

June 9, 2015

Dear Parents and Sailors,

Welcome to the Bahia Corinthian Yacht Club Junior Sailing Program, aka Camp Corinthian! Our goal every summer is to instill a lifelong appreciation for sailing and yachting by creating an environment that promotes sportsmanship, safety, and the joys of sailing.

Our parent manual provides valuable information on boat safety, summer fun, and the events of each day. Please take the time to read it with your child. It is important that rules and expectations are understood by everyone participating in our program. An agreement must be signed by each parent and sailor prior to the first day of Camp Corinthian. The sailors will be better prepared for this summer's activities if they are aware of the information in this manual.

If you have any questions or thoughts after reading this information, please contact me at the phone number or email address below. If your call goes to voicemail during program hours, it means I am assisting another sailor or on the water. Please leave a message and I will get back to you as soon as possible. Thank you!

I look forward to sharing a fantastic summer with both new and returning sailors!

Sincerely,

Cameron MacLaren
Sailing Director

Sailing Office: (949) 640-2402
Front Office: (949) 644-9530
E-mail: cameronm@bcyc.org



BAHIA CORINTHIAN YACHT CLUB

JUNIORS CODE OF ETHICS

- Treat other persons and their property as you wish them to treat you and your property.
- Respect club property and the personal property of other sailors.
- Regard the Racing Rules of Sailing as binding agreements, the spirit of which should not be evaded or broken.
- Be gracious in victory and defeat.
- Be cooperative and respectful of instructors, club members, adults and peers.
- Remember that your actions on and off the water reflect upon you, your family, your instructor and your sailing organization, especially as a guest of another yacht club.
- Sailing is a self-regulated sport. Know the rules and follow them. Never jeopardize your integrity by abusing the privilege of sailing.

“You haven’t won the race, if in winning the race, you have lost the respect of your competitors.”

- Paul Elvstrom (4-time Olympic Sailing Gold Medalist)





2015 CAMP CORINTHIAN

IMPORTANT DATES

- 6/19 **SUMMER KICKOFF BBQ @ 6 PM**
- 6/27 **BURGER BASH @ 5 PM**
- 7/1 **CFJ CLASS ASSOCIATION MEMBERSHIP DEADLINE**
- 7/8 **PHOTO DAY 10:00 AM – Please have your sailor wear their Summer T-shirt.**
- 7/10 **BURGER BASH @ 5PM**
- 7/10 **INSA MEMBERSHIP DEADLINE**
- 7/17 **BURGER BASH @ 5 PM**
- 7/24 **SAIL-A-THON AND PIRATE DAY**
- 7/24 **BURGER BASH @ 5 PM**
- 7/25 **SUMMER AWARDS BANQUET/JUNIOR FUNDRAISER**
- 7/31 **END OF PROGRAM FIELD TRIP @ Big Air Trampoline Park**
- 7/30 – 8/2 **CFJ NATIONALS @ SBYC**
- 8/4 – 8/6 **SABOT NATIONALS @ ABYC**





DAILY CLASS TIMES

MONDAY THROUGH FRIDAY

STARFISH	Arrive at 8:30 AM	Pickup at 3:30 PM
NOVICE	Arrive at 9:00 AM	Pickup at 4:00 PM
NOVICE AM	Arrive at 9:00 AM	AM Pickup at 12:00 PM
NOVICE PM	Arrive at 1:00 PM	PM Pickup at 4:00 PM
SABOT C3	Arrive at 9:30 AM	Pickup at 4:30 PM
SABOT C2	Arrive at 9:30 AM	Pickup at 5:00 PM
SABOT C1	Arrive at 10:00 AM	Pickup at 5:00 PM
SABOT A/B	Arrive at 10:00 AM	Pickup at 5:00 PM
CFJ	Arrive at 12:00 PM	Pickup at 5:00 PM
JUNIOR MAIRNERS	Arrive at 12:00 PM	Pickup at 5:00 PM

LUNCH IS AT 12 PM EVERY DAY FOR ALL CLASSES

THINGS TO BRING EVERY DAY!

Sunscreen	Shoes/Sandals	Swimsuit
Lifejacket	Towel	Backpack
Sweatshirt	Hat	Sunglasses
Reusable Water Bottle	Watch/Gloves (Racing)	Safety Whistle



CAMP CORINTHIAN LUNCH MENU

Daily Menu:

Fresh Whole Fruit, Sliced Melon, PB&J Sandwiches, and Turkey Sandwiches

Drinks: Water, Lemonade, and Juice

Some menu items are subject to change.

