



## 2024 JUNIOR TRAINING PROGRAM

RVYC's Summer Junior Sailing Program



# Welcome to Junior Sailing at the Royal Vancouver Yacht Club!

This information guide provides an outline of the youth programs offered at RVYC during the Summer of 2024.

Parent/Sailor Orientation & Kick off Mornings:

All program participants and parents will meet at 9:00AM on the lawn in front of the Star and Dragon for orientation. The parent/sailor orientation will take place on the first morning of each respective session. Parent orientation attendance is mandatory and will make your sailor's experience at the Junior Training Program better. Orientation will supplement the brochure and go over critical information and procedures such as drop off and pick up, class schedules, behavioral expectations, communication practices, and more. We will also take the camp session group photographs during this time.



### Important Registration Notes

- Sign up before April 1st, 2024, to receive an Early Bird Registration Discount!
- All Sailors MUST bring own their own Transport Canada approved life-jacket in order to participate the Club does not provide extra life-jackets.
- All accepted registrants are subject to a cancellation fee of \$100 if cancellation occurs more than 14 days in advance to the start of the course. If cancelled less than 14 days before the class begins, full course fee applies (cancellations for genuine health and safety reasons will be considered on a case-by-case basis).
- There are no Pro-Rated pricing options available to anyone who chooses not to complete their entire session.
- There will be no partial/full refunds provided past the start date of camp.
- There is a hot lunch program that provides registered sailors with various, nut-free hot lunch options every day.
- Severe allergies and specific dietary restrictions (vegetarian, vegan, pescatarian) are not accommodated in our hot lunch program. While efforts are made to minimize cross-contamination, we do not guarantee an allergen-free environment. All meals provided are nut-free.
- Inquiries regarding severe allergies or dietary restrictions can be directed to Bree Alvarado via email any may be eligible for a reduced camp fee (contact information on the last page).
- Camp tee shirts will be provided and distributed on the first day of each session at Parent/Sailor Orientation (included in tuition).
- By participating in this camp the sailor grants the organizing authority (Royal Vancouver Yacht Club), club sponsors and affiliates the right, in perpetuity, to make, use, and show, at their discretion, any photography, audio and video recordings, and other reproductions of them made at the venue or on the water from the time of the sailor's arrival at the venue until their final departure, without compensation.



#### **CLASS SCHEDULES**

Monday-Friday 9:00 am to 3:30 pm

Wet Feet

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Lime Green (Intro to Optimist Racing)

Opti Fun

Opti Green (Intermediate Optimist Racing)

Jr. Mariners

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Intro to Olympics Class Pathways

Monday-Thursday 9:00 am to 3:30 pm



Intro to Windsurfing

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Opti Fun

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### WET FEET

Ages 5-7



Wet Feet is offered to children 5 – 7 years of age. This is an introductory class which consists of developmentally appropriate activities such as fundamental sailing knowledge, knot tying, safety, learning about the ocean, and water-related activities. Weekly activities include sailing Capris, Elliotts, and occasionally Optimists with experienced and certified instructors; in addition to: arts and crafts, beach play, weekly theme days such as pirate day, fun science experiments, and more! Course curriculum is designed by our Youth Learning Facilitators: each with extensive experience in education, working with young children.

### Requirements

Sailors must have a Transport Canada approved life jacket fit for their use. Previous sailing experience is not a requirement.

