

TAMPA YACHT & COUNTRY CLUB

Sailing Team



2014/2015 Race Season

Welcome New Teammates!

The TYCC coaches are pleased to have the opportunity to coach your sailor.

We consider you part of our Sailing Family.



Practice Schedule

Practice starts on August 25th at 4pm

IF YOU CAN MAKE IT AT 3:30PM, WE RECOMMEND IT.

Green Fleet practices on Mondays and Saturdays

Mondays 4 - 7pm & Saturdays 10 - 3pm

RWB Fleet practices on Mondays, Wednesdays & Saturdays

Mondays 4 - 7pm, Wednesdays 4 - 7pm & Saturdays 10 - 3pm



Regatta Dates (TENTATIVE)



LABOR DAY REGATTA	SARASOTA SAILING SQUADRON	AUG 30 - 31 2014 (RWB ONLY)
BRUCE WATTERS REGATTA	ST PETE SAILING CENTER	SEPTEMBER 13 - 14 2014
RIVER ROMP REGATTA	FT. MYERS/EDISON SAILING CENTER	OCTOBER 18 - 19 2014
NAPLES CUP REGATTA	NAPLES COMM SAILING CENTER	NOVEMBER 8 - 9 2014
THANKSGIVING DAY REGATTA	DAVIS ISLAND YACHT CLUB	NOVEMBER 29 - 30 2014
GASPARILLA REGATTA	TAMPA YACHT & COUNTRY CLUB	JANUARY 10 - 11 2015
VALENTINE'S DAY REGATTA	ST PETE SAILING CENTER	FEBRUARY 7 - 8 2015

Do we need to attend all practices and regattas?

- No, we do not expect everyone to be able to make every practice or regatta.
- We do recommend that you try to be a part of every event that we schedule so your sailor can practice their skills and put them to good use.
- The more time spent on the water practicing, the more their skills will improve.



What are Green & RWB Fleets?

What does it mean to be a Green Fleet Sailor?

- Beginner Fleet for sailors that are new to sailing but wanting to improve.
- We will work on their sailing skills and introduce them to racing

The Optimist Class is divided up by experience and age.

- Green Fleet is the beginner fleet no matter what age the sailor is.
- RWB is for more experienced sailors and is split up by age groups

White Fleet: sailors 10 years old and younger

Blue Fleet: sailors that are 11 & 12 years old

Red Fleet: sailors that are 13, 14 and rarely 15 years old



What is an Optimist pram?

- Flat bottomed, hard chine, pram-bow dinghy with a spritsail
- “a bathtub that breeds the best sailors” (Observant Sailor)
- 7’ 6.5” long and 3’8” wide, weighing in at 77 pounds. Made of fiberglass
- Easy transportation by trailer or car top
- Safe and simple enough for an 8 year old but exciting and technical enough for a 14 year old
- Over 150,000 kids in over 100 countries cannot be wrong. The Optimist is not only one of the biggest dinghy classes in the world, it is the fastest growing



Did you know.....

Over 50% of new Opti parents do NOT know how to sail

**New Opti
Parents**



Regattas? Did you mean sailing race?

- A series of boat races that normally last from 8am to 5pm on weekends at local sailing clubs.
- They are usually formally structured events, with comprehensive rules describing the schedule and procedures of the event.
- Regattas may be organized as championships for a particular area or type of boat, but often are held just for the joy of competition, camaraderie and general promotion of the sport.



What does it cost to be on the Sailing Team?

- For Green Fleeters, the cost is \$175/month which includes the rental fee for a TYCC Optimist Boat, Sail and Blades.
- For RWB, the cost is \$125/month assuming you own your own boat and equipment.
- This monthly fee does not include personal safety gear.

Sailing specific lifejacket, spray-top, boots, sunglasses, sunscreen, etc...



Anything else we need to know about regattas?

- You are responsible for getting your sailor to the events on time.
- You can coordinate your sailor carpooling with another parent if needed.

It is your responsibility to let the coaches know you need help with logistics.

- You and your sailor are responsible for loading up your boat and equipment after practice during the week leading up to the event.
- The coaches have limited capabilities to move the Optimist trailer and boat trailers to and from events. If you can tow a trailer, we will ❤️ you!
- The monthly sail team fee does not cover regatta registration and other regatta related fees(travel and hotel if needed).
- Registration fees are between \$50-80 depending on the size of the event.

Practice Procedures

To get the most out of practice!