Week 1

Mon. Pizza Bakery
Tues. Beef and Chicken Tacos, Rice
Wed. Chicken Fingers, Potato Chips
Thurs. Burgers and Fries
Fri. Mac and Cheese, Salad with Ranch

Week 2

Mon. Pizza Bakery
Tues. Chicken Quesadillas, Beans
Wed. Grilled Ham & Cheese, Chips
Thurs. Hot Dog and Fries
Fri. Spaghetti Marinara, Salad w/ Ranch

Week 3

Mon. Pizza Bakery
Tues. Beef and Chicken Tacos, Rice
Wed. Chicken Fingers, Potato Chips
Thurs. Burgers and Fries
Fri. Mac and Cheese, Salad with Ranch

Week 4

Mon. Pizza Bakery
Tues. Chicken Quesadillas, Beans
Wed. Grilled Ham & Cheese, Chips
Thurs. Hot Dog/Fries
Fri. Spaghetti/Salad



Week 5

Mon. Pizza Bakery
Tues. Beef and Chicken Tacos, Rice
Wed. Chicken Fingers, Chips
Thurs. Burgers and Fries
Fri. Mac and Cheese, Salad



Week 6

Mon. Pizza Bakery
Tues. Chicken Quesadillas, Beans
Wed. Grilled Ham & Cheese, Chips
Thurs. Hot Dog and Fries
Fri. Spaghetti Marinara, Salad





2015 BURGER BASH

Fridays, June 26, July 10, July 17, July 24
5:00 to 9:00 PM

Adults: \$12 ++

Kids under 10: \$8 ++



INCLUDES YOUR CHOICE OF:

- CERTIFIED ANGUS BEEF HAMBURGER OR CHEESEBURGER
- GRILLED CHICKEN BREAST
- ALL BEEF CHICAGO HOT DOG
- BBQ RIBS
- ASSORTED SALADS, FRESH CUT FRUIT, CORN ON THE COB, HOMESTYLE BBQ BEANS AND FRENCH FRIES

10 oz Prime NY Steak or Seasonal Fresh Fish: \$19.95++

***** Buffet Only (No sandwich): \$8.95 ++ *****

DESSERT

Junior Board Bake Sale

Support our Juniors by donating a dessert to the Bake Sale during Friday Night Burger Bash. All proceeds from the Bake Sale go toward Camp Corinthian!





GENERAL INFORMATION

SAFETY AND GEAR

Safety is the first priority of Camp Corinthian. Juniors who do not follow the basic rules will be subject to disciplinary action, which may include being sent home. All boats must have the required equipment. Adequate footwear should be worn at all times. For CFJ Racing class, additional gear items are required such as closed-toe water shoes/booties, waterproof spray tops, and waterproof spray pants. Junior Mariners class participants are also required to wear closed-toe, non-marking water shoes or booties. For sabots we recommend a pair of aqua socks as they are lightweight and can be easily worn in the boat, however bare feet in sabots is also appropriate. Footwear is essential any time on land. The docks are wooden and splinters are plentiful. It is also strongly recommended that sailors wear a hat or visor, sunglasses, bring a reusable water bottle, and of course apply sunscreen every day. Think Safety First.

SUNSCREEN

Sunscreen is a necessity. Please apply waterproof sunscreen to your sailor or Starfish before arriving to BCYC each day and pack (and label) some for re-application during the day.



POOL / BEACH / BATH TOWELS

Towels will not be provided by BCYC. Please bring a towel each day to use after sailing, swim time, visits to the beach or in the showers after a full day on the water.

LIFE JACKETS (PFD'S)

Each child is required to properly wear a US Coast Guard approved Personal Flotation Device (PFD) at all times while on the docks and water. The jacket must be in good condition and fit properly – too big is just as bad as too small. The orange "Mae West" type is not appropriate for all day wear. A boat cushion is not acceptable. Mark the jacket with the sailor's name and sail number and bring this every day.

CLUB VESSELS & EXCURSIONS

Club vessels used for Camp Corinthian are all equipped with VHF radios and in full compliance to all federal, state, and local regulations. Ocean practices and excursions are limited to the CFJ Racing Program and special events only. Such special events require

permission slips and written float plans detailing those excursions. Conditions forecasts may determine the status of departure. Use of private vessels for Camp Corinthian excursions shall be verified by the Sailing Director and noted in float plan. All excursions are left at the discretion of the Sailing Director.