### Class Hours

Monday-Friday | 9:00 AM to 3:30 PM

Session 1: July 2nd – July 12th

Session 2: July 15th – July 26th

Session 3: July 29th – August 9th

Session 4: August 12th – August 23rd

### Price

#### Early-Bird Registration Fee

Session 1 & 3: Member: \$690/ Non-Member: \$730

Session 2 & 4: Member: \$775/ Non-Member: \$815

#### Regular Fee

Session 1 & 3: Member: \$730/ Non-Member: \$770

Session 2 & 4: Member: \$815/ Non-Member: \$855

Hot Lunch Prices are the same before and after April 1st

Hot Lunch Add-on: Session 1 & 3 - \$135

Hot Lunch Add-on: Session 2 & 4 - \$150

### Recommended Gear

### **OPTI FUN**

Ages 7-11



The Opti Fun class is a fun focused, all-encompassing sailing class for children 7-11 years of age. In Opti Fun, sailors learn to skipper their own boats. This class is designed for both first-time seafarers as well as sea hardened Wetfeet Alumni. This class is for kids who are serious about having fun at the yacht club! The Opti Fun curriculum covers the introduction of the Optimist, boat parts, knots, and on-the-water sailing skills with a heavy focus on the fundamentals of upwind & downwind sailing. The goal of this class is to teach kids how to safely operate and learn to love their Opti.

### Requirements

Sailors must have a Transport Canada approved life jacket fit for their use

### Class Hours

Monday-Friday | 9:00 AM to 3:30 PM

Session 1: July 2nd – July 12th

Session 2: July 15th – July 26th

Session 3: July 29th – August 9th

Session 4: August 12th – August 23rd

### Achievable course levels

CANSail 1 & 2

### Price

#### Early-Bird Registration Fee

Session 1 & 3: Member: \$690/ Non-Member: \$730

Session 2 & 4: Member: \$775/ Non-Member: \$815

#### Regular Fee

Session 1 & 3: Member: \$730/ Non-Member: \$770

Session 2 & 4: Member: \$815/ Non-Member: \$855

Hot Lunch Prices are the same before and after April 1st

Hot Lunch Add-on: Session 1 & 3 - \$135

Hot Lunch Add-on: Session 2 & 4 - \$150

#### Recommended Gear



### LIME GREEN

INTRO TO OPTIMIST RACING Ages 7-12



The Lime Green option is available to children between 8-13 years of age who have satisfactorily completed the Opti Fun class but are not quite ready to enter the Opti Green class. Please think of this class as a bridge between Opti Fun and Opti Green. Like Opti Green, this will be a skill-building class, teaching kids how to safely maneuver their boat in basic race-course situations. However, sailors will not be forced straight into competition. Once the coach feels that a sailor is ready to join the Opti Green class, he or she may elect to move up to Opti Green; however, a sailor may not move back and forth between Lime Green & Opti Green. If coming from the Opti Fun class, sailors must satisfy the Lime Green Graduate criteria to be eligible to enroll in the Opti Green class.

### Requirements

Sailors must have a Transport Canada approved life jacket fit for their use. All participants must have their CANSail 2 level or above.

### Class Hours

Monday-Friday | 9:00 AM to 3:30 PM

Session 1: July 2nd - July 12th

Session 2: July 15th – July 26th

Session 3: July 29th – August 9th

Session 4: August 12th – August 23rd

Commodore's Cup Regatta and Training Camp: August 26th – 30th

### Achievable course levels

CANSail 3 & 4

### Price

#### Early-Bird Registration Fee

Session 1 & 3: Member: \$690/ Non-Member: \$730

Session 2 & 4: Member: \$775/ Non-Member: \$815

#### Regular Fee

Session 1 & 3: Member: \$730/ Non-Member: \$770

Session 2 & 4: Member: \$815/ Non-Member: \$855

Hot Lunch Prices are the same before and after April 1st

Hot Lunch Add-on: Session 1 & 3 - \$135

Hot Lunch Add-on: Session 2 & 4 - \$150

### Recommended Gear

### JTP OPTI GREEN FLEET

Ages 7-12



The Optimist Green Fleet Team is designed for sailors aged 7-12 who have successfully completed the Lime Green program and are ready to transition to a more intermediate race setting. Before joining the Green Fleet, sailors should feel comfortable on their boat, be proficient in sailing around a simple racecourse, and have basic boat handling skills along with a foundational understanding of racing.

During the four-week course, sailors will delve into more intermediate racing concepts, including favored ends of the line, right of way, wind shifts, strategy, tactics, rigging and tuning, and boat handling. The instruction will be delivered in a simple and easily understandable manner. Additionally, sailors will engage in field and beach games, participate in fun practice regattas, and become part of a close-knit group of new friends.