- The coaches realize that arriving at the Sailing Center by 3:45-4:00pm is difficult for some. Between schools running late and early winter sunsets, we find ourselves hard pressed for practice time. Rather than missing practice completely, we suggest latecomers rig on their own, check the expo board in the classroom and meet everyone else on the water!
- While the coaches will assist if possible, launching, rigging, pulling the boats from the water and putting them up is the responsibility of the sailors.
- We understand that our sailors have homework and other commitments during the school year. It is our policy that schoolwork comes first!

- If you can, please have your sailor at the sailing center 15 minutes before practice to allow them ample time to rig their boats and prepare for class. If your sailor will be late, please text or call Coach Josh at 813-210-2222.
- The coaching staff asks that the parents also be at the sailing center 15 minutes before practice ends to help your sailor de-rig their boat. It is important for all sailors and parents to work together before and after practice as our sailors will need some assistance with moving their optimists on and off the racks.
- Most of our practices will be held just outside the jetty or in the vicinity of the Ballast Point Pier. Please feel free to watch the sailors from the seawall or the pier. Your coaches will be happy to answer any questions you have to help you understand what the sailors are doing during practice, after practice.

Is all this really necessary Coach Josh?



YES! We want everyone to benefit from practices.

- There will be no practice at TYCC if the coaches are away coaching TYCC sailors in a regatta, unless otherwise stated by email.
- Snack and Drinks during practice: PLEASE NO SUGARY ITEMS, we do fitness to calm them down and eating/drinking these items are counterproductive. Pre-cut fruit, granola bars, individual snack bags and sandwiches are perfect. Think of foods that are easy to eat in an Opti and won't make a mess on the coach boat. Treats are always welcome to enjoy on the way in from regattas or after practice (chocolate melts).
- If there is a disciplinary problem with a sailor on the team;
 - 1st disciplinary problem – sailor meets with the coach
 - 2nd disciplinary problem – sailor meets with coach and parents are informed
 - 3rd disciplinary problem – sailor meets with coach, director and parentDiscipline will be based on the incident and the involved sailor

Equipment/Personal Gear

- Long Sleeve Sun Shirts *Make sure it has **SPF PROTECTION!**
Target, Walmart, Ross, Marshalls, TJ Maxx, West Marine, Sports Authority
- Water shoes or some kind of closed toe
WestMarine, Target, Walmart, Sports Authority
- Polarized Sunglasses
- A Hat that they will actually wear
- Sailing Gloves WestMarine carries these for around \$10-15
- A waterproof watch Needs a countdown timer Target/Walmart carries plenty(\$10-15)
- Spray Top To keep your sailor warm/dry when it starts cooling off
These can be purchased at Tackleshack or Island Nautical. Try it on before you buy it!

Sailing Specific Lifejacket

- Your sailor will be required to wear a lifejacket at all times while near the water, on their boat and while on the coach boat.
- Your sailor is also required to have whistle ATTACHED to the lifejacket.
- Buying a sailing specific lifejacket will benefit your sailor greatly due to the type of material and shape of the lifejacket.
 - Shorter than general purpose lifejackets
 - Cloth fabric is breathable and comfortable against their skin
- WestMarine carries one called the MTI Cadet for \$70.
- Tackleshack and Island Nautical carry nicer ones that cost a little more.

Try it on before you buy it!

WestMarine Cadet Lifejacket



Cadet

BOB

MTI ADVENTUREWEAR

Cadet Life Vest (Best Use for Youth Paddling, Recreation)

Model # 11940921 | Mfg # MTI-250B-0GK00

\$69.99



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Great Sailing Resources

US Sailing: www.ussailing.org

US Optimist Dinghy Association: www.usoda.org

This is the official website for our class of boats.

They even have a new parents section with checklists and FAQs

Tackleshack: www.tackleshack.com

They have everything you could ever need for sailing

They will also try to sell you all of it. Ask me first if you are unsure!

Island Nautical: www.islandnautical.com

Similar Tackleshack, ask me if you are unsure of buying something.

Please bring your gear

If you bought the gear but it's at home, then it's hard to have a productive practice.

- If you forget your watch, you won't know the starting sequence. It is hard to race when you don't know when to start;)
- If you forget your hat/sunglasses, it is impossible to check your sail (by looking up) as much as you should.
- If you forget your spray top and it's chilly, you will get wet and become cold and have trouble focusing

My Contact Info

Josh Dent

813-210-2222

sailing@tampayacht.com