

# Seneca Sail & Power Squadron

## Junior Sailing 2017

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Thanks for your interest in the Seneca Sail & Power Squadron Junior Sailing program. This handout will attempt to summarize some of the details of this program as it has been developed so far and to serve as a reference to help you plan and schedule your various summer activities.

If you have any questions that should come up at any time during the summer, please do not hesitate to contact me:

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*NOTE: This program is not affiliated with any school or school district. The logos shown here simply reflect the geographic communities in which participants reside.*



### Core Program Overview

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|----------------------|--|---|
| April                | <b>Orientation &amp; organization.</b> At least one parent or legal guardian will be required to attend this organizational meeting to sign a permission slip for their child to participate. Program details will be described and everyone will have the opportunity to meet the program organizers, coaches, instructors, and to ask questions they might have.   |   |
| May                  | <b>Seamanship Class</b> begins (2 <sup>nd</sup> week). This class will meet weekly and will continue through the end of June. <i>NOTE: This class will begin before the Waterfront Orientation and will require your student to be fully registered ahead of the regular May 27<sup>th</sup> deadline.</i>   |   |
| May 27 <sup>th</sup> | <b>Waterfront Orientation.</b> Parents and students will have the opportunity to tour and inspect the vessels on which they will be sailing during the summer. Program materials will be handed out at this time. All registration paperwork and payment will be due at this meeting. Parents are highly encouraged to attend this meeting.  |  |
| June                 | <b>Basic sail training.</b> Focus on basic boat handling, seamanship, marlinespike and sail handling. Students will learn the points of sail (beating, reaching, running), how to trim sail and manage the boat. Nautical rules and regulations will also be reviewed and drilled. In addition, nautical etiquette and traditions will be covered.   |   |
| July                 | <b>Basic racing rules and tactics.</b> Sailboat racing is a challenging sport with a mental component similar to that of a chess game. Students will learn the sequence of an organized sailing competition along with the special rules that govern it. Tactics and strategy employed during the different phases of a race (pre-race, starting, upwind leg, downwind leg, finishing) will be reviewed and drilled. Also to be covered will be off-field aspects such as protests, penalties and race scoring. Good sportsmanship will be emphasized throughout the training. |   |
| July 14-16           | <b>USPS District 6 Rendezvous.</b> This year's rendezvous will take place near Kingston, Ontario, Canada. Our more senior students will be sailing (with several of their coaches) through the New York Canal system and across Lake Ontario in order to attend. This will be a two-week cruise by boat, but other Junior Sailors (and parents) are invited to drive up and meet us there.   |   |
| Aug                  | Races 1, 2 & 3   |   |
| Sep                  | Races 4 & 5  |   |

## Optional Program Components – Formal Instruction

**America’s Boating Class (ABC) – NYS Boater Safety.** This is a 12-hour course combining classroom and on-the-water instruction that satisfies requirements set forth in New York State’s new boating laws that took effect in 2014. Successful completion of the final exam will result in the student being awarded a NYS Boater Safety Card with endorsements to operate a personal watercraft (PWC). This is effectively a boating “license” and it is recognized nationally. The course will be offered in three sessions in August (8/11, 8/18 and 8/20) by the Seneca Sail & Power Squadron. It typically consists of two 3-hour classroom sessions, an optional 4-hour on-the-water session, and a 2-hour session for the final exam. In past years, students were given the opportunity to drive a sailboat, a powerboat, and a jet ski (all under appropriate supervision). The class is taught in a format suitable for youth, but adults have enjoyed it, too.

Successful completion of the ABC course will be required for students who wish to serve as “Helmsman” during formal Junior Sailing events.

**USPS Seamanship Course.** (Offered in odd-numbered years) This is a 9-week course that combines classroom and on-the-water (hands-on) training in the core skills needed to safely operate a power or sail boat. Where the ABC course touches on topics and tells you what you need to know, the Seamanship class dives into the details. It also branches off into other topics not covered in ABC. The class consists of 4 classroom sessions, 4 on-the-water sessions, and a final exam. As an official course of the United States Power Squadrons, it is recognized internationally.

