

# PARENT NOTES

## IYC Youth Sailing Program

JUNE - AUGUST 2018

### PROGRAM START 08:30 AM

Please try to bring your child by 08:30 am, so that the Instructors can get a head start on rigging the boats for the morning wind and sailing.

### SIGN IN/OUT PROCEDURES

Parents will need to sign youth sailors in and out (no later than 4:30pm) each day at the desk in the Youth Sailing Building. Feel free to chat with our Instructor Team!!

### LUNCH

Kids must provide their own lunch and any other snacks, as well as beverage.  
Water will be supplied in the youth clubhouse.

### JUNIOR ROAST (children only)

Jr. Roasts are a 60+ year tradition at the Ithaca Yacht Club and all sailing participants and siblings are invited to attend. The Roast takes place on Thursday evening starting at 6pm when hot dogs and hamburgers are cooked on an outdoor grill for a nominal charge (\$3-4) per child, while parents donate a dish-to-pass to supplement the meal. Adults can relax and enjoy dinner and/or cocktails from the club while the children eat and are entertained by lifeguard and sailing staff.

## **RACING**

You are welcome to consider registering your sailors to race Optis, 420s, or Lasers at weekend regattas in the region. These regattas are not run by Youth Programs - they are run by boat class associations. Please talk with the Head Coach or Head Instructor for logistical details.

### **SUITABLE CLOTHING AND THINGS TO BRING**

Please try to find clothing which will keep the kids warm when it is windy and wet!!

**Please bring:**

- **LIFEJACKET**
- **TOWEL**
- **CHANGE OF CLOTHES**
- **FOOD-DRINK**
- **SUNSCREEN PROTECTION** – please remind your sailors to reapply after lunch, before the afternoon sail.
- **SHOES - Shoes to be worn in the boats !** For safety reasons, sailors will need to wear shoes which will not slip off as kids launch and land boats. Rocks and slippery surfaces are very common on the lakefront. Closed-toe sandals, sailing boots, or sailing sneakers are preferable.
- **RASH GUARDS** tops can be bought quite inexpensively and are the perfect undergarment in chilly conditions.
- **SAILING SMOCK** (waterproof wind breaker) - outer garment to take on the boats, especially on chilly or very windy days.
- **SHORTS**

**We would like sailors to be properly outfitted so that we avoid unnecessary disruption to the sailing instruction, AND more importantly, we want kids to be happy, cozy and warm!!**