Participation in the JTP Green Fleet qualifies sailors for an invitation to continue onto the Fall Race Team. Moreover, all sailors completing the course are encouraged to attend the end-of-summer Commodore's Cup Regatta.

### Requirements

Sailors must have a Transport Canada approved life jacket fit for their use. All participants must have their CANSail 3 level or above.

### Class Hours

Monday-Friday | 9:00 AM to 3:30 PM

Session 1: July 2nd – July 26th

Session 2: July 29th – August 23rd

Commodore's Cup Regatta and Training Camp: August 26th – 30th

### Achievable course levels

CANSail 4 & 5

### Price

Early-Bird Registration Fee

Session 1 & 2: Member: \$1510/ Non-Member: \$1560 April 1st

Regular Fee

Hot Lunch Add-on: Session 1 & 3 - \$370

Session 1 & 2: Member: \$1550/ Non-Member: \$1600

Hot Lunch Add-on: Session 2 & 4 - \$400

Hot Lunch Prices are the same before and after

### Recommended Gear

We recommend each sailor arrive prepared with a water-bottle, sunscreen, snacks, a towel, a change of dry clothes, water shoes, a rain jacket, water-safe clothing, gloves (many sailors prefer gardening gloves), a shorty wetsuit is recommended but not required.



### INTRODUCTION TO OLYMPIC SAILING PATHWAYS

Ages 12-17



This unique experience introduces three mainstream sailing and water-sport classes: ILCA 4, 29ers, and Windsurfing. These boat and board classes are an ideal gateway into graduating into sailing Olympic level boats. Immerse yourself in each class, offering a rare opportunity for sailors to explore all three disciplines before making a definitive choice. The ILCA 4 segment focuses on race strategy, boat maneuvers, tuning, and rigging, providing a foundation for those who have outgrown Optimists. Transition to the 29er dinghy for a meticulous exploration of boat setup, rig tuning, handling, tactics, and a comprehensive understanding of the Racing Rules of Sailing. Each Friday, sailors will have the opportunity to step out of dinghy sailing and experiment with Windsurfing. The program is designed to make windsurfing, ILCA, and 29er sailing enjoyable and accessible, serving as the ideal gateway for those interested in the challenge of high-performance racing. All sailors completing the course are encouraged to attend the end-of-summer Commodores' Cup Regatta.

### Requirements

- Program participants must have a Transport Canada approved life jacket fit for their use.
- Completion of the CANSail 4 level or equivalent experience is a requirement.
- Previous Windsurfing experience not required.

#### Price

#### Early-Bird Registration Fee

Session 1 & 3: Member: \$690/ Non-Member: \$730

Session 2 & 4: Member: \$775/ Non-Member: \$815

Regular Fee

Session 1 & 3: Member: \$730/ Non-Member: \$770

Session 2 & 4: Member: \$815/ Non-Member: \$855

Hot Lunch Prices are the same before and

after April 1st

Hot Lunch Add-on: Session 1 & 3 - \$135

Hot Lunch Add-on: Session 2 & 4 - \$150

### Class Hours

Monday-Friday 9:00 am to 3:30 pm.