ATTENDANCE

Prompt arrival and consistent attendance are important to the success of a good sailing program. Juniors arriving late will delay the entire class and disrupt the carefully scheduled rigging times. During scheduled class time the sailor is the responsibility of the instructor and must remain with the class. At the end of class time, the sailor is dismissed and becomes the responsibility of their parents. Please remember that on race days the derigging times will vary according to wind conditions, race venue, and event schedules. **Classes will meet regardless of weather and attendance will be taken. If a sailor is absent, ill, or will be arriving late, PLEASE notify the Junior Office.**

DISCIPLINE

It is the intent of Camp Corinthian that all those involved will have a safe and enjoyable summer. Our primary purpose is to provide quality instruction in a safe environment. To do so we must maintain discipline and have compliance with the rules. Failure to comply with the rules will result in the sailor being disciplined. Gross infractions may require suspension or expulsion from the program. Suspensions and expulsions are at the discretion of the Sailing Director and, if necessary, the Junior Sailing Committee. Disciplinary action requiring suspension will include a meeting with the parent(s), the Sailing Director and the class instructor to determine expectations upon return to the Program. Sailors participating in Camp Corinthian that continue to have disciplinary problems – three strikes – will be subject to expulsion. Such infractions will be submitted to the Junior Sailing Committee at the discretion of the Sailing Director.

PARENT/SAILOR AGREEMENT

Every effort is made to acknowledge good behavior and sportsmanship with our Junior Sailors. The sailors will have the opportunity to earn rewards for displays of good behavior, sportsmanship and going above and beyond. Encourage your sailors to display the true Corinthian spirit both at BCYC and away. To ensure that all our juniors are familiar with the rules and what is expected, we ask that this manual be thoroughly reviewed with your sailor. All sailors and parents enrolled in Camp Corinthian are required to sign an agreement stating that they have reviewed and understand the rules and discipline policies. This must be on file at BCYC before the sailor will be eligible to participate.

SWIM TEST

Camp Corinthian includes daily swimming activities in the Summer Program. All sailors, regardless of age or number of years in the program, will be required to pass a swim test on the first day of class. The swim test will be given in the bay, and sailors must be able to swim a minimum of 25 yards and tread water for 5 minutes to be considered passing (Starfish excluded). Lifejackets will also be tested for fit and buoyancy.

LIABILITY RELEASE & MEDICAL FORMS

A completed and signed copy of the BCYC liability and medical release forms must be on file at BCYC before the sailor will be eligible to participate.

SABOT SPACES & LOCKER ASSIGNMENTS

Sabot storage and locker fees are billed from the accounting office, not the Juniors. To rent a sabot space or locker, please visit our Marina Manager, Susie Broderick, at the front desk to make arrangements. Any boat or equipment stored on BCYC property without prior rental arrangements will be subject to storage fines.

LOST AND FOUND – “DOLLAR BOX”

All sailing equipment and personal belongings must be put away or taken home after each day of the summer program. If sails, masts, gear bags, life jackets, etc. are left out on club grounds after class is over, items will be held in the Lost and Found “Dollar Box” kept in the Junior Room. The fee to retrieve any item from the Dollar Box is \$1!

Please put your things away properly. We cannot keep track of personal equipment, so please be responsible for your own gear. Remember, label everything!



DROP-OFF AND PICK-UP

Members and Non-Members of Bahia Corinthian Yacht Club (BCYC) are encouraged to park in the club parking lot and walk their children to the junior area where their instructor will meet them. For Starfish and Novice classes, parents are required to sign the Sign-in/Sign-out sheet each day at drop-off and pickup times. After the child is signed in and class begins, we ask that parents let the instructors take over.

LATE PICK-UP FEE

Pick up times are when the program is over for the day, and will vary by class. Parents will be given a 10 minute grace period each day to get to Regular tardiness will result in a late fee of \$1 per minute.



DROP OFF POLICY

Only members may stay at the Club after they drop off their sailors or Starfish. Some children have a hard time when a mom or dad is right there watching and often would

rather be with their own parent instead of the coaches. For this reason we request that parents vacate the junior activities area while the program is in session. Your cooperation is greatly appreciated.

SIGN IN AND SIGN OUT

All Novice Sailors and Starfish must be signed in and out every day of the program. Sign-in books will be located at the picnic tables in the junior sailing area. Parents will be responsible for their children before they sign in and after they sign out.



