



YSF Parent/Guardian Handbook

Table of Contents

Directory	3
Gate Code: 16367 Key Symbol	4
Program Details	4
Beginner Opti.....	4
Home School.....	4
After School/Weekend	4
Intermediate/Advanced Opti	4
Shelby Race Team (Opti)	5
Seibel Feva Beginner/Intermediate Sailing	5
Home School- September 13th - November 17th.....	5
After School - September 13th - November 17th	5
Beginner 420	5
Intermediate 420/ Vero Beach Junior Varsity	5
Vero Beach Varsity Sailing Team (420)-.....	5
Program goals and overview	5
Class Fee:	6
Attendance Policy.....	6
Requirements regarding Safety.....	6
Class Location	7
Swim Check.....	7
Transportation.....	8
Code of Conduct	8
Communication	8
Volunteer Opportunities:	8
Curriculum Overview	9
Opti.....	9
C420/Feva.....	10

Directory

Executive Director: Stu Keiller

Cell: (410) 703-8660

stu.keiller@ysfirc.org

Assistant Executive Director: Julia Butterworth Linus

Cell: (704) 421-8314

(E): julia.butterworth@ysfirc.org

Executive Assistant: Jessica Disandro

Office: (772) 492 - 3243

(E): j.disandro@ysfirc.org

Sailing Director: Ben Chafee

Cell: (401) 524-3191

(E): ben.chafee@ysfirc.org

Racing Coach: Roberto Ayala

Cell: (954) 348 - 4676

(E): Roberto.ayala@ysfirc.org

Adult Director: Jabbo Gordon

Cell: (423) 202 - 8007

(E): jabbo.gordan@ysfirc.org

Instructor: Luke Agront

Cell: (850) 499 - 8262

(E): herminio.agront@ysfirc.org

Instructor: Clark Lewis

Cell: (772) 538 - 7778

(E): clark.lewis@ysfirc.org

Seibel Liaison- Mackenzie McGuckin

Cell: (609) 437- 6274

(E): mackenziemcguckin@ussailing.org

YSF Sailing Chair: Skip Willauer



YSF is a tenant on the property, please stay within our lease parameters (Yellow Lines) so that we can continue our operation.

The gate will lock promptly at 6 p.m. so please arrive early to pick your sailors up. Please know that if you are locked out not to panic no sailor will be left alone, just call or text your respective coach and we will open it manually. The gate will be coming down in a matter of weeks and will not require a code for entry to YSF any longer.

Program Details

Shelby Racing- August 24th - Dec 31, 2022

Opti & 420's - August 29th- Dec 10, 2022

Seibel/Feva- September 13th - November 17th, 2022

Beginner Opti

Contact Julia Butterworth Linus

Home School

Wednesday 10:00a.m. – 1:00p.m.

Friday 10:00a.m. – 1:00p.m.

After School/Weekend

Tuesday 3:30p.m. – 6:00p.m.

Saturday 9:00a.m. – 12:00p.m.

Intermediate/Advanced Opti

Contact Luke Agront

Thursday 3:30p.m. – 6:00p.m.

Saturday 9:00a.m – 12:00p.m.

Shelby Race Team (Opti)

Contact Roberto Ayala

Wednesday 3:30p.m. – 6:00p.m.

Saturday 11:00a.m. – 4:00p.m.

Seibel Feva Beginner/Intermediate Sailing

Contact Julia Butterworth Linus

Home School- September 13th - November 17th

Tuesday 10:00a.m. – 1:00p.m.

Thursday 10:00a.m. – 1:00p.m.

After School - September 13th - November 17th

Tuesday 3:30p.m. – 6:00p.m.

Thursday 3:30p.m. – 6:00p.m.

Beginner 420

Tuesday 3:30p.m. – 6:00p.m.

Friday 3:30p.m. – 6:00p.m.

Intermediate 420/ Vero Beach Junior Varsity

Contact Roberto Ayala

Tuesday 3:00p.m. – 6:00p.m.

Thursday 3:00p.m. – 6:00p.m.

Vero Beach Varsity Sailing Team (420)-

Contact Ben Chafee or Julia Butterworth Linus

Wednesday 3:00p.m. – 6:00p.m.

Friday 3:00p.m. – 6:00p.m.