The Seamanship class will be offered beginning the second week in May. Contact any of the coaches for details. Because of the overlap in subject matter, this course can be used to satisfy nearly all the classroom “seat time” requirements for the NYS Boater Safety card. If you wish to combine Seamanship and the ABC course, please let us know when you register.

Successful completion of the Seamanship course will be required for students who wish to serve as “Officer of the Deck” during formal Junior Sailing events.

**USPS Sail Course.** (Offered in even-numbered years) This is a 9-week course that combines classroom and on-the-water training in the art and science of sail (3 weeks classroom, 5 weeks on the water, plus final exam). Much of the subject matter of this course will be touched upon informally as part of the Junior Sailing Program, but this course offers a formalized presentation along with formal recognition upon successful completion of the final exam.

This course is scheduled only if there is sufficient interest. This course is also recognized by most sailboat chartering companies.

**USPS Piloting Course.** (Offered in odd-numbered years) This is a 9-week classroom-based introduction to navigation. The course covers the use of both electronic (i.e., GPS) and traditional (i.e., plotting and piloting) techniques for determining one’s position. It is typically offered during the winter months since there is no on-the-water component for this class.

Successful completion of the Piloting course will be required for students who wish to serve as “Captain of the Watch” during formal Junior Sailing events.

## Optional Program Components – Hands-On & Voyaging

**NOTE:** *Students are encouraged to apply for one or more of the activities described below, but please be aware that the following program components are invitational in nature. Each vessel participating will have a coach on board at all times. Student participation is at the sole discretion of the Junior Sailing coaches and vessel owners. Explicit parental consent is required for all students wishing to participate in these activities.*

*All the voyages described below will involve a degree of cost sharing for meals and other expenses incurred by the vessel owners. Students are expected to participate in pre-voyage planning and provisioning in addition to their crew duties during the actual trip. Students will be responsible for arranging transportation to/from departure and arrival ports. Any stated departure and arrival dates are approximate and may change due to wind and weather conditions.*

**Delivery Voyage #1 – Northbound NYS Barge Canal Lock-Thru.** A 2- or 3-day trip through the NYS Canal system to deliver sailboats from Seneca Lake to Lake Ontario. Departure will be on or about July 8<sup>th</sup> from Watkins Glen, NY. Arrival will be 2-3 days later in Oswego, NY. The goal of this voyage is to give students real-world experience with proper locking techniques and navigation in a canal system. The nature of the canal system requires all vessels transit under power (i.e., not sail).

**Lake Ontario Voyage – Oswego to Little Sodus Bay.** A 1-day sail along the south shore of Lake Ontario to deliver a sailboat from Oswego to Little Sodus Bay. Departure will be from Oswego, NY after the boats arrive from their canal transit. Arrival will be in Sodus Point, NY. This trip will simulate an open-water voyage and will require a minimum skill level. Students will be standing watches and performing navigational duties in addition to sailing and managing the vessels. Because we are sailing in the proximity of an international border, it is strongly recommended that participants have a valid passport.

**Voyage to D/6 Rendezvous – Kingston, Ontario.** This will be an open-water passage from the southern shore of Lake Ontario to Kingston, Ontario where crews will participate in activities at the USPS District 6 Rendezvous with members of the Canadian Power Squadron in Kingston, Ontario. A valid passport will be required for all participants. Itinerary will be weather-dependent and the trip to Canada and back will take several days with planned stops in Kingston, Whistler's Cove (the actual Rendezvous site), and other locations as determined by weather and the participating skippers. Whistler's Cove is accessible by car and parents are encouraged to come and visit on the date of the Rendezvous (Saturday, July 15<sup>th</sup>, 2017).