JUNIOR MEMBERS

Junior Members are eligible for Member pricing on all programs and activities. Junior Members here at BCYC have limited access to the yacht club facilities. Junior sailors who are wet, shirtless, or without shoes or sandals must first clean up before entering the main clubhouse. Club-owned sailboats are available for use by Junior Members at any time with prior approval from the Sailing Director. Parents of Junior Members do not have member privileges and may not use the club facility except during Junior events.



CAMP CORINTHIAN RULES

GENERAL

1. Sailing at BCYC is a privilege.
2. Arrive on time for class with equipment ready to go.
3. Rig and launch during your assigned times.
4. **Junior Sailors are not permitted in the main clubhouse, kitchen, boatyard, parking lot, or Junior Office without permission or adult supervision. This includes Junior Flag Members until program is complete for the day and accompanied by an adult.**
5. Please be aware of the House Rules which are part of the Bylaws of BCYC and may be found in the back of the Membership Handbook.
6. Pick up your trash. As you are now a part of this club, pride should be taken in its appearance.
7. Registered sailors only in classes. No guests are permitted during program hours, except during “Bring a Friend to Sailing Day.”
8. Parents of Junior Members do not have member privileges and may not use the club facility except during Junior Regattas and events such as Friday Night Burger Bashes.

9. **Offensive language or actions are not appropriate at any time. Disruptive students will be subject to disciplinary action and may be sent home.**
10. No running on club property and no rough housing on the Pool Deck, Junior Room, courtyard, boatyard, sabot storage, bathrooms, or rigging area.
11. **Food is not permitted in the Junior Room at any time.**
12. No popcorn or drinks from the bar until after program hours.
13. Any sailor caught misbehaving in the bathrooms will be sent home for the day. Vandalism will not be tolerated.
14. All Sailors (excluding Starfish) must take a swim test. Students with a scheduled swim time must swim each day. A note from the parent is necessary if the student cannot participate in swimming.
15. No riding bikes, roller blades, scooters or skateboards are permitted on club premises. Bikes must be kept in the bike racks only.
16. **When at this yacht club and every other yacht club, conduct yourself in a Corinthian manner.**

DOCK/RIGGING AREA

1. Boats are to be docked in assigned docking areas only. Do not use private slips for docking, even if they are empty.
2. Do not tie up to private boats or allow your boat to bump private boats. Do not untie any line other than your own. You are responsible for damage done to any other boats.
3. Do not board private boats at any time, even if you know the owner.
4. Dollies are to be returned to the rigging area as soon as you launch your boat. They **must not** be left on the dock. Do not stand or ride on dollies.
5. Sailors are not permitted near the boat hoist. Hoists may only be used by an instructor.
6. Turn off the water after using and coil the hose. NO WATER-PLAY WITH THE HOSES.

PERSONAL PROPERTY

1. Sailors and their parents are ultimately responsible for having the correct sailing equipment. Any sailor who is missing necessary equipment on their sabot can expect to sit out for the day. Check with coaches on a regular basis to make sure your sailor has the correct equipment to sail.
2. No Video Game Devices, Cell Phones, or Music Players will be allowed during class time. If used during class time, they will be confiscated and must be picked up by a parent. Please leave these valuable items at home. BCYC will not be responsible for the loss of any of these items.
3. **Mark everything** you own with a permanent marker with your name and sail number.
4. Keep track of your equipment and make sure it is properly put away at the end of the day. Each sailor is responsible for washing and putting away his/her own boat each day.

Parents, please allow your sailor to do this without assistance. The instructors are available for supervision and assistance.

5. No sailor shall have in their possession an open flame, firearm, or weapon of any kind. Safety knives are permitted for double-handed sailors only and must only be used in a safe and proper fashion. Sailors caught with any forbidden items will be sent home and further disciplinary action will be taken.
6. Students and their parents are responsible for any damage done to BCYC property or property of another student. Please respect the property of others.
7. BCYC is not responsible for loss or damage to personal property of students.
8. **“Lost & Found” will be located near the Junior Room. Lost or unclaimed items after the end of each day will be held in the Dollar Box. A \$1 fee will be required to retrieve these items.**

ARRIVAL & DEPARTURE

1. **DROP-OFF AND PICK-UP:** After the sailor is dropped off and class begins, parents must vacate the Junior Area. Parents must pick up and sign out within 15 minutes of the scheduled end of class. Any pick up more than 15 minutes late without prior approval will be subject to a babysitting fee of \$1 per minute.
2. **SIGN IN AND SIGN OUT:** We have a sign in/out policy for the Starfish and Novice Classes. All Novice and Starfish sailors must be signed in and out each day of the program. Sign-in sheet will be located near the Sailing Office. Parents are responsible for their children before they sign in and after they sign out.
3. **LEAVING EARLY:** If a sailor needs to leave class before the scheduled ending time for any reason, a written and signed note from a parent must be given to the instructor at the beginning of the day. Sailors must never leave class while on the water.

