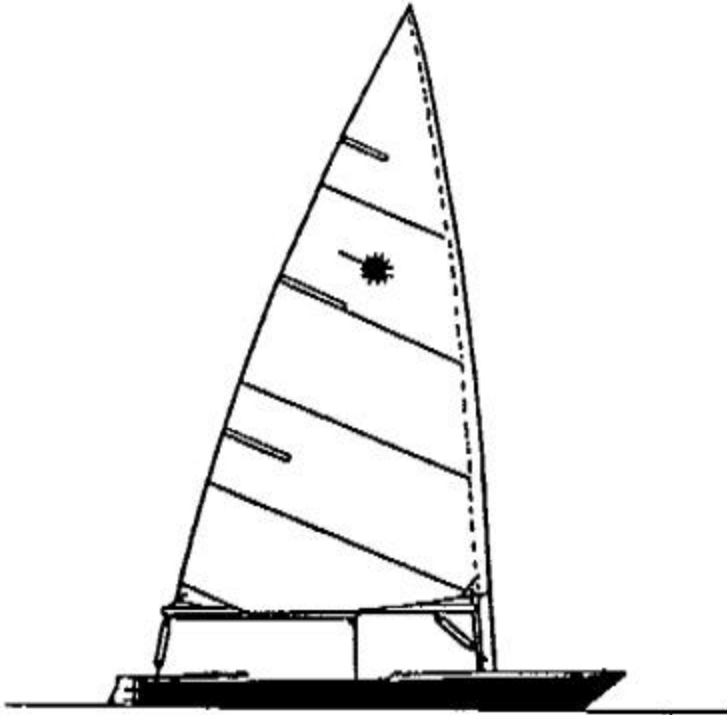
Length Overall	8 ft
Beam	3 ft 9 in
Weight	68 lbs
Sail Area	38 sq ft
Mast Length	13 ft 8 in

*The Youth Foundation maintains a fleet U.S. Sabots.*

### Rigging Checklist

- Hull.....[ ]
- Mast.....[ ]
- Boom.....[ ]
- Sail and battens.....[ ]
- Rudder.....[ ]
- Tiller.....[ ]
- Tiller Extension.....[ ]
- Dagger Board.....[ ]
- Mainsheet.....[ ]
- Outhaul.....[ ]
- Downhaul.....[ ]
- Clew Tie Down.....[ ]
- Bowline.....[ ]

## Meet the Fleet - Lasers



### Specifications

Length Overall	13 ft 11 in
Length Waterline	12 ft 6 in
Beam	4 ft 6 in
Displacement	125 lbs
Sail Area	76 sq ft

*The Laser is an internationally sailed boat and is also the United States junior single-handed training boat. The equipment is similar to that of the Sabot, but the class rules have special specifications for all of the parts on the boat. The reason for this is to keep the boats as equal as possible and thus create a great one-design class.*

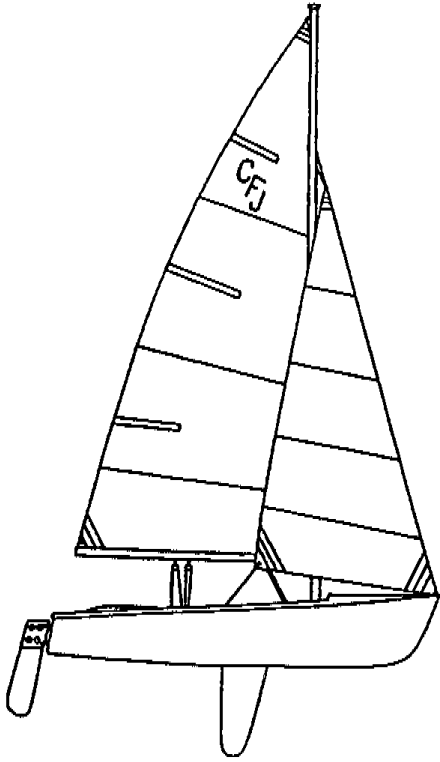
*The Foundation maintains a fleet of Lasers.*

*Sailors in the weight range 75 lbs to 120 lbs should consider the Laser 4.7, the same hull, rudder and center board as a regular Laser, but a much smaller sail. Juniors from 120 lbs to 150 lbs should consider the Laser Radial, same as a regular Laser, but a smaller sail*

