



# CFJ/C420 RACING

**Coach:** Matt Peter

## Class Description

This is a travel team which will compete in regattas around southern California in addition to weekly practice. This season we will be incorporating our club-owned 420s into practice which introduces the trapeze, so interested sailors will have opportunities to spend some time in these boats throughout the

program. Lasers may also be practicing with the double-handed group in order to maximize the number of boats on the starting line which makes for more productive training.

In contrast with high school sailing, this class will maintain an emphasis on spinnaker work. Team racing practice may be incorporated on weeks with no subsequent regattas. Charter boat and equipment included (420 harness not included). Class sessions include a brief chalk-talk, a variety of on-the-water racing drills and activities, practice races, and debrief following derigging.

## Requirements

Racing experience is recommended but not required. If you are interested in getting involved with competitive sailing for the first time, please contact the Sailing Director for more information. Sailors must own a United States Coast Guard (U.S.C.G.) approved life jacket fit for their daily use as well as proper footwear (no sandals or bare feet). Sailors are expected to bring appropriate gear depending on the weather conditions. Boat Charter Fee is included in tuition. Parents may be requested to tow a trailer to travel regattas if their child participates. The BCYC Sailing Office MUST have a completed Medical Release Form on file by the first day of the program.

## Class Hours

Wednesdays 3:30pm - 6:30pm

3/16, 3/23, 3/30, 4/6, 4/20, 4/27, 5/11, 5/18

**NO SAILING: 4/13, 5/4**

Fridays 3:30pm - 6:30pm

3/18, 3/25, 4/1, 4/8, 4/22, 4/29, 5/16, 5/20

**NO SAILING: 4/15, 5/6**

## Member Price

Before 2/18: \$300 (8 weeks) / \$200 (4 weeks)

After 2/18: \$350 (8 weeks) / \$225 (4 weeks)

*Participants of this program are strongly encouraged to register for the events listed below.*

## Spring CFJ & C420 Events

1/16: Shadden Series  $\frac{3}{4}$  @ SDYC (CFJ)

1/24: Midwinter Tune-Up @ LIYC (CFJ)  
1/30-31: Perry Series  $\frac{3}{4}$  @ USSCLB (C420)  
2/27-28: Perry Series 4/4 @ CorYC (C420)  
3/5-6: Shadden Series 4/4 @ ABYC (CFJ)  
4/2-5: CISA Clinic @ ABYC (C420)  
5/28-29: Memorial Day Regatta @ ABYC (CFJ)