SAILOR SAFETY

1. **LIFE JACKET:** Every summer participant must bring a life jacket to class every day regardless of class. Life jackets must be worn any time on the dock, in a boat and on the water. **NO EXCEPTIONS!**
2. **SHOES:** Shoes or sandals must be worn at all times, especially on the docks.
3. **SUNSCREEN:** Sunscreen is a necessity. Please apply waterproof sunscreen to your sailor before arriving to BCYC each day and pack (and label) additional sunscreen for re-application during the day.

DICIPLINARY PROCEEDINGS

BCYC BYLAWS: ARTICLE IX, SECTION A, 9.5

“The administration of discipline in the form of suspension or expulsion shall be subject to review by the Disciplinary Review Committee appointed by the Executive Committee upon written request of the parent or legal guardian of said minor or junior. Upon receipt of such written request, a time and place shall be set by the vice commodore for a meeting of the disciplined minor or junior, their legal guardian, the Sailing Director, and the Disciplinary Review Committee appointed by the Executive Committee. Each party present shall have an opportunity to be heard. A decision by a two thirds (2/3) vote of the Disciplinary Review Committee appointed by the Executive Committee to affirm or modify the decision of the Junior Sailing Director shall be final.”



CAMP CORINTHIAN EVENTS AND REGATTAS

SUMMER AWARDS BANQUET/JUNIOR FUNDRAISER

Make your reservations early – this is a sell-out! All sailors and Starfish will receive an award for their participation in the program. In addition, all sailors are eligible for class trophies, including Most Outstanding, Best Sportsmanship, and Most Improved. We will also announce the perpetual trophy winners as well as introduce this summer’s Sabot Nationals team. Join us for an evening of good food and see the sailors and their coaches dressed to impress. Don’t forget your camera!

END OF PROGRAM FIELD TRIP

Last day of 2015 Camp Corinthian! For this Program Finale, we will be taking all Junior Sailors, with the exception of the Starfish, on a field trip “off-campus.” This year we will be visiting *Big Air Trampoline Park* in Laguna Hills. We will need lots of parent participation for this trip. Look for more information and permission slips as we get closer to this event.

BALBOA BAY FLEET SUMMER RACING

These races are run on Tuesdays and Thursdays during the summer and are hosted by BCYC, BYC, NHYC and LIYC (see Racing Calendar) The Laser, Sabot A, B, C1, and C2 are typically on a separate race course in a different part of the bay as the Sabot C3 race course that will be held off of the LIYC tower. Most races will have a 1:30 warning. Each week is defined as a series, most are 2 days but some are only one day regattas. Trophies are provided each week by the host yacht club, and are usually delivered the Friday or Tuesday following the race.

RACE WEEK

This takes place during Week 5 of the summer program. The regatta is for eligible members of the Balboa Bay Fleet. This regatta is for Sabot A, B, C1, C2, C3 Lasers, and CFJ's. Sailors will compete in their respective classes.

BALBOA BAY CHAMPIONSHIPS

This regatta takes place during Week 6 of the summer program and is for eligible members of the Balboa Bay Fleet sailors in CFJs and Sabot A, B, or C1. The racers of all classes are divided into flights of color and then each color races the others over two days. Trophies are for the top 10 finishers and the winner also receives a perpetual. All sailors are required to carry weights for this event.

"C" CHAMPIONSHIPS

This regatta is for eligible members of the Balboa Bay Sabot who have reached the level of C2 or C3 only. The racers of all classes are divided into flights of color and then each color races the others over two days. Trophies are for the top 10 finishers and the winner receives a perpetual.

SABOT II NORTH REGATTA/CHAMPIONSHIP

Sailors 11 years old and under will participate in the Sabot II North Championships. The top 10 sailors will go on to compete in the Sabot II Championships.