After September 19th Saturdays 10:00a.m.-2:00p.m.

Regattas according to schedule

Program goals and overview

The Youth Sailing Foundation of Indian River County's Learn to Sail Program will provide a fun and educational program for youth interested in recreational beginner sailing all the way to advanced racing.

We seek to instill a love of sailing as a life sport while providing the fundamental skills necessary for participants to advance in the sport of sailing as far as their desire, skill, and hard work may take them.

Our coaches shall provide a curriculum with current and effective techniques to create skilled and confident youth sailors who will respect others, care for their equipment, and be willing to help fellow sailors on and off the water.

Our sailors will be expected to conduct themselves in the Corinthian Spirit during class and in competition.

All YSF sailors, whether their interest be in cruising or racing, should emerge with an enhanced sense of self-reliance and confidence, knowledge of seamanship, and a solid foundation in the sport of sailing.

Class Fee:

The Youth Sailing Foundations mission is to make sailing available to all children of Indian River County. This class is offered at a nominal fee every Fall and Spring semester. The fee helps YSF offset the costs of running the program so that we can continue to do what we do. No child should be discouraged from attending any of our programs due to a fee. If there are issues, please fill out our scholarship form that can be found at the ysfirc.org website. Fees will be billed at registration for the corresponding program.

Attendance Policy

Attendance is crucial to a sailor's growth and development within the sport. Attendance will be taken at every class. We ask sailors to attend at least 80% of classes or 16 out of 20. If you know your sailor will not be attending class on a particular date, please contact the coach so we can plan accordingly. If your sailor cannot meet this expectation, we ask that you remove your sailor from the roster so that we can accommodate a student on the waiting list.

Requirements regarding Safety

Safety is our primary concern here at YSF. Each safety boat is equipped with a radio and first aid kit. It is imperative that at the start of the program all medical forms be completed. The Sailing Director will have these forms accessible at all times.

Attendance will be taken at every class. Please verbally or physically sign your child in and out so we know who to call in the case of an emergency should the caretaker of your child change from what we have on our forms. Also, it is very important that we know if your child is not attending class. Please call the office to let us know if your sailor will not be attending.

In the case of a concussion, parents will be contacted immediately to bring your sailor to the hospital for an examination. We then ask that your sailor does not return to sailing for the proper recovery time of two weeks. Should the concussion be severe enough, we will call an ambulance from the waterfront.

The Program Director will receive the weather forecast in the morning. If there is a forecast of possible thunderstorms, then the instructors will be advised to pay particular attention to the weather conditions. Instructors will cancel all water activities if they hear, or see, any lightning. All kids will be advised to go immediately into the classroom or under the bridge to continue land instruction or wait to be picked up.

In order to ensure the safety of the YSF Sailing Program, there are certain requirements for sailors:

- All sailors must pass a swim test if not done so prior to the season.
- All sailors must wear closed toed shoes
- All sailors must bring refillable water bottles
- All registration/medical forms must be completed and fees paid prior to the sailor's arrival.
- All sailors must wear a Life Guard approved Personal Flotation Device (PFD) at all times when on the water, and must have a safety whistle attached. **** It is required that **ALL sailors AT ALL TIMES** wear an adequate PFD (personal flotation device – the proper name for life jacket). This life jacket (PFD) needs to be a brightly colored, Coast Guard approved, Type III or better with no collar that can get caught on the boat rigging. Type V inflatable life jackets should NOT be used in this course. PFDs are sized by user's weight. Be sure to purchase the proper size! Please write your name on the life jacket. YSF has life jackets on hand to lend.
- All sailors are responsible for rigging and de-rigging their boats.
- All sailors must have their boat equipped and set up before class begins.
- All classes will begin on time. Sailors that arrive late may have to miss class.

*The following are not requirements, but recommendations that all sailors should take into consideration:

- Please put your name on all personal belongings with permanent ink. Also, all sailors should have their last name written in large letters on the back of their life jackets to help with identification.
- Be sure to wear sun-block, visor or hat, and sunglasses each day.
- Depending on Conditions, sailors may need bug spray or foul weather

***Label all belongings! Lost, misplaced or stolen articles are not the responsibility of YSF.**

There is a lost and found in the classroom throughout the season. If your sailor loses something and does not reclaim it before the last class, it will either be thrown away or donated to Goodwill.