### Rigging Checklist

- Hull.....[ ]
- Mast (Upper and lower spars).....[ ]
- Boom.....[ ]
- Sail and battens.....[ ]
- Rudder.....[ ]
- Tiller.....[ ]
- Tiller Extension.....[ ]
- Dagger Board.....[ ]
- Mainsheet.....[ ]
- Outhaul.....[ ]
- Boom vang.....[ ]
- Downhaul.....[ ]
- Clew Tie Down.....[ ]
- Bowline.....[ ]

## Meet the Fleet - Flying Juniors (FJ)



### Specifications

Length Overall	13 ft 6 in
Beam	4 ft 11 in
Displacement	270 lbs
Sail Area	100 se ft
Spinnaker	80 sq ft

*The Flying Junior is a two person training boat that is used in junior programs throughout Southern California. The Flying Junior is also used for collegiate level racing.*

*The Foundation has one Flying Junior in its fleet.*

## Glossary

Bailer	A bailer is a required piece of equipment for a Sabot. It is used to “bail” out water after capsizing. It is easy to make a bailer out of an old bleach bottle. Simply cut out the bottom and make sure the cap is tightly fastened.
Batten	Thin fiberglass or wood slats that are inserted in the leech of the sail for added support.
Block	A pulley encased in its own housing. A block will help add purchase when pulling on a line, which makes it easier to haul in greater loads.
Boom	Horizontal spar that supports the bottom of a sail.
Boom Vang	A line that runs from the boom to the base of the mast. The boom vang helps pull the boom down.
Bowline	Also called a painter. The bowline is used to tie the boat up to the dock. It is recommended that the bowlines be 10 to 12 feet in length and at least ¼” in diameter.
Burgee	An official flag for a particular yacht club.
Cat Boats	Sailboats with only one sail. Sabots and Lasers are cat boats.
Centerboard	A blade projecting through the bottom of the hull in the center of the boat. This blade helps to keep the boat from going sideways in the water. It serves the same purpose as a dagger board or a leeboard. A centerboard is moved fore and aft to raise or lower it. FJs have centerboards. Sabots and Lasers have dagger boards. (See dagger board.)
Class	Similar boats are grouped together to form a class.
Cleat	Fitting in which a line can be secured. Cleats take many forms, such as dock cleats, cam cleats, and jam cleats.
Clew	The outermost lower corner of a sail is the clew. It is where the foot and the leech of the sail meet. The outhaul is attached to the clew.
Clew Tie Down	Both Sabots and Lasers have a small line that goes through the clew of the sail and around the boom. This line holds the sail to the boom.
Dagger Board	The dagger board performs the same function as a centerboard. Dagger boards differ from centerboards, in that dagger boards are moved up and down to raise or lower into the water, rather than fore and aft. Sabots and Lasers have dagger boards; FJs have centerboards.
Dolly	A trailer that is used to move boats for their storage place to the docks.
Downhaul	A line attached to the tack of the sail that pulls the sail down.

Duct tape	A heavy duty tape that works well around water.
Fall Off	Turning the boat away from the direction of the wind. If sitting on the windward side of the boat, one would pull the tiller towards oneself, pulling the tiller to windward, to fall off. When falling off, the sailor should ease the sail.
Fiberglass	Most Sabots, Lasers, and FJs are made of fiberglass. It is a woven material impregnated with a liquid resin that is very stiff when the resin dries.
Fleet	For racing purposes, sailors are grouped in fleets according to experience. "A" Fleet is usually the most advanced group; "B" fleet is more of an intermediate level; "C" fleet is for beginners.
Flying Junior (FJ)	The FJ is a two-person boat used primarily by colleges on the west coast. It is also used in many junior regattas as a training boat.
Foot	The bottom edge of the sail between the tack and the clew.
Gooseneck	A hinged fitting on the mast that connects the boom to the mast.
Grommet	A metal ring in a sail that allows lines to be connected to the sail. Both the clew and the tack have grommets.
Gudgeon	A "U" shaped fitting on the back of a boat used to connect the rudder to the hull. Most sailing dinghies have at least two gudgeons.
Head	The top of the sail. It is the part of the sail where the luff meets the leech.
Head Up	Turning the boat towards the direction of the wind. If sitting on the windward side of the boat, one would push the tiller away from oneself, to leeward, to head up. When heading up, the sailor should pull in the sail.
Hiking Out	The action of hanging over the side of a boat in order to keep it from tipping over while sailing.
Hiking Boots	Boots used to help protect sailor's feet. They also provide extra support while hiking out.
Hiking Strap	A strap attached to the bottom of the boat under which a sailor places his or her feet in order to hold the sailor in the boat when he or she is hiking out.
Hull	The actual body or shell of the boat.
Inspection Port	A hole in the hull of the boat that allows the skipper to reach inside the hull to make repairs.
Jib	On boats with two or more sails, the jib is the more forward of the two sails.