DUTCH SHOE REGATTA

The Dutch Shoe regatta is fun for the whole family! The sailors sail a fun, safe, long distance course starting at San Diego Yacht Club and finishing at Coronado Yacht Club. Sailors will get to sail by the big navy ships with their coaches and friends sailing right there beside them. Parents are welcome to bring their boats and cruise along side their sailors.

DICK SWEET SERIES

Sabot Team Racing Series. This regatta takes place over three Mondays during the summer program. The purpose of this series is to promote team racing among other clubs in a fun, friendly and Corinthian manner.

NORTH SERIES

Off-season travel series for Sabots. This regatta takes place over 4 weekends throughout the winter. The purpose is to encourage travel and high caliber competition for junior racing in Southern California at the major bays for Naples Sabots.

SHADDEN SERIES

Off-season travel series for CFJs. This regatta takes place over 4 weekends throughout the winter. The purpose is to encourage travel and high caliber competition for junior racing in Southern California at the major bays for Club Flying Junior Double-handed dinghy.

CFJ NATIONALS

2015 CFJ Nationals will be held at Santa Barbara Yacht Club. As a culmination of the CFJ Racing Class, all CFJ sailors are encouraged to attend this event. This regatta requires a great deal of logistical coordination, including transportation, towing trailers/boats, hotel accommodations, boat measurement, etc. Parent volunteers are needed!

SABOT NATIONALS

2015 Junior Sabot Nationals will be held at Alamitos Bay Yacht Club. The event is held each August on a rotating schedule between San Diego, Newport Beach, or Long Beach. This is the biggest sabot racing event of the season! 120 sailors race over 3 days, including a Flight Selection day and two Championship days. We encourage all of our Sabot Racing classes to compete in this high level event as a culmination of the summer. Parent volunteers are needed!



BOATS AND CLASS ASSOCIATIONS

UNITED STATES SAILING ASSOCIATION (USSA)

All racing sabots (C3, C2, C1, B, A) must be a member of United States Sailing Association (USSA) which is the national organization for the sport of sailing. It establishes and publishes Racing Rules, conducts and sanctions regattas for various national championships. It is composed of various districts within the U.S. USSA P.O.Box 1260, 15 Maritime Drive, Portsmouth, RI 02871, (401) 683-0800. www.ussailing.org

INTERNATIONAL NAPLES SABOT ASSOCIATION (INSA)

All participants of the BCYC Summer Sailing Program who are sailing sabots must belong to the International Naples Sabot Association (INSA). INSA is the one-design class association for the Naples Sabot. It is responsible for the administration of class and sanctions the National Championship Regatta. INSA membership is \$15.00 annually per skipper and includes a subscription to the INSA newsletter and yearbook. Support your class association. Completed applications should be forwarded directly to the INSA at PO Box 6808, San Diego, CA 92166. Membership forms can be picked up at the Jr. Office or log on to www.naples-sabot.org.

The Naples Sabot is the primary training boat for young sailors in Southern California. Each Sabot sailor must provide their own Naples Sabot. All boats must be in good working order BEFORE the start of Camp Corinthian. Class time cannot be used to repair faulty equipment. Sailors and their parents are responsible for the upkeep of their boats. All equipment must be marked with the sail number of the boat.

The Naples Sabot

Overall Length	7ft 10in
Beam (width)	4ft 0in
Weight	95 pounds
Sail Area	38 square feet
Mast Length	13ft 3in

Sabot Equipment Checklist:

- Hull (INSA sticker)
- Mast
- Boom
- Sail & Sail bag
- Rudder/Tiller/Tiller Extension
- Leeboard/Leeboard Handle
- Mainsheet
- Sail Controls (Outhaul/Downhaul/Boom Vang)
- Painter (Bow Line) 10 ft. minimum
- Hiking Strap
- Bailer (tied in)
- Life Jacket (vest type, no self-inflating)
- Paddle (tied in)
- Weights (Sabot A and B classes only)

CFJ (CLUB FLYING JUNIOR) CLASS ASSOCIATION

CFJ Class Association is the one-design association for the Club Flying Junior. It is responsible for the administration of class and sanctions the National Championship Regatta. Membership is required to participate in events. Fees are \$15.00 annually and should be forwarded directly to the class secretary Mette Segerbolom at 925 Magellan St. Costa Mesa, CA 92626. Phone: 714-557-5745 Fax: 714-557-0578 Email:

Mettes@occsailing.com For more information, check out the CFJCA website at www.cfjclass.org

The Flying Junior has proven to be the ideal double-handed training boat for youth sailors coming out of the Sabot, and is used widely across the country for high school and collegiate sailing teams. The Club Flying Junior is widely used in yacht club programs, and introduces a third sail: the spinnaker. All CFJs used during Camp Corinthian will be provided, with the charter fee included in tuition.