Class Location

YSF has a waterfront classroom that classes will be conducted in. This classroom is an outdoor classroom located under the 17th street Bridge. Please drop the sailors off here unless otherwise specified.

Swim Check

All sailors joining the YSF for the first time since Summer 2022 are required to take a swim test. The swim test will be conducted in the Indian River Lagoon. Please come to the first practice prepared to get wet!

The Swim check goal is to test a sailor's comfort in the water and ensure that all sailors have a properly fitting life jacket.

Transportation

Fall 2022

- Monday - None
- Tuesday
 - Gifford Middle School
 - Storm Grove Middle School
- Wednesday
 - Beachland Elementary School
- Thursday
 - Gifford Middle School
 - Storm Grove Middle School
- Friday
 - Gifford Middle School
 - Storm Grove

If you have a transportation request please reach out to Jessica DiSandro and she will coordinate with the Transportation Director to see if we are able to accommodate your needs.

Code of Conduct

Sailors are expected to listen to instructors and coaches while on YSF property. There is a zero-tolerance policy for any kind of bullying or physical abuse. If there are any issues, the sailor will be written up and the incident will be brought to the parent's attention. We have a two-strike policy. If your sailor is written up a second time they will be asked to leave the program and re-evaluation to return to the program will be considered at a later date. Please have your code of Ethics form (included in your parent packet) signed by the first day of instruction.

Communication

The coach will communicate directly with the parents via email. In the case of a weather event, or the need for early pickup, parents will receive a text message and an email from our automated system. This is the main form of communication; however, for more urgent matters, please call or text the coaches directly.

Volunteer Opportunities:

- Booster Club - (money or time) Planning eoy banquet and raising money for programs, travel, sailor gear, new regatta truck, etc.
- Rock the Boat Committee- Annual gala at Quail in March
- Snacks for regattas, practices and events
- Fundraising help- handwriting letters, helping with newsletter, annual appeal and capital campaign.
- Tow boats for regattas (Varsity, JV and Shelby parents encouraged)
- Boat maintenance and repair- Tuesday/Thursday mornings 9-12

Curriculum Overview

Opti

	Level 1	Level 2	Level 3/Green	Racing
Opti	Boat Care - Rinsing after use, blades sticking up or gentle stowing, Leach rolling sails, boats can't be dropped coming off the racks. Assigned boats.	Boat Care - Dry boat, coil main sheet and stow in eyelit gromet under mast step. Inform coach of needed repairs. Sail Ties need to be tied properly.	Boat Care - Dry boat, coil main sheet and stow in eyelit gromet under mast step. Sail Ties need to be tied properly.	Boat Care - Dry, covered boat on it's dolly with properly derigged sail, lines and steering under racing cover.
	Boat Check - air bags, knots, bowline, mainsheet, daggerboard	Boat Check - Sail ties, air bags, mainsheet, sail, sprit.	Boat Check - Unassisted Rigging and Furling according to settings (15 minutes from zero rig by end of season)	Boat Check - Unassisted Rigging and Furling with racing sails according to settings (15 minutes)
	Body/Boat Position/ Rudder Position & Line Functions - Facing forward, proper tiller technique, hiking out, etc.	Body Position/Line Functions - Demonstrate proper body position on all points of sail and use or Outhaul, Downhaul, mian sheet and cunningham.	Body Position/Line Functions - Proper body position and use of lines for racing purposes	Body Postion/Line Functions - Proper adjustments according to race strategy and conditions
	Capsize Recovery & Bailing	Intro to bailing in sailing	Bailing upwind	Bailing while racing
	Knots - 8, Square, Bowline, cleat hitch	Knots - Coil & Heave, Half Hitch, barrel knot	Knots - Rig with sail ties. Leave coiled, clean lines.	knots - Proper docking technique, coiled, clean lines. Rig with sail ties every practice and regatta.
	Launch & Return - Day 1 practice pointing up into the wind without hitting the beach	Launch & Return - Unassisted	Launch & Return - Unassisted sail to start/finish line	Launch & Return - Tell tails, Unassisted sail to start/finish line and back to launch area
	Basic Parts of the boat & Sail	More Parts of the boat	Racing parts, full hull understanding	Can test for full hull nomenclature
	Right of Way - Learn basics	Right of Way -Start to use ROW	Right of Way - Utilize in practice and regattas (Port, starboard, barging, buoy room, no skulling/pumping)	Right of Way - Utilize and protest proficiently with proper right of way rules
	Intro to Racing - Rules, Start, Rounding marks	Intro to racing - How to get to the start line, different starts, ROW,	Racing - Mark Roundings with other boats, start strategy, course changes, protests.	Racing - Regatta racing, wind awareness, strategy established, sailing in 20+ knots.
	Start & Stop (Safety Position) - Skulling	Start & Stop (Safety Position)- skulling, backing down and backwinding	Start & Stop - Starting techniques, sailing backward, racing.	Start & Stop - Starting strategy
	Tacking & Jibing - Master Reaching	Controlled tacking/Jibing	Roll Tacking/Jibing	Roll Tacking/Jibing
	Basic Towing	Towing	Towing on command	Towing in high winds
	Wind Awareness - Master Reaching	Points of Sail - Proper sail trim and tell tail trim. No luffing or oversteering, always trimming through tacks, etc.	Mastering Upwind Sailing	Mastering Upwing Racing