**Delivery Voyage #2 – Southbound NYS Barge Canal Lock-Thru.** A 3-day trip southbound through the NYS Canal system to deliver sailboats from Lake Ontario back to Seneca Lake. (This trip takes longer than the northbound trip due to potentially strong currents against which the boats must motor.) Departure will be from Oswego, NY. Arrival will be in Watkins Glen, NY. The goal of this voyage is to give students real-world experience with proper locking techniques and navigation in a canal system. The nature of the canal system requires all vessels transit under power (i.e., not sail).

**Seneca Yacht Club Navy Barge Race.** A 3-day trip to participate in the Navy Barge Race hosted by the Seneca Yacht Club in Geneva, NY in mid-September. This trip provides students with a sampling of cruising and voyaging with some moderate-distance racing thrown in. There are three main components to this trip:

- Northbound delivery from Watkins Glen to Geneva, NY (Friday, Sep 8<sup>th</sup>?)
- Race day in Geneva, NY (Saturday, Sep 9<sup>th</sup>?)
- Southbound delivery from Geneva to Watkins Glen, NY (Sunday, Sep 10<sup>th</sup>?)

For students that may not be able to attend the full 3-day adventure, they may apply to crew only for the race and/or one of the delivery legs. The race consists of a 24 nm course from the Seneca Yacht Club to the Navy Barge (near Dundee, NY) and back. Both the race and the delivery legs have included some challenging conditions in prior years (strong winds, inclement weather, and cool temperatures) that have provided invaluable experience for handling sailing vessels in heavy weather. For less experienced students, this is an excellent opportunity to prepare for future Lake Ontario cruises.

## Personal Equipment

Each boat used in the program will have adequate safety equipment aboard (e.g., life vests, harnesses, etc.) as defined by the United States Coast Guard and New York State. Students are encouraged, however, to acquire their own safety equipment over time. Guidance will be provided, if desired.

Sessions will be held rain or shine, so students will be required to dress appropriately for the weather. Keep in mind that the weather by the lake can be quite different from the weather just a few miles from Watkins Glen, so prepare accordingly. Bringing a change of clothing is usually a good idea, as the weather can change dramatically in just an hour or two.

Closed-toe shoes are a must! Sneakers or something similar with a soft sole that will maintain traction on a wet fiberglass deck without leaving marks are best. Sandals with open toes, flip-flops, or bare feet are a bad idea, as there are numerous devices on boat decks that are very efficient at removing toenails, stubbing toes, or seriously bruising feet – sometimes simultaneously.

Sunglasses and sunscreen are must-have items, as is a hat (either for warmth or for sun protection). Similarly, a windbreaker that is waterproof enough to provide protection from spray or a soaking rain is a good idea. During the cooler months, layers work best (e.g., sweatshirt + windbreaker + foul weather jacket). A hard case for sunglasses is recommended so they don't break while in your bag. If you need glasses to drive, bring a spare pair, as glasses tend to find their way overboard at the most inopportune moments. (Same goes for keys!)

Leather gloves may prove to be helpful. While there is a large selection of overpriced sailing gloves that are tailored to the sport, a pair of close fitting, leather, work gloves will be just fine. The purpose is to minimize callouses, rope burn, or pinches from chain. A more stylish alternative to ordinary work gloves would be a pair of weight lifting gloves. (I'm told these can be much less expensive than sailing gloves, but their durability is sometimes lacking.)

Loose jewelry or clothing that could snag on equipment are discouraged.

A small duffel bag is a good idea to hold clothing, personal equipment, sunscreen, sunglasses, and other things you bring aboard. It will also provide a place to store keys, phones, personal electronics, and other items you don't want to get wet during the sail or to fall overboard because they were in your pocket when you bent over. As the lake water warms up to a civilized temperature (typically by late July and early August), having a towel and bathing suit along might also prove practical. (It's not uncommon for us to stop for a swim after a race on a hot day.) Space on a boat, however, is at a premium, so do not bring the same bag you use for your hockey gear in the winter as it probably won't even fit through the hatch to the cabin.