CFJ Equipment

Overall length	13ft 6in
Beam	5ft 3in
Sail Area	175 square feet

BALBOA BAY FLEET (BBF)

All yacht clubs with Junior Programs in Newport Beach participate in the weekly Balboa Bay Fleet regattas. Racing schedule can be found on the BBF website, and all sailors must register individually online in order to be scored in the event. Dues for the summer are \$10 and are included in Camp Corinthian tuition. BBF regattas include the Cobweb Buster during the first week, Invitational #1 and #2, Race Week, and finally Bay Championships during the last week. It also makes suggestions for the interclub races during the summer.

Advancing from one Sabot racing class to the next (C3 to C2, C2 to C1, etc.) is based on merit rather than age. Sailors must win qualifying events in order to be eligible to advance to the next class. Per the INSA rules, the criteria for a qualifying event are listed below:

- 2 day event
- 3 or more yacht clubs represented
- Minimum 10 boats in the fleet
- 1:10 Move-up ratio (10 boats = 1 move-up, 20 boats = 2 move-ups, etc.)

Useful Telephone Numbers

Supplies

Sailing Pro Shop (949) 646-8749
West Marine (949) 645-1711

Sails

Ullman Sails (714) 432-1860
North Sails (619) 224-2424
Quantum Sails (619) 226-2422

The complete 2015 INSA Racing Schedule can be found at:

<http://www.naples-sabot.org/calendar/index.htm>



PARENT PARTICIPATION



Parents play a crucial role in any youth activity and sailing is no exception. Active participation and communication is expected of every parent. All parents are required to sign up for at least one committee. In order to continue our tradition of excellence here at BCYC, we need your help!

JUNIOR SAILING COMMITTEE

The Junior Sailing Committee is a panel of parents working directly with the Sailing Director, club membership, and club management. The committee supports the Junior Sailing Department, advises where necessary, and serves to ensure the program is performing and meeting the needs of our junior sailors in the best ways possible. The Committee Chairman is George Hampton, and the committee is currently made up of six dads with kids enrolled in our programs. The Chairman selects the committee members, so if you are interested in getting more involved with this committee please contact George Hampton.

BAKE SALE

Each Friday during the Burger Bash, the Junior Board sells goodies to raise money for the various needs of the Junior Sailing Department. We are requesting donations in the form of cookies, brownies, lemon bars, or your own specialty dessert of choice for us to sell at these weekly events. A dozen or more homemade items would be greatly appreciated. Items for the Bake Sale can be brought to the club any time on Fridays, but please deliver by 4:00 pm.

SUMMER AWARDS BANQUET / FUNDRAISING COMMITTEE

This is the biggest club event of the summer, and we will need a committee of parent volunteers to make this a successful night. Tasks include room setup, decorations, cleaning, polishing, and ordering and engraving class awards and perpetual trophies that will be presented for the year. This event is also a fundraiser for the Junior Sailing Department, which will need to be organized and planned ahead of



time.

RACE COMMITTEE

BCYC hosts several junior regattas throughout the summer. We will need volunteer parents to serve on the Race Committee to run and score the races.



TRAVEL TEAM COMMITTEE

This committee helps organize our team's participation in the out-of-town regattas. Travel events require a great deal of coordination, including regatta entries and accommodations, travel logistics, trailer loading and towing, providing on-the-water snacks and drinks for the kids, sending out reminders to the group, etc.

Trailer information:

- 3-boat CFJ/420 Trailer – 2" ball
- 4-boat Sabot/2-boat Laser Trailer – 1 & 7/8" ball
- 6-boat Sabot Trailer – 2" ball
- Whaler Trailers – 2 " ball
- Small Whaler Trailer – 1 & 7/8" ball

END OF PROGRAM FIELD TRIP

The last day of Camp Corinthian is spent off-site for all of our Sabot and CFJ sailors. Our Starfish stay at BCYC and participate in special events planned specifically for them. This year's field trip will be to the BIG AIR TRAMPOLINE PARK in Laguna Hills. We are looking for parent chaperones to handle transportation, food, and any other logistical needs. More information will be made available as we get into the summer program.



