

KHYF Sailing Team Handbook

The **KHYF Junior Sailing Team** is designed to provide year-round coaching and equipment for youth sailors at low cost. Created in 1982 the foundation has developed our fleet of boats and equipment to include 10 Optimists, 19 Plopti trainers, 10 Sail Cubes, 15 CFJs, 3 Martin 24.2s, 7 coach boats, 3 sailboat trailers and an entire container filled with support equipment.

Development typically begins in a boat similar to the Optimist, the premier youth training dinghy for sailors age 7 – 15. Weekend regattas take place throughout the year, in locations that generally range from Long Beach to San Francisco. On some occasions, the team may choose to travel to larger events throughout the country.

As sailors grow bigger and older, most will graduate into Lasers and CFJs. Training becomes much more advanced at this level, and much more will be expected of the sailors. Along with advanced training, sailors will be taught the importance of teamwork, fitness, self-reliance, etc. The Foundation has CFJs to provide for each season; Lasers must be provided by the sailors.

For sailors in grades 8 – 12, we also have a high school racing program available. There are a range of schools that have teams here. Mira Costa and Redondo Union currently have racing teams. Sailors may join from other schools, as well, but racing opportunities may be limited. Practices are twice a week and typically are very high level and high intensity.

The KHYF Junior Race Team also has a long history of sportsmanship and Corinthian spirit. Each team member and parent is expected to represent the KHYF accordingly. Remember: **This is a privilege; not a right!**

Memberships:

KHYC Membershipship:

You are not required to be a Yacht Club member although it is *highly* recommended to receive the most benefit from being a part of the team.

US Sailing Membership:

Once your sailor is ready to join a race team and start competing in regattas. They will need to register with US Sailing (<https://www.ussailing.org/membership/>).

USODA Membership:

Apart from US Sailing eventually they will be recommended to start attending USODA events. These events are for the top level of Opti sailors with events having international reach. USODA forms a National team

Teams to Qualify for:

USODA US National Team:

Sailors must first qualify for team trials by placing well in USODA events and then continue on to Team Trials to be considered for the team.

SCYYRA Team:

Every year SCYYRA forms a team based on the applications of regional sailors. Sailors are based off of all SCYYRA events, regional and national events. Many SCYYRA team members have continued their careers and have become World Champion and Olympic sailors.

Our Teams:

Optimists Race Team: Ages 7 – 15

There are week-long sessions for the Opti Race Team on top of our summer program as well as weekly practices are held during the afternoons in the Fall and Spring seasons. There are 6 Carrie Series regattas hosted with the help of Southern California Youth Yacht Racing Association (SCYYRA). Then there are 4 Harken series events which are typically held at winder venues and suited for veteran sailors of the team. Both these series are 2-day weekend events, and may take place anywhere between Long Beach and San Francisco. There are a few other regattas hosted by yacht clubs outside of these series as well. Sailors are not required to attend all events. Goal for sailors on our Opti Race Team is to get to be on the USODA National team.

- GREEN FLEET
 - Green Fleet is a development fleet, specifically designed for sailors in their first year. Coaches are allowed to help racers around the race course, and all focus is on learning and development.
- CHAMPIONSHIP FLEET
 - Championship Fleet is for more experienced racers. It is divided up by age into Red, White and Blue divisions. All boats sail together, but are scored separately.
 - Sailors will graduate to the Championship fleet at the discretion of the Head Coach.
- Carrie SERIES
 - 7 regattas, October - May.
 - Schedule and registration hosted by the Southern California Youth Yacht Racing Association. www.SCYYRA.org
 - Goblin Regatta (SBYC), Santa Barbara – October
 - Fall Regatta (VYC), Ventura – November
 - Holiday Regatta (CBYC), Cabrillo – December
 - Midwinters West (LAYC), Cabrillo – February
 - Big Rock Regatta (MBYC), Morro Bay – March
 - Ken Hoover Memorial (KHYC), King Harbor – April
 - Sanguinetti Regatta (CalYC), Marina Del Rey – May
 - It is not required that sailors compete in all series events
- HARKEN SERIES
 - Primarily for our slightly more advanced championship fleet racers.

