



# Teen Sailing Program Summer 2019

Squantum Yacht Club

## Overview

The Squantum Yacht Club Teen Racing/Sailing program is for Eighth Grade through College teens/young adults. The program will focus on two handed dinghies, e.g. Club 420, and one design race/cruising boats, e.g. J/24. Training will be provided on Tuesday and Sunday Evenings at the Squantum Yacht Club.

The Club 420 is the dinghy utilized in most of the High School sponsored races as well as by the local college racing teams, e.g. Boston College, Brown, Roger Williams, etc. The boat has a main and jib and depending on the level of the regatta also utilizes a spinnaker with crew hiking out.

The instructors are former college competitors with coaching experience. This is a coed program. The program will end in the selection of a crew to represent Squantum YC in the Finlay Cup, the South Shore Teen Club Sailing Championship.

In addition to the C420 and laser racing, teens will be introduced to “big” boat sailing/racing with a special teen race to be scheduled.

## Schedule – subject to change

**Sunday June 16, 5:30 - 7:00PM** on SYC Deck - Parents, teens and young adults with interest in program - Present program, requirements, expectations, etc. - Refreshments

**Sunday June 23, 5:30 - 8:00PM** - sailing/training

**Tuesday June 25, 6:00 - 8:00PM** - sailing/training

**Sunday June 30, 5:30 - 8:00PM** - sailing/training

**Sunday July 7, 5:30 - 8:00PM** - sailing/training

**Tuesday July 9, 6:00 - 8:00PM** - sailing/training

**Sunday July 14, 5:30 - 8:00PM** - sailing/training

**[1] July 18 - 21, 9AM - 4PM QBRW: C420 Class, Laser**

**Tuesday July 23, 6:00 - 8:00PM** - sailing/training

**[2] July 27 & 28, 9AM - 4PM at SYC - Lipton Cup: C420 Class, Laser**

**Tuesday July 23, 6:00 - 8:00PM** - sailing/training

**[3] August 3 & 4, 9AM - 4PM at Cottage Park YC – Make-A-Wish Regatta: C420 Class, Laser, PHRF**

**Tuesday August 6, 6:00 - 8:00PM** - sailing/training

**Sunday August 11, 5:30 - 8:00PM** - sailing/training

**Tuesday August 13, 6:00 - 8:00PM** - sailing/training

Sunday August 18, 5:30 - 8:00PM - sailing/training  
Friday August 23, 6:00 – 7:30PM - Adult/Teen Challenge

[1],[2],[3] Entry fees for QBRW (Quincy Bay Race Week), Lipton Cup, and Make-A-Wish are not included. All members of the sailing program are expected to participate in Lipton Cup and either QBRW and/or Make-A-Wish.

The coaches will select two sailors whose participation in regattas, one of which being the Lipton Cup, and performance over the season best represent SYC to be noted on the 420 plaque in the Juniors' room.

#### Participant program cost

\$50 for children of members. \$150 for non-member.

#### Participant Requirements

Age 13 to 18+, age for Finlay Cup 14 to 18. Must pass swimming test, have parental consent form and permission to treat form signed by parent or guardian. Must provide type III life vest, suitable clothing for the conditions, sailing gloves, water and sun screen. Life vest must be worn at all times. Optional sailing harness.

Participants must notify the program director at least 48 hours in advance of inability to make any of the scheduled training sessions or races. Failure to do so will be cause for removal from the program. To be considered for participation in the Finlay Cup, the sailor must participate in at least 50% of the training sessions and one regatta.