

HYC's Winter & Spring Sailing Program

Winter Sailing General Info:

Winter sailing is subject to cancellations more frequently. Winter sailing requires appropriate gear, and sailors without appropriate gear in the view of the instructor/coach are subject to remaining onshore.

In general, combined air and water temperature guidelines are:

1. Under 100F requires a dry-suit, wetsuit, or base layers sunshine and layered spray gear.
2. Under 110F requires a wetsuit or base layers sunshine, and layered spray gear.
3. Under 120F requires layered water repellent clothing.

Weather conditions change, the amount of sunlight and strength are considered. A clear warm drink such as tea, coffee, or lemonade can assist in warming up a chilled sailor.

Coaches:

Assistant Race Coach Aston Atherton, 2021 TSA and SEISA ILCA 7 Champion, top score in 2021 D-15 ILCA 7 Champion

Assistant Race Coach Hamilton Barclay, 2x Maine State Opti Champion, 2x Maine C420 Champion, 2021 SEISA and TSA Radial Champion, 2021 US Sailing Singlehanded Junior Champion

US Sailing Level 1 Assistant Instructor Kailey Warrior, top 2021 D-15 Radial Diamond Sailor

US Sailing Level 1 Instructor Noah Runciman, US Olympic Development Program KiteBoarding

US Sailing Level 1 Instructor Yumi Yoshiasu. Dartmouth Sailing Team, 2x I420 Women's World Champion

US Sailing Level 3 Race Coach, US Sailing Keelboat Coach, US Sailing Race Officer & Judge, Sailing Director Charles Barclay

Learn to Sail Program:

Saturday and Sunday Mornings 0930-1230

Winter Program Dates (18):

Jan 8-9, 15-16, 22-23, 29-30

Feb 5-6, 12-13, 19-20, 26-27

March 5-6, Backup (12-13)

Spring Program Dates (17)

March 26-27

April 2-3, 9-10, 16, 23-24

May 7-8, 14-15, 22-23, 28-29

Boats: Opti, OPen Skiff, Sunfish, C420, Laser

Ages: 8-17

Class Size: Limit 12

Pedagogy: US Sailing Little Red Book & SkillUp App

Coached by Instructors overseen by Director



This group class uses a variety of boats for skill development: how to rig & launch, points of sail, sailing close-hauled, reaching, downwind, terminology. This class uses marks for skill development, but is decidedly not racing-focused.

Price: \$550 Members, \$825 Non-Members (50% Premium)

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Optimist Race Program:

Saturday & Sunday Afternoon 1330-1700
Wednesdays 1545-1815 starting March 30

Winter Program Dates (18):

Jan 8-9, 15-16, 22-23, 29-30

Feb 5-6, 12-13, 19-20, 26-27

March 5-6, Weather Makeup Days (12-13)

Spring Program Dates (21)

March (3) 26-27, 30

April (9) 2-3, 6, 9-10, 13, 16, 23-24

May (9) 7, 11, 14-15, 18, 22-23,

Weather Makeup Days (28-29)

Boat: Student provides Opti; 2 Race boats available for seasonal charter (\$200).

Ages: 8-15

Class Size: Up to 2 Classes with 8-10 sailors each

Pedagogy: US Sailing SkillUp Race App and USODA training module

Green, White, Blue, Red Fleet sailors welcome

Price: \$550 per season member; \$825 per season non-member. \$50/day member dropin rate, \$75/day non-member. Or \$300/month member, \$450/month non-member.

Participants are expected to attend 5 or more TSA events throughout 2022 season in furtherance of their goals.

Class goal is to propel students to the podium in their fleet. Race drills are used with class segments on boat handling, boat speed, mark rounding, starts and finishes, field and classroom work on lay lines, strategy, tactics, and rules.

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ILCA Laser/SEISA Program:

Wednesday Afternoon 1430-1830 (times adjusted for daylight and school schedules)

Saturday and Sunday: Physical Training 0900-1000 (Optional), On Water 1300-1700.

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Feb 5-6, 12-13, 19-20, 26-27

March 5-6, Weather Makeup Days (12-13)

Spring Program Dates (21)

March (3) 26-27, 30

April (9) 2-3, 6, 9-10, 13, 16, 23-24

May (9) 7, 11, 14-15, 18, 22-23,

Weather Makeup Days (28-29)

Boats: ILCA-Laser (4), (6), and (7) rigs.

Ages: 12+

Class Size: Limit 16

Focus: Race Training



Pedagogy: High School/College & Gran Prix training drills, video feedback, class debrief.

Coached by Sailing Director Charles Barclay, Guest Coaches

Regatta Day coaching included in the program, additional (\$50-100) fees for travel costs.

Price: \$550 per season member; \$825 per season non-member. \$50/day member drop in rate, \$75/day non-member. Or \$300/month member, \$450/month non-member.

Costs: Regatta fees separate typically \$50-75/weekend for D-15 and TSA non-local events to defray coach boat transport, boat transport, and hotel/meal costs for coaches.

The coach will attend major ILCA and D-15, SEISA, and select TSA regattas. Training weekends and regatta schedule published on HYC Race Team Shutterfly account.

Additional training opportunities will arise. In the Fall of 2021, we did three "Ditch Runs" starting or ending at the Texas Dike or San Leon Fish Camp. These Downwind runs are focused to increase sailors' skill, focus, and speed. Optional guided physical training occurs before practice using safe, sailing focused, body weight calisthenics.