## Attendance

Attendance is required. Period. There are a limited number of seats available and there is a great deal of interest in the program. Please do not sign up if you do not plan to attend as this will deprive someone else of a place in the program. Excessive absenteeism will result in dismissal from the program.

That said, "life happens" and unplanned things do occur. If you cannot make it to a session, you will be expected to notify your coach/instructor as soon as possible. If you have a planned trip or family event that will prevent you from attending a particular session or two, please discuss this with your coach in advance so that appropriate exceptions can be made.

Just about the only weather that will keep us in harbor will be lightning. Even if harbor-bound, sessions will take place in a "classroom" format. Keep in mind that the weather at the lake can be very different from the weather just a few miles away, so do not be discouraged by pouring rain at home when you set out to come to a session. Weather will also change. Frequently. It may be raining when you leave the house, but sunny by the time you get to the harbor. (Or the other way around!) Be prepared.

Timeliness is similarly important. Sessions are of a limited duration and tardiness detracts from everyone's experience. Again, sometimes circumstances cannot be anticipated or controlled. In those events, students will be expected to contact their coach or instructor as soon as possible. Students will be assumed to be absent unless we hear otherwise.

## Communications

Primary communications between the sailing program organizers and students and parents will be via e-mail. Students are expected to check their e-mail prior to each session, as this will be the way any last-minute changes will be communicated.

Instructors and coaches will provide contact information to their students. Students are expected to communicate with their respective coach if they are running late or will be absent. Reasonable accommodations cannot be made in the absence of communication.

Parents/guardians will be asked to provide contact information that can be used to reach a responsible adult in the event of an emergency involving their student.

## Program Cost & Options

There is a basic registration fee that will be required for all students. This registration fee will cover all requirements for participation in the program. Optional components will be available to all program participants for an additional charge to cover their cost to the Squadron. A summary of the core and optional charges is listed below. Preferred payment method is by check made out to “*Seneca Sail & Power Squadron.*”

- \$100 Student Registration. Includes handouts and instructional materials and a 1-year Apprentice Membership in the United States Power Squadron and the Seneca Sail & Power Squadron. Membership will give the student access to all USPS educational programs. (A portion of this fee will be waived if the student is already a USPS member.)
- \$20 New member surcharge. Unfortunately, we are charged a one-time “data entry fee” by the national organization for any new enrollees to the program. If you are a returning participant, this fee does not apply.

Costs shown for the following options are in addition to the registration above and are additive. (E.g., ABC class plus the FLYC family membership would be \$40+\$45=\$85 in addition to the registration fee above.)

- \$40 *[Optional, Recommended]* America’s Boating Course (ABC). Successful completion of this 12-hour course will result in obtaining your New York State Boating Safety Card with endorsements for operation of personal watercraft (PWC). This card is effectively a NY boating license. This course will be a prerequisite for any sailing team member to assume the position of Helmsman during official races.
- \$90 *[Optional]* USPS Seamanship Course. This is a 9-week formal course covering many of the topics that will be discussed and practiced informally during basic sail training with all team members. This course also spends time on boating rules for avoiding collisions, boating safety, and emergency procedures and preparedness. This course will be a prerequisite for any team member wishing to serve as Officer of the Deck during official events.
- \$75 *[Optional]* USPS Sail Course. This is an intensive, 9-week, formal course that will reinforce the practical sailing skills covered in Junior Sailing and will back up these skills with the science and history upon which they are based.
- \$45 *[Optional]* 1-year Family Membership in the Finger Lakes Yacht Club. This will provide access for the student and their family to all social activities organized by the FLYC. (See <http://www.flyc.us> for details.) This can be a great way to meet other sailors and to learn even more about sailing and racing. Following each FLYC race, there is a social hour ashore for the racers. Each crew is asked to bring a snack to share along with their own beverages. Races are scored and results are announced at these social hours.

*NOTE: If joining the yacht club, please write a separate check made out to “Finger Lakes Yacht Club.”*

- \$90 *[Optional]* Add to convert student’s apprentice membership to a 1-year family membership in the USPS and SSPS.