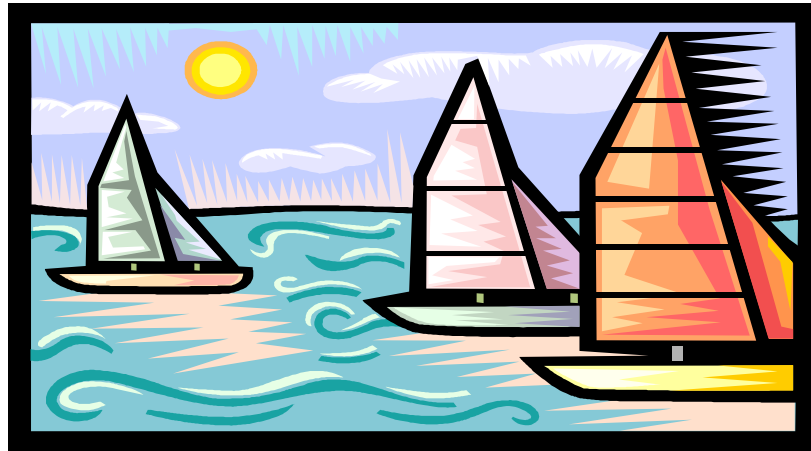
PARENT OF THE DAY

The purpose of the Parent of the Day Program is designed to provide parental assistance and supervision at the club during the daily lunchtime activities so instructors can take their break. The primary responsibilities include general supervision of the sailors as they are coming in from sailing, preparing for lunch, assist with serving lunch, lunch clean-up and getting sailors ready to go back out for afternoon sailing. One parent for each sailor enrolled is requested to volunteer for one shift during Camp Corinthian. Shifts will run from 11:30am to 1:30pm. Please arrive at the club on time in order to familiarize yourself with the junior areas, check in to see what needs to be done and assist with lunch set-up. This is a great way to see how your sailor spends their day!
Please see the Parent of the Day handout for more information.

SAIL-A-THON / PIRATE DAY



The BCYC Sail-A-Thon is a fun way for our sailors to participate in raising funds for the Junior Sailing Department. Sailors dressed as pirates are responsible for securing sponsors who pledge a certain dollar amount for each lap they sail around the course. The Sail-A-Thon course will be set up in the channel out in front of the yacht club, so spectating for parents is great. This is a fun day with games and other on-the-water activities, including a “Swim-a-Thon” for the Starfish. There is also a competition to see who can do the most laps, with a perpetual trophy presented to the winner at the Summer Awards Banquet.





BAHIA CORINTHIAN YACHT CLUB
2015 PARENT/SAILOR AGREEMENT

This agreement is required for participation by a child (“Junior Sailor”) in any activities of Camp Corinthian (“Junior Program”) of the Bahia Corinthian Yacht Club (“Club”). The intent is to acknowledge that the undersigned participating Junior Sailor and parent/guardian of the Junior Sailor have read and understand the rules and regulations, safety information and Code of Ethics (collectively the “Rules”) attached as a part of this document. The undersigned participating Junior Sailor agrees that by signing this document, he/she agrees to abide by the Rules as outlined, along with any rules pertaining to behavior while at the Club or while representing the Club as a participant of a Junior Program at an event or regatta, regardless of location of the event or regatta. The parent signing this acknowledgment agrees that they will support the Club’s Sailing Director and the coaches in encouraging the Club’s Junior Sailors to abide by the Rules, demonstrate good sportsmanship, and promote Corinthian Spirit both on and off the water. Sailing at the Bahia Corinthian Yacht Club is a privilege.

Junior Sailors who do not abide by the Rules will be subject to disciplinary action, which in extreme or repetitive offenses may result in the Junior Sailor’s suspension or expulsion from the Summer Program for this or subsequent years. Suspension or expulsion from the program does not entitle the Junior Sailor to a refund of any fees paid to the Club.

It is further understood that any Junior Sailor suspended for more than one day, may only return to the Club after his/her parents have met with the Sailing Director and the Junior Sailor’s coach to discuss the conditions and expectations upon the Junior Sailor’s return.

Junior Sailor

Parent/Guardian

Name

Name

Signature

Signature

Date

Date

THIS FORM MUST BE ON FILE WITH THE SAILING DIRECTOR PRIOR TO THE FIRST DAY OF THE SUMMER PROGRAM