- Takes place in windy and difficult venues – not for the faint of heart!
- 4 regattas, March – June
 - Harken #1 (CalYC), Marina Del Rey – March
 - Harken #2 (SFYC), San Francisco – April
 - Harken #3 (CBYC), Cabrillo – May
 - Harken #4 (StFYC), San Francisco – June
- USODA REGATTAS
 - Events may include North American Championships, Pacific Coast Championships, West Coast Championships, US Nationals etc.
 - When these events are local, they will be considered team events.
 - Travel to regattas outside of the southern California area, may be arranged by parents, with the support of the Head Coach

[Subscribe to SCYYRA Mailing List](#)

[Subscribe to USODA Mailing List \(Veteran Opti's\)](#)

High School Race Team: Grade 8 – 12

Our HS teams race under PCISA (Pacific Coast Interscholastic Sailing Association) under ISSA (InterScholastic Sailing Association). There are various events under ISSA including Coed and Women Fleet Racing in both double-handed (typically CFJ's) and single-handed (Lasers) fleets, Coed Team Racing (typically in CFJ's) and Coed Fleet Racing in small keelboats. Practices are held during the week during the Fall and Spring Semesters, and there are various regattas over the course of the school year. 4 sailors are required for a High School to be eligible to race, although joint teams can be used. CFJs will be the primary boat for this advanced racing scene (non-spinnaker), and will be provided by the KHYF. Goal for sailors is to compete at HS Nationals.

- There are two levels of racing, Gold and Silver. Gold can be considered sailing's version of "Varsity" competition, with silver being "Junior varsity." The coach will decide which level each high school should enter, and final approval is granted by the PCISA.
- PCISA SERIES
 - This is our primary racing series
 - 5 regattas, October – March
 - Sea Otter Regatta (MBYC), Monterey Bay – October
 - Anteater Regatta (NHYC), Newport – December
 - Rose Bowl (ABYC), Long Beach – Early January
 - Golden Bear Regatta (TISC), San Francisco – February
 - Gaucho Regatta (SBYC), Santa Barbara – March
 - Series info can be found at www.PCISA.org
- PACIFIC COAST CHAMPIONSHIPS
 - Entries granted to the top 20 teams in the Gold Fleet
 - Silver fleet champs open to top Silver fleet schools
 - Venue for Gold Fleet Championship alternates Northern CA and Southern CA, each year. If Gold sails in Northern CA, then Silver will sail in Southern CA.
 - Takes place in late April
- SOCAL SERIES

- This is another racing series for less experienced and small teams. These will not be team events, but the coach may have a team attend if he feels it is best.
- CRESSY ELIMINATIONS
 - This is the single-handed (Laser) qualifier for the CRESSY Championships.
 - Experienced Laser sailors may attend
 - Typically held in late September, in Long Beach
- Many High School races are held in spectator friendly venues, such as Long Beach, San Francisco and Santa Barbara. Parents are encouraged to attend and watch, but should not interfere with the team and/or the coach during race time.
- Organization of hotels for travel events should be organized by a team parent

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High School Development Team: Grade 8 – 12

The FJ (Flying Junior) boat is the standard in high school and collegiate sailing on the West Coast. This 2 person boat is ideal for learning to sail. The emphasis is on team building, competitive advancement and preparation for High School Sailing. With the ability to practice on a consistent basis, students will have the ability to improve rapidly and prepare for sailing on the high school team

- SOCIAL SERIES
 - This is another racing series for less experienced and small teams. These will not be team events, but the coach may have a team attend if he feels it is best.

KHYF FJ Race Team: Ages 12 – 18

Practices are held on weekends during all seasons and there are 4 Shadden Series regattas hosted by California yacht clubs with the help of SCYYRA throughout the year. Other events are Junior Olympics and CFJ Nationals regattas for these sailors. CFJs are a two-person boat, so teamwork will be a major focus, as well as jib and spinnaker handling. Team Racing regattas are also getting included into this schedule as well. Boats are provided by the KHYF. The two person teams are chosen by the sailors. It is encouraged to find a sailor with the same level of commitment rather than switching around pairings. SCYYRA hosts an annual clinic that veteran sailors should sail. Goal is to be accepted onto the SCYYRA Team.

- SHADDEN SERIES
 - This is our primary racing series
 - 4 regattas, September – March
 - Shadden #1 (NHYC), Newport – September
 - Shadden #2 (Cal YC), Marina Del Rey – October
 - Shadden #3 (SDYC), San Diego – January
 - Shadden #4 (ABYC), Long Beach – March
 - Series info can be found at www.scyyra.org
- CFJ NATIONALS
 - Venue varies around southern CA each year
 - Last weekend in August
- JUNIOR OLYMPICS
 - Typically 2nd or 3rd weekend of July
 - Venue changes annually, in southern CA

- There is typically a clinic held on the Thursday prior to the event, followed by three days of great racing!
- This is a team event, although some sailors may choose to sail CFJs, instead. This decision should be made with the assistance of the KHYF coach
- HAROLD ADAMS
 - A team Race event for the advanced racers

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Other Teams:

420s: Ages 12 – 18 and/or 120+ Lbs.

Practices can be arranged on a case-by-case basis. Students must provide their own boat (Call coach for help, if interested but don't have a boat). We support local club programs for this fleet. Goal is to be accepted onto the SCYYRA Team.

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Lasers: Ages 14 – 18 and/or 125+ Lbs.

