

## DRYC Junior Summer Sailing Program – 2010

### Requirements for Advanced Racing Program Participation in - Beginner Flying Junior (FJ) Sailboat

#### Format Intent -

This program is designed for the serious junior sailor who plans to extend their sailing knowledge in to the racing spectrum of sailing.

Please note that this is not a 'learn to sail' part of the summer sailing program.

#### Requirements

- 1) Age: 13 years or more, with qualification of passing advanced sabots.
- 2) Past sailing experience with a solid grasp of basics.
- 3) With an eagerness to learn how to race double handed boats.

#### Program will focus on these skills:

- Steering - learn to work the waves, light air, heavy air tricks.
- Crewing - learn how to be indispensable to your skipper.
- Sail and boat trim - know when to and how to shift gears.
- Starts - learn how to pick your best spot on the line and how to be where you want, when you want.
- Rules and sportsmanship - know your rights and how to use the new rules to help you win with honor.
- Tactics - learn how to optimize your upwind beats and downwind runs; how to come out ahead at the crowded mark.
- Spinnaker work - learn the new techniques.

## DRYC Junior Summer Sailing Program – 2010

### Requirements for Advanced Racing Program Participation in - Beginner Laser / Radial Laser Sailboat

#### Format Intent -

This program is designed for learning how to sail a more powerful and faster single person dingy with emphasis on boat handling skills and large course racing.

Please note –

1. This class will ONLY be taught for the first two weeks of the program from June 30<sup>th</sup> through July 14<sup>th</sup>.
2. By participating in this class, you will be expected to participate in the Junior Olympics Festival the weekend of July 15<sup>th</sup> – 18<sup>th</sup> in Santa Barbara, CA.

#### Requirements

- 1) In order to participate in 'Beginner Laser / Radial Laser' Class -
  - a. You must weigh at least 120 pounds
  - b. You must be in at least 9<sup>th</sup> grade
  - c. You must completed one full summer in Advanced Sabots
- 2) Boat limitation -
  - a. Must provide your own boat. We do not have any lasers for charter.
  - b. Your boat must have proper up to date race rigging.

## DRYC Junior Summer Sailing Program – 2010

### Requirements for Advanced Racing Program Participation in - Advanced Flying Junior ('Advanced FJs') Sailboat

#### Format Intent -

This program is designed with a strict focus on preparing for the International JR sailing events of the summer, along with emphasis on large course racing strategy.

Please note –

You MUST attend these events:

- JR OLYMPICS FESTIVAL- July 15<sup>th</sup> – 18<sup>th</sup> in Santa Barbara, CA
- CFJ NATIONALS- July 29<sup>th</sup> – August 1<sup>st</sup> in Long Beach, CA

If you feel that you will not be able to participate in these events OR are unable to attend, your participation is limited to the Beginner FJ's class.

#### Requirements

- 1) You must be in at least 8<sup>th</sup> grade.
- 2) You must have completed one complete season in the A FLEET sabot high point series.
- 3) In order to skipper you must have completed at least one FULL season in the Shadden Series as CREW.