

WELCOME TO TEAM IDA! Summer 2009!



The Ida Lewis Yacht Club Junior Sailing Program emphasizes sportsmanship and teamwork.



Our program is fun for both the novice and the returning veteran who may wish to hone advanced skills.



Our goals are to teach the joys of sailing, and for those who wish to race, the thrill of competition.



Our activities will promote the sport in all weather conditions, with boat handling and seamanship skills a part of each class.

2009 Program Schedule	
Session 1:	June 22 - July 17 (4 weeks)
Session 2:	July 20 - August 14 (4 weeks)
Racing Classes:	June 22 - August 14 (8 weeks) includes Race Week
Commodores in Training:	June 30 - August 6 (6 weeks)
Big Boat:	June 30 - August 4 (6 weeks)
Junior Race Week: August 10 - 14	



CLASS OFFERINGS*Summer 2009***OPTIMISTS****Commodores in Training: Ages 5-7**

For our younger yacht club members, this class will emphasize safety on the water and on the docks, while introducing them to the exciting world of sailing fun! Children must be 5 years old as of 1/1/09.

Beginner & Advanced Beginners: Ages 8-11 For the 1st & 2nd year Beginner

- Emphasizes safety, the basics of boat handling and sailing skills
- Curriculum conducive to having fun and making friends
- Instruction builds upon and expands previously learned sailing skills

Intermediate & Advanced Intermediates: For 2nd, 3rd and 4th year sailors

- Emphasizes safety, more advanced level boat handling skills, increased sailing terminology, seamanship skills and racing skills introduced
- Participation in NBYA Optimist Green Fleet events is encouraged for those sailors who want to try racing

Opti Racing Introduction:

- Emphasizes Optimist Dinghy handling and racing skills
- Sailors are encouraged to participate in NBYA Optimist regattas
- Opportunities to travel to events outside Narragansett Bay
- All participants must have their own boat

Opti Advanced Racing: NEW!! NEW!!

- Curriculum designed for participants to achieve their sailing goals and jump to the next level of Advanced Sailing Racing Competition
- Limited to 8 participants to be qualified upon application by ILYC Jr. Chairs and Program Director*
- Designed and instructed by the head coach of the FAST Opti Sailing Team (based in New England)

* Program must have 8 participants

420 - LASER**420/Laser Racing: Ages 13-18** (13 yrs old or entering 8th grade, minimum)

- Emphasizes racing tactics, team racing, sportsmanship, and highest level of boat handling proficiency
- Regatta participation in events both on and beyond Narragansett Bay
- Intermediate sailing skills required

HUNTER 140**Hunter 140: Ages: 11 - 15**

- For the sailor who enjoys sailing, but is not interested in competitive racing this summer
- Emphasize seamanship, cruising and sailing skills using a mainsail and a jib
- Sailors will enjoy making friends, as boat comfortably accommodates 3 sailors

On Registration Form, please indicate junior sailor's sailing experience level.

BIG BOAT SAILING TEAM**Keelboat: Ages 14 - 18** Limited to participants to be qualified upon application,

- Experience the thrill of steering, trimming and handling a bigger keelboat
- Try all positions (bow, mast, pit, trim, steering, navigate)

CLASS SCHEDULE**2009 JUNIOR CLASS SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday
Opti Beginner 9AM – 1PM		Opti Beginner 9AM – 3PM		Opti Beginner 9AM – 3PM
Opti Intermediate 1PM – 5:30PM	Opti Intermediate 9AM – 3PM		Opti Intermediate 9AM – 3PM	
	Opti RACING 9AM – 4PM	Opti RACING 9AM – 4PM	Opti RACING 9AM – 4PM	
Hunter 140 9AM – 4 PM		Hunter 140 9AM – 4 PM		Hunter 140 9AM – 4 PM
	420/LASER 9AM – 4PM		420/LASER 9AM – 4PM	420/LASER 9AM – 4PM
	COMMODORE-Tues 4:30PM-6:30 PM		COMMODORE-Th 4:30PM-6:30 PM	
	BIG BOAT 6PM – 8 PM			

Note: Class days & times may change slightly, to accommodate registration. We will notify student of any changes prior to the beginning of class.

ILYC Members: \$200 non refundable deposit required for each sailor. Payment options on registration. Members deposit will be billed upon receipt of registration, balance will be billed April 1st.

Non members: Non members submit \$300 non refundable deposit for each sailor. Payment in full must be received by April 1st. Non members will need an Ida Lewis Yacht Club sponsor to enroll your child in Ida's junior sailing program. Please include sponsor member's name and email address. Non member fee includes special junior membership dues.

Fees include: Instruction, facility use, program costs, boat storage, awards dinner (student) and coaching at selected Regattas.

Fees do not include: Special coaching, travel, expenses, clinic and regatta fees, private lessons, etc.

No program fee refunds: After May 1st. (Deposits are non refundable)

IMPORTANT INFORMATION*Summer 2009*

Equipment: Junior Sailors must wear a Coast Guard approved life jacket (PFD) when in any vessel or on any floating docks. In addition, they must have a hat, sunglasses, sunscreen, a water bottle and boating shoes (bare feet are not allowed at any time, closed toe shoes are recommended). A t-shirt must be worn while on the docks.

Swim Test: Beginner through Advanced sailors in the program must pass a swim test each year, which is given during the first week of classes. Your child must be able to swim 50 yards without a life jacket, tread water, and put on a life jacket while in the water. This is the **ONLY** time your child will be on the water without a PFD while in the program. No swim test will be given to Commodores-in-Training and they will never be without a life jacket on or near the water.

Instructors: Our instructors have extensive coaching experience. We are confident they are the most qualified on the bay. In addition, they are certified in Red Cross CPR/First Aid and have completed US Sailing Level One Certification or the international equivalent. Instructors will promote sailing in a safe and fun way and have been chosen to teach at Ida Lewis because of their love of the sport, their demonstrated proficiency and their commitment to being positive and caring role models for our Junior Sailors.

Enrollment: Members and non members sign up is open for all classes. Registrations will be prioritized by date of receipt. Members will receive priority on registrations received prior to March 1st. After March 1st, selection will be based on a first come, first serve basis.

Application deadline is April 1st. This deadline is necessary for planning and staffing purposes.

Questions: If you have any questions, please contact: Robbie_B@verizon.net

**Ida Lewis Yacht Club
Junior Committee
P.O. Box 479
Newport, RI 02840**