C420/Feva

	Level 1	Level 2	Level 3/Green	Racing
C420/Feva	Boat Care - Rinsing after use, blades sticking up or gentle stowing, Leach rolling sails, boats can't be dropped and need to be stowed uniformly. Assigned boats.	Boat Care - Rinsing after use, blades sticking up or gentle stowing, Leach rolling sails, boats can't be dropped and need to be stowed uniformly. Assigned boats.	Boat Care - Proper rigging/furling and reporting repairs.	Boat Care - Proper rigging/furling technique, maintain boat as needed.
	Boat Check/Proper Rigging (Sails, outhaul, downhaul, rudder, drain plug)	Boat Check/Proper Rigging (Sails, outhaul, downhaul, rudder, drain plug)	Boat Check - Unassisted Rigging and Furling	Boat Check - Unassisted Rigging and Furling with racing sails
	Body/Boat Position/ Rudder Position for Skipper and Crew - Facing forward, proper tiller technique, hiking out, etc.	Body Position/Line Functions - Demonstrate proper body position on all points of sail and use or Outhaul, Downhaul, mian sheet and cunningham.	Body Position/Line Functions - Proper body position and use of lines for racing purposes	Body Postion/Line Functions - Proper adjustments according to race strategy and conditions
	Knots - 8, Square, Bowline, cleat hitch	Knots - Coil & Heave, Half Hitch, barrel knot	Knots - Rig with sail ties. Leave coiled, clean lines.	knots - Proper docking technique, coiled, dean lines. Rig with sail ties every practice and regatta.
	Launch & Return - Day 1 practice pointing up into the wind without hitting the beach	Unassisted Launch & Return - Sailing into Irons	Launch & Return - Unassisted sail to start/finish line	Launch & Return - Tell tails, Unassisted sail to start/finish line and back to launch area
	Basic Parts of the boat & Sail	More Parts of the boat	Racing parts, full hull understanding	Can test for full hull nomenclature
	Right of Way - Learn basics	Right of Way -Start to use ROW	Right of Way - Utilize in practice and regattas (Port, starboard, barging, buoy room, no skulling/pumping)	Right of Way - Utilize and protest proficiently with proper right of way rules
	Intro to Racing - Rules, Start, Rounding marks	Intro to racing - How to get to the start line, different starts, ROW,	Racing - Mark Roundings with other boats, start strategy, course changes, protests.	Racing - Regatta racing, wind awareness, strategy established, sailing in 20+ knots.
	Start & Stop (Safety Position) - Skulling	Start & Stop (Safety Position)- skulling, backing down and backwinding	Start & Stop - Starting techniques, sailing backward, racing.	Start & Stop - Starting strategy
	Tacking/Jibing - Master Reaching	Controlled tacking/Jibing	Roll Tacking/Jibing	Roll Tacking/Jibing while rounding marks
	Basic Towing/Capsize Recovery	Towing/Capsize Recovery	Towing and Capsize recovery on command	Towing and capsize recovery in high winds
	Wind Awareness	Points of Sail - Proper sail trim	Wind Awareness - Understanding race course set up	Wind Awareness - Understanding wind speed