



Youngstown Junior Sailing



Not sure about which program is best for your son or daughter this summer? Here is a short overview of the 5 different Jr. Sailing groups to choose from at YYC. After selecting a group, take a look at our list of available sessions and prices on the application!

PRAMS

Age 7-10



This is a program for our youngest sailors. If your son or daughter is **new to sailing** and/or **under age 10**, they will most likely be in the Pram program. The Prams are a fleet of small, simple trainer boats supplied by Jr. Sailing. In this program the kids will have lots of fun getting acquainted to being on the water learning the basics of rigging, steering, and trimming! This group offers **half or full day sessions**, and the group stays in the river or bay most of the day.

BEGINNER OPTI

Age 9-13



This is for our sailors who have **graduated from the Pram** program and are ready to **learn to race**. They can sail the club owned Optis or sail their privately owned Opti for a discounted price. They will take the next step and learn about sail trim, boat handling, and basic rules as it relates to racing. Occasionally this group will team up with the Opti racers for a combined race day. Sailors in this group have the option to travel to some local regattas too!

NUTSHELLS

Age 11-15



This is a group for kids that love to sail but don't necessarily need racing to be their primary focus. **Sailors can move to the nutshells from another group or start here** if they are at least 11 years old. This is often the **largest and most social group** of Jr. Sailors. The Nutshell is a 3-4 person boat with three levels of sailors: Basics, who are brand new to the nutshell, Intermediates, who have taken the program for at least a session, and Skippers, who steer the nutshells most of the time. In this program, sailors will learn a broad range of sailing skills such as points of sail, trimming, knot tying, steering, docking, and of course teamwork. Although the Nutshells do often race, racing is not the primary focus of this group. From the nutshells, sailors can then move on to either race team if they decide they would like to become a more competitive racer.

OPTI RACE TEAM

Age 12- 15



This is for our **advanced level Opti** sailors. The sailors in this group have already had experience in an Opti and are ready to take it to the next level. During practice they will break down the finer points of racing including tactics, sail shape, rules, etc. Sailors in this group can either sail their own Opti for a discounted cost, or use a club owned Opti. The great thing about the Opti is that since it is the premiere boat for this age group, there are lots of opportunities to race against other sailors. They will often test their skills at **various regattas** at the local, regional, or national level. How much they travel is really up to them, but regattas are a true highlight of this program!

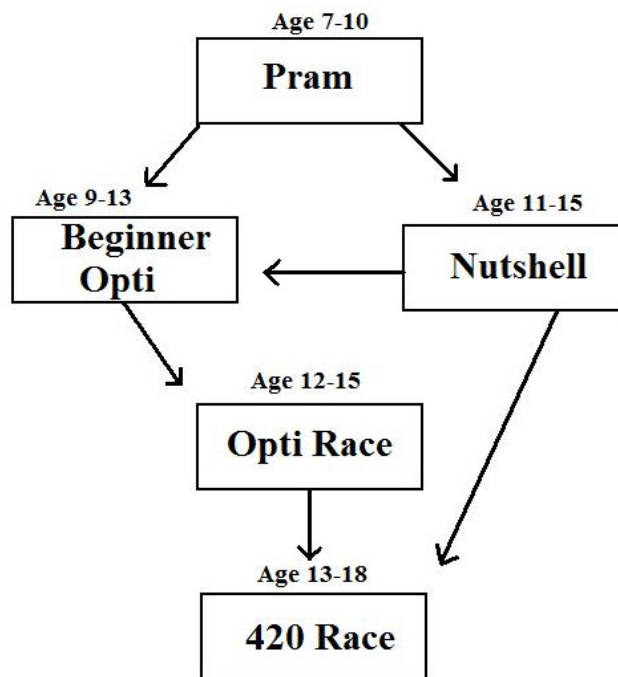
420 RACE TEAM

Age 13-18

The 420 Racing Team is our **oldest and most experienced group**. Racing team members generally come from the Opti Race Team or Nutshells. On the racing team, sailors will learn to sail the 420 with a spinnaker and trapeze. Similar to the Opti Race team, the 420 team often travels to regional and national regattas and conducts practices that cover advanced racing techniques and strategy. This group often will test themselves in exciting and challenging conditions! The team sails 8 Vanguard Club 420's and has one 2011 Zim Pro 420. In addition to 420's this group will occasionally train on Lasers, J22s or Beneteau 36.7s.



The chart to the right represents the general progression of our sailors through the program. Those who enjoy racing will most likely choose the left side of the bracket and those who like to sail socially have options on the right. The ages are approximate and not all sailors have to follow this exactly, but this should give you a good idea of what the options are. *YVC Jr. Sailing offers many choices to make sure that our sailors get the most out of their program. Fun is guaranteed!*



**COME JOIN
THE FUN
AT YVC !**