Session 1: July 2nd – July 12th

Session 2: July 15th – July 26th

Session 3: July 29th – August 9th

Session 4: August 12th – August 23rd

Commodore's Cup Regatta and Training Camp: August 26th – 30th

### Available course levels

CANSail 5 & 6

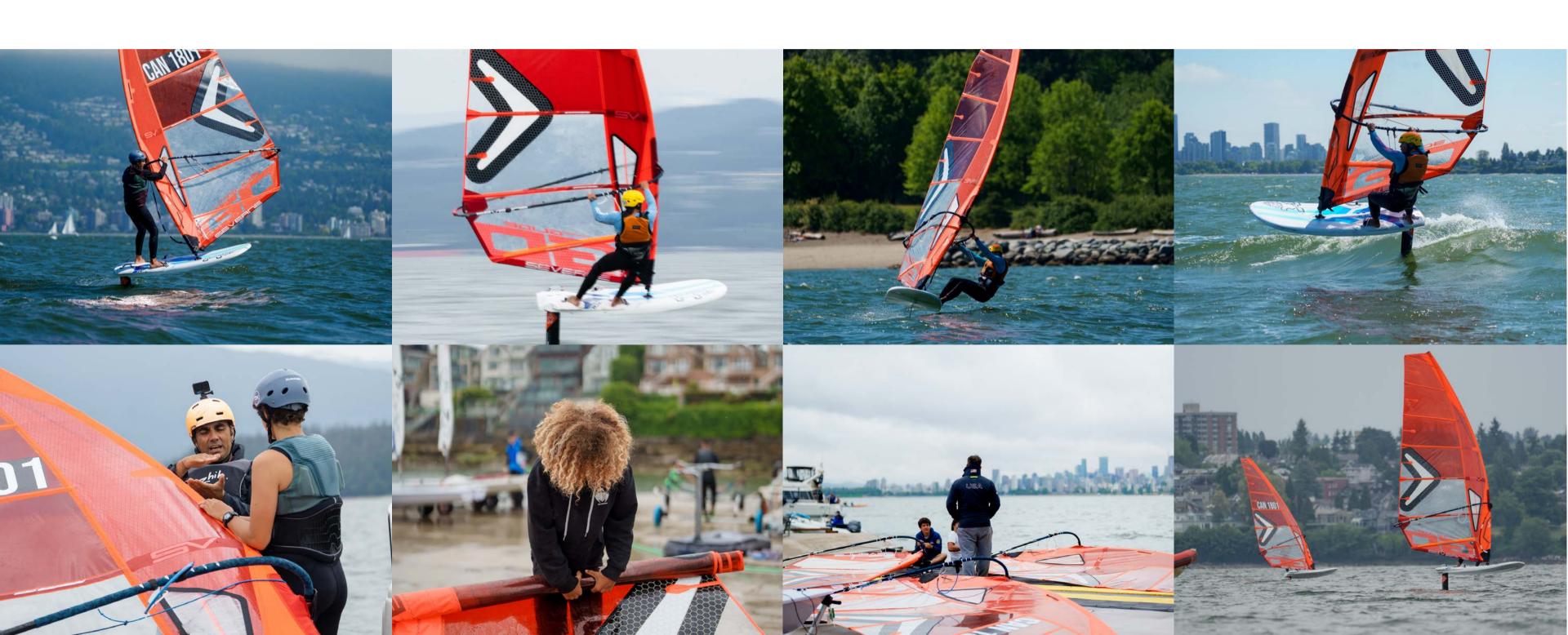
### Recommended Gear

We recommend each sailor arrive prepared with a water-bottle, sunscreen, snacks, a towel, a change of dry clothes, water shoes, a rain jacket, and a wetsuit.

\*\* If your teen is new to sailing and would like to get involved, please contact the Sailing Director (<u>Aubrey.Mayer@royalvan.com</u>) for more information. \*\*

### INTRO TO WINDSURFING

Ages 13-17



Embark on the Intro to Windsurfing journey, where we commence with an exploration of wind theory, foundational equipment knowledge, steering techniques, tacking, weather forecasting, knot tying, launching and storage procedures, self-rescue techniques, safety regulations, and right of way rules. Based on the collective skill advancement of the class, participants may have the opportunity to delve into more advanced maneuvers, such as boom tacks, power gybes, with a particular focus on upwind sailing. This course is designed to make windsurfing enjoyable and accessible. Completing it not only builds confidence in solo windsurfing but could also open the door to joining RVYC's IQ Foiling Race Team!

### Requirements

- Program participants must have a Transport Canada approved life jacket fit for their use.
- Completion of the CANSail 4 level or equivalent experience is a requirement.
- Previous Windsurfing experience not required.

#### Price

#### Early-Bird Registration Fee

Week 1 & 6: Member: \$305/ Non-Member: \$325

All weeks excluding 1&6: Member: \$370/ Non-Member: \$390

#### Regular Fee

Week 1 & 6: Member: \$325/ Non-Member: \$345

All weeks excluding 1&6:

Member: \$410/ Non-Member \$430

#### Hot Lunch Prices are the same before

and after April 1st

Hot Lunch Add-on: Session 1 & 3 - \$45

Hot Lunch Add-on: Session 2 & 4 - \$60

### Class Hours

Monday-Thursday 9:00 am to 3:30 pm.