Practices can be arranged on a case-by-case basis. Students must provide their own boat (Call coach for help, if interested but don't have a boat). We support local club programs for this fleet. Goal is to be accepted onto the SCYYRA Team.

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29ers: Ages 14 – 18 and/or 125+ Lbs.

Practices can be arranged on a case-by-case basis. Students must provide their own boat (Call coach for help, if interested but don't have a boat). We support local club programs for this fleet. Goal is to be accepted onto the SCYYRA Team.

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Keel Boats (M242 or Similar): Ages 16 – 18 and/or 125+ Lbs.

Practices can be arranged on a case-by-case basis. Match Racing and Fleet Racing Events to come.

[Subscribe to SCYYRA Mailing List](#)
[ASMBYC Calendar](#)

Responsibilities of the Sailor:

1. Represent the KHYF responsibly and respectfully at all times.

2. Properly care for and put away all KHYF and personal equipment used.
3. Communicate your attendance or non-attendance in advance of all team events to the Coach and parents.
 - After Opti's it is recommended that the sailor have their own email account that they check regularly.
4. Each sailor is expected to give their time to help the KHYF and KHYC. A minimum of 20 hours volunteer time will required of all sailors annually, as well as attendance at a few key events:
 - a. KHYC Holiday Boat Parade set up (early December)
 - b. KHYC Clean-up Weekend (Late March)
 - c. KHYC Opening Day (2nd weekend of April)
5. Most importantly help and mentor sailors that are younger and less experienced than yourself. KHYF program is continuously moving forward and is strongly influenced by the actions of those within it.

Sailor Volunteering:

- Sailors may volunteer in a number of different ways:
 - New Channels "Day on the Water"
 - Boat and equipment maintenance
 - Volunteer coaching and mentoring
 - Help with KHYF events
 - Help with KHYC events
- All volunteer time should be organized with the Head Coach.
- Sailors are responsible for maintaining a log of their own volunteer hours.

Maintenance and care of equipment:

The KHYF has a lot of equipment for sailors to use at a low cost, and it is vital that we do everything in our power to maintain that equipment properly. Sailors are expected to treat the equipment as if it was their own. We understand that some damage is unavoidable, considering the amount of use our boats get, and the intensity of our racing and training. In the event of damage, you must inform the coach by the end of practice.

- Other equipment requirements:
 - All boats should be put back in storage no later than Tuesday evening following an event.
 - The container should be closed following use and is the responsibility of ALL sailors using the container/equipment that day.
 - If you would like to use the KHYF boats or equipment on your own time, contact the Head Coach for permission.

Regatta Communication:

- It is the responsibility of each team member to confirm their attendance/non-attendance no later than **2 weeks** before the event. Via the their Teams Google Sheet
- For some travel events, the coach may require further advanced notice.

Coach's requirements of Sailors:

1. **Come to learn and improve, or don't come at all.** Effort and a positive attitude are an absolute necessity to be successful in this sport and in this program!
2. **Take responsibility for yourself and for your actions.** You have control over your results, your improvement, your care for the equipment, etc.
3. **Follow all Coach's directions,** the first time. We prefer to spend our time teaching and training – not disciplining. We are happy and open for discussion after practice, if
4. **Bring a "Race Log" to all team events,** and maintain notes of all things learned and observed.
5. **Maintain a personal calendar of all team and personal events.**

*** It is also recommended that all sailors keep records and a resume of all their regatta results and accomplishments. for later team/work applications.*

Consequences:

- Failure to properly communicate with the coach can result in the loss of team privileges for that event and/or the subsequent event.
- Failure to properly care for or put away your assigned boat or equipment, failure to close the locker after use, may result in loss of team privileges for AT LEAST one event.
- Failure to represent the KHYP with proper sportsmanship, or inappropriate behavior will result in loss of Race Team privileges for AT LEAST 3 months.
****Further infractions will be dealt with on a case by case basis, and in some cases, may result in removal from the team.**

Rankings and Boat Assignments:

Optimists

- Optimists will be assigned by/ before each season. If there are more sailors than boats available, we will use a lottery.
- It is **STRONGLY** encouraged that families invest in their own Optimist Dinghy, when the sailor is ready to begin racing seriously. The KHYF boats will maintain an absolute minimum racing gear for each boat.

**All assignments are subject to periodic review and may be changed at the discretion of the Coach (examples: attendance, communication, effort, care of equipment).

Each team member is responsible for the up-keep and maintenance of their assigned boat. **All damage must be reported to the coach within 24 hours.

FJ's

- CFJ boat assignments will be given based on the CFJ team rankings.
- Rankings are updated annually, and are based on the Following:
 1. Sailing ability
 2. Attitude and level of interest
 3. Race Team Participation (attendance of practices and regattas, communication, and overall involvement)
 4. Race results
- CFJ skipper/team rankings will be updated after CFJ Nationals.