Jibe or Gybe	Turning the boat away from the wind so the stern passes through the wind.
Laser	A one-person dinghy designed for larger sailors.
Laser II	A two-person boat with a jib and a spinnaker.
Leech	The outside edge of the sail is called the leech. The leech connects the head and the clew.
Leeward	The side of the boat away from the wind.
Life Jacket	All juniors must wear a U.S. Coast Guard approved personal flotation device (PFD) while they are on the water. Only the vest type jacket is acceptable. These devices must be worn properly for them to be effective.
Luff / Luffing	1. The forward edge of the sail that connects the tack and the head of the sail. 2. When a boat turns its bow towards the wind the boat is said to be “luffing”. 3. When a sail is shaking back and forth as the boat is heading into the wind, the sail is said to be “luffing”.
Mainsheet	The line that brings the main sail in and lets it out.
Marine Tex	A putty that can be used to fix small cracks and holes in boats.
Mast	The vertical spar that supports the sail.
Mast Tube	A tube in the bottom of the boat in which the mast fits.
One-Design	Classes of boats that have specific requirements for design of the boat, sails and equipment in order to keep the boats equal. Sabots, Lasers, and FJs are one-design boats.
Outhaul	The line that pulls the sail to the end of the boom. The outhaul is connected to the clew of the sail.
Paddle	A device to help move the boat in case of emergency or lack of wind.
Pintles	The pins on the rudder that are inserted into the gudgeons on the stern of a boat to connect the rudder to the hull.
Port	Port refers to the left side of the boat. Port also refers to which tack the boat is on. If a boat is on port tack, then the wind is coming over the left hand side of the boat. Boats on port tack must give way (yield) to boats on starboard tack. The color red also indicates port.
Ratchet block	Most commonly found on Lasers and FJs. Ratchet blocks are used for the mainsheet in Lasers, FJs, and some Sabots. They aid in relieving pull on the mainsheet.
Rudder	Blade on the transom that steers the boat.

Sabot	The Sidney/U.S. Sabot is a one person sailing dinghy. It is used by many youth sailing programs, from Santa Barbara to Kings Harbor. The hull shape is referred to as a pram. Sabots are 8 feet long and are a one-design class. Another type of Sabot, the Naples Sabot, exists. Naples Sabots are very similar to the U.S. Sabots, except that the Naples Sabots have a lee board, rather than a dagger board. Youth programs from Long Beach to San Diego use the Naples Sabot.
Sail	The part of the boat's equipment which is usually made from cloth and which is attached to the mast and is the primary reason for movement.
Sailing Instructions	At each regatta, sailing instructions are made available to all competitors. These instructions tell the sailors the schedule for each day's racing, the starting order, and any special rules for the races.
Shackle	A "U" shaped hook containing a pin which is used to connect objects together.
Sheets	All the ropes or lines on a boat that are used to control sails are referred to as sheets.
Silicon	A liquid or gel rubber substance which when hardened is used to create a waterproof seal.
Skippers Meeting	All regattas begin with a skippers meeting. This is a time where special instructions will be given to the competitors. Competitors will also be able to ask questions to clarify uncertain topics.
Starboard	Starboard refers to the right side of the boat. Starboard also refers to the tack the boat is on. If the wind is coming over the right side of the boat, then it is on starboard tack. Boats on starboard tack have right of way over boats on port tack. The color green also denotes starboard.
Tack	1. Changing of direction when sailing. If a boat's bow passes through the wind, then it is said to be tacking. 2. The direction the boat is sailing (see starboard and port). 3. The lower front corner of the sail where the luff and foot of the sail meet.
Thwart	The seat in the center of a Sabot. Juniors should sit next to the thwart when sailing.
Tiller	The long, horizontal piece of wood or aluminum that is connected to the top of the rudder which changes the boats direction when moved from side to side. The tiller helps you steer the boat.
Tiller Extension	Hinged extension attached to the tiller that allows the skipper to steer the boat while sitting forward and hiking out. This is a must for all boats in the program.

Transom	The very back edge of the boat is called the transom or the stern.
Traveler	A line or track running across the boat that the mainsheet is attached to.
Windward	Towards the wind