Week 1: July 2nd – July 4th

Week 2: July 8th – July 11th

Week 3: July 15th – July 18th

Week 4: July 22nd – July 25th

Week 5: July 29th – August 1st

Week 6: August 6th – August 8th

Week 7: August 12th – August 15th

Week 8: August 19th – 22nd

### Recommended Gear

### JUNIOR MARINERS

Ages 10-17



The Junior Mariner Program is RVYC's seamanship class open to children from 10-17 years of age with some prevous sailing experience recommended, but not required. This course is geared toward junior sailors who are interested in the lifestyle of a mariner beyond racing. Course curriculum will include BC sailing's CANSail 1 and 2 course content, with the opportunity of achieving one or both levels during the duration of camp. Additionally, sailors will participate in destination sailing, navigation & orienteering, stand up paddleboarding, model boat building knot tying, learning STEM – based concepts and more.

### Requirements

Sailors must have a Transport Canada approved life jacket fit for their use

### Class Hours

Monday-Friday | 9:00 AM to 3:30 PM

Session 1: July 2nd – July 12th

Session 2: July 15th – July 26th

Session 3: July 29th – August 9th

Session 4: August 12th – August 23rd

### Achievable course levels

CANSail 1 & 2

### Price

#### Early-Bird Registration Fee

Session 1 & 3: Member: \$690/ Non-Member: \$730

Session 2 & 4: Member: \$775/ Non-Member: \$815

Regular Fee

Session 1 & 3: Member: \$730/ Non-Member: \$770

Session 2 & 4: Member: \$815/ Non-Member: \$855

Hot Lunch Prices are the same before and after April 1st

Hot Lunch Add-on: Session 1 & 3 - \$135

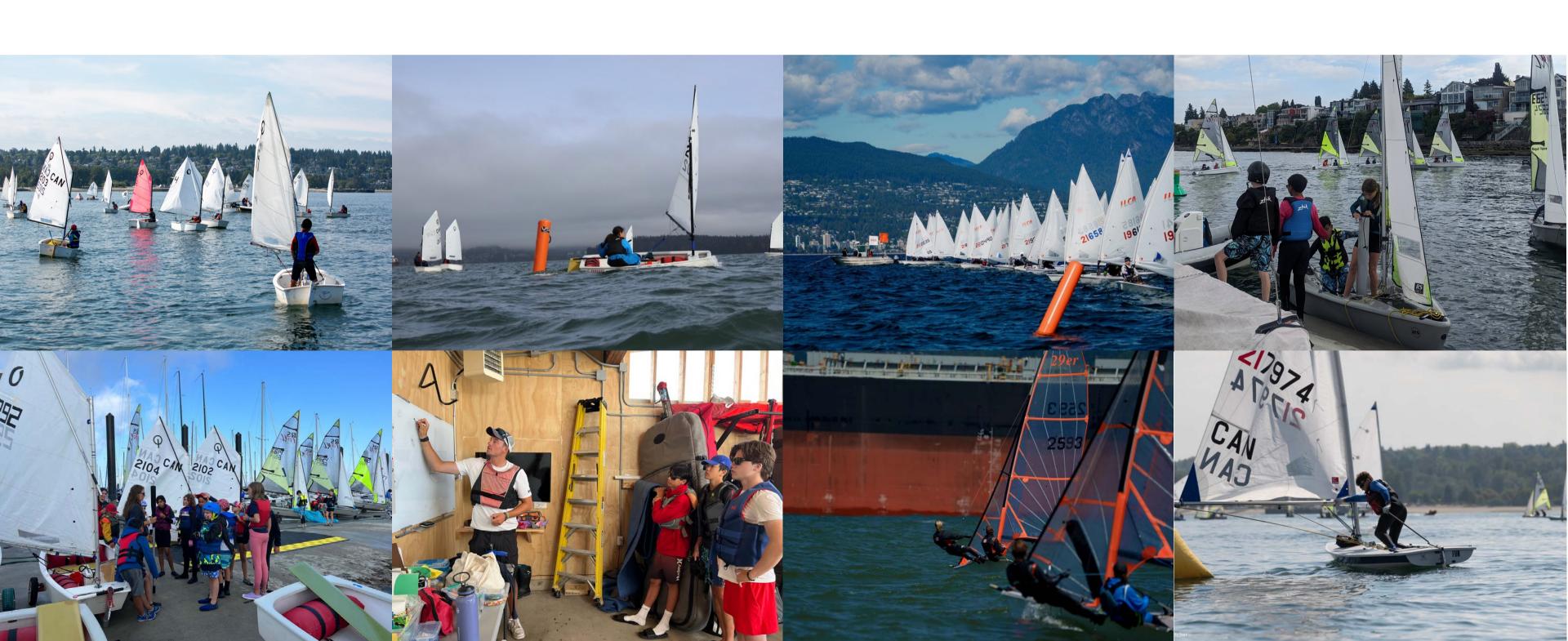
Hot Lunch Add-on: Session 2 & 4 - \$150

#### Recommended Gear



### THE COMMODOORE'S CUP REGATTA AND TRAINING CAMP

Ages 7-17



The Commodore's Cup Regatta stands out as a highly anticipated junior summer sailing event in the province. Tailored for graduates of Junior Sailing Camp Programs across various clubs, this unique 3-day regatta offers an ideal platform for new sailors to enter competitive sailing. Not only that, but it is also the ideal avenue for sailors to achieve their CANSail 4, 5, or 6 certificates because regatta participation is a requirement in the CANSail Curriculum for those levels. Coaches extend invitations to participating sailors on the camp's final day. Preceding the regatta is a mandatory 2-day training camp. On the first day, sailors are grouped by boat classes, where coaches provide comprehensive insights into the course, strategic