**All assignments are subject to periodic review and may be changed at the discretion of the Coach (examples: attendance, communication, effort, care of equipment).

Each team member is responsible for the up-keep and maintenance of their assigned boat. **All damage must be reported to the coach within 24 hours.

Parent Responsibilities:

- Sign-up/ Registration
- Loading a boat? Tie it down! Boats should only be loaded if ready to go and can be tied down. We do offer a strap tie down system, but use any tie down method you trust and take responsibility for.
- Assist in transportation of boats and team members whenever possible.
 - All trailers are set up for a 2” tow ball and a flat four-plug light hookup.
 - Please don’t be intimidated, if you have not towed before. WE NEED YOUR HELP!!!
 - It is the responsibility of the owner/user of each boat to tie down each boat securely and properly. Even though staff or other parents may help in the loading process they do not assume responsibility for other boats.
 - Tower will check the tie down of every boat as much as reasonably possible, especially during long travel. Tower will look and check tie downs at every stop they make, especially under windy or wet conditions.
- Assist your children in communication with the coach and equipment maintenance and care.
- Represent the KHYF according to the same rules and guidelines given for race team members.

Parent Volunteering:

- The KHYF is a volunteer organization, and we need your help! The KHYF Head Coach and board of directors will periodically ask for help with fundraisers, team events, travel plans, etc. Please be proactive, and help whenever possible.
- The KHYF has several committees chaired by team parents and family members. Please contact the Director if you are interested joining any of the following committees:
 - Fundraising
 - Public Relations
 - Grants
 - Regatta Planning
 - Maintenance
 - New Channels

KHYF’s Responsibilities:

- Maintain and organize Race Team Calendar and Roster.
- Organize practices and regattas for team events.
 - Team parent to handle travel details for long distance events.
- Maintain rankings and boat assignments.
- Organize maintenance and care of all KHYF equipment.
- Improve the racing ability and performance of our sailors.

**Keep in mind that it is the job of the coaches to keep the interests of the TEAM in mind at all times. We cannot always look out for the best interests of every sailor individually.

KHYF Team Parent Responsibilities:

- Organizes general locations for hotel stays to help team after hour socialization
- Organizes Team Dinner Saturday night of events
- Organizes Annual Team Gear

References:

- Southern California Youth Yacht Racing Association: www.SCYYRA.org
- Pacific Coast Interscholastic Sailing Association: www.PCISA.org
- KHYF website: www.KHYF.org
- KHYC

USAGE OF KHYF BOATS ON YOUR OWN TIME:

Any member of the KHYF Race Team can gain access to, and use the equipment of the KHYF for the purpose of practicing their skills or working on the equipment on their own time according to the following rules:

1. King Harbor Yacht Club membership of the skipper is required. (Non-YC members are not permitted on the YC grounds unless you are a guest of a specific Youth Foundation event)
2. Parental supervision is required at all times. (Special exemptions apply, see below)
3. Safety: You must
 - A. Wear your life-jacket at and have all necessary Coast Guard required safety equipment at all times.
 - B. Thoroughly check over each piece of equipment before leaving the dock.
 - C. Have a bowline suitable for purposes of towing, (at least 20 ft.), attached at all times.
 - D. Never leave the dock in conditions a small craft advisory or conditions which may exceed your ability or skill level, whichever is lesser. If winds increase to said conditions while you are already on the water, you should return.
4. Which equipment can I use?
 - A. You are permitted to use the type of boat in which you are qualified.
**All special requests for boat use shall be made directly to the Coach.
 - B. If you have been assigned a boat, you are expected to use that boat.
5. Permission must be requested prior to use of any equipment and be granted by the Head Coach or Director.
 - B. 24 hours notice in advance of planned usage of boats is requested.
6. Storage Locker Rules:
 - A. When you open the locker, you are expected to sign in on the sheet provided on the inside of the door.
 - B. All equipment is to be put back in its proper storage spot. (Wet sails should be hung up.)
 - C. **Do not leave without closing up the locker and returning the key!**
 - D. Any neglect of the above rules will result in a minimum of 1-month suspension from use of the locker.
7. Equipment Care:
 - A. Parents of sailors shall assume full responsibility for equipment.
(**Large equipment cost reimbursements will be handled on a per-case basis with the KHYF Board)
 - B. All equipment is to be hosed off after use.
 - C. Any equipment breakdowns are to be reported to the Coach or Director within 24 hours of the accident.
 - D. The basic rule of thumb: that all equipment is to be returned in “as good as, or better” condition than when you received it.

Sailing Check-list

- Life Jacket
- Notebook/ Rule book
- Watch
- Water
- Snacks (lunch)
- Bailer
- Boots/shoes
- Spray top (jacket)
- Rash guard
- Gloves
- Hat
- Sunglasses
- Hiking pants
- Spray pants
- Towel
- Change of clothes
- Sunscreen