elements, assist with boat rigging/tuning, and conduct drills to simulate key aspects of successful regatta racing. The second day involves a practice regatta, providing sailors with the opportunity to practice racing in a relaxed environment. The regatta culminates in a grand Awards Banquet, where sailors can invite family and friends to witness the celebration of their achievements.

### Requirements

- Sailors must possess a Transport Canada-approved life jacket suitable for their use.
- A letter of invitation is required for event registration.
- To compete in the regatta, sailors must register for and participate in the 2-day training camp.

### Price

TBD

### Class Hours

Monday-Friday

• Training Camp: August 26th – August 27th

• Training Days: 9:00 am to 4:00 pm

• Regatta Days: August 28th – 30th

• Regatta Days: 10 am to 5 PM

• Banquet, August 30th: 5:30 pm to end.

#### Parent Volunteers Needed

Contribute to the regatta's success and access the unique possibility to see your child sail on the water! With a target goal of 120+ junior competitors from RVYC's Summer Program and clubs across the province in 2024, RVYC Parent Volunteers are indispensable. Opportunities include Sail check, Check-in/Check-out, On-water photography, Launching/Docking, logistical support, and more. All volunteers receive complimentary banquet tickets (minimum 2 days volunteering). To get involved, contact Bree Alvarado after the regatta registration is posted (see registration date below).

### Registration Notes

The Notice Board, featuring the Notice of Race and Registration Links for the Training Camp and Regatta, will be available on our club's website, royalvan.com, on July 31st. Access the page by clicking 'On The Water' at the top of the home page, navigating to 'Junior Sailing Programs,' and scrolling to the bottom of the page to find "Commodore's Cup Regatta."

\*\*Please note: Regatta pick-up/drop-off times are subject to change. Parents will be notified of any time changes from coaches via their respective WhatsApp Group. Links to the WhatsApp Groups will be sent via email 24 hours prior to the start of the training camp \*\*.

\*\* If your sailor did not receive an invitation to join the training camp or regatta, but they are keen to join and believe their skill level is adequate to participate, please email the Sailing Programs Coordinator (<u>Bree.Alvarado@royalvan.com</u>) with your request \*\*.

### **CONTACT US**

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