



PACIFIC CORINTHIAN YOUTH FOUNDATION

2600 S Harbor Blvd, Oxnard, CA 93035

Tel: (805) 443-8756

Federal Tax ID#: 77-0312074

*Pacific Corinthian Youth Foundation
2023 Summer Sailing Program Guide*





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Table of Contents

PACIFIC CORINTHIAN YOUTH FOUNDATION.....	1
SUMMER SAILING PROGRAM.....	1
BEGINNER SAILING	2
ADVANCED BEGINNER SAILING.....	2
INTERMEDIATE SAILING	3
ADVANCED SAILING.....	3
DAILY PREPARATION	4
DAILY SCHEDULE.....	4
LUNCH OPTIONS.....	5
THURSDAY NIGHT RACES AND POST-RACE BARBECUE.....	5
ANNUAL AWARDS DINNER.....	6
PERPETUAL AWARDS.....	6
YOUTH FOUNDATION FUNDRAISING	6



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PACIFIC CORINTHIAN YOUTH FOUNDATION

The Pacific Corinthian Youth Foundation (PCYF) is a 501(c)(3) non-profit charitable organization that sponsors and instructs youth sailing in Channel Islands Harbor. PCYF was founded in 1992 by members of Pacific Corinthian Yacht Club (PCYC) and uses part of the grounds and the guest dock at PCYC to host its Summer Sailing Program. PCYF’s fleet includes Sabots, Optimists (“Optis”), Lasers, and Flying Juniors (FJ). Goals of the program are to develop good sailing and seamanship skills, self-confidence, water safety awareness, and sportsmanship, while having fun and learning a potential lifetime sport.

PCYF serves all of Channel Islands Harbor and its surrounding communities. The Board of Directors currently comprises representatives from Pacific Corinthian Yacht Club, Channel Islands Yacht Club, and Channel Islands Women’s Sailing Association with support from Anacapa Yacht Club, which hosts Thursday night races and postrace barbecues. The PCYF program is supported by grants from the California Department of Boating and Waterways and the Channel Islands Harbor Foundation as well as private donations and course enrollment fees.

SUMMER SAILING PROGRAM

Sailing instruction is open to all interested 8 -18 year-olds who can pass a swim test, which consists of swimming laps in a pool, treading water, and putting on a life vest while in the water. Enrollment Fees are **\$495** per Student for each 2-week session (**\$505** through PayPal; include Student’s Name). Instruction at Skill Levels 1 – 4 will be available during each session.

Session	Dates
1	Jun 19 – Jun 30
2	Jul 3 – Jul 14
3	Jul 17 – Jul 28
4	Jul 31 – Aug 11

Skill Level	Prerequisites
1 Beginner	8+ years old, able to swim, no prior sailing experience
2 Advanced Beginner	8+ years old, completion of Level 1 or equivalent
3 Intermediate	10+ years old, completion of Level 2 or equivalent
4 Advanced	13+ years old, completion of Level 3 or equivalent

Fees must be paid to complete registration and reserve the Student’s session preference. In some cases, it may be necessary to assign the Student to an alternate Session. A limited number of scholarships may be available for Students who request financial assistance. Students may enroll for multiple sessions - as space permits and if the Student has previously demonstrated good attendance and behavior. Session 2 students will miss the second day of sailing camp due to the July 4th holiday; they may make up a day during another session.

For Registration Forms and more information visit our website (<https://www.pcyfsailing.org>), send an email to pcyfsailing@gmail.com, send a note on the website “Contact Us” tab, or call (805) 443-8756.



BEGINNER SAILING

Pre-requisite: Ability to swim

Age range: At least 8 years old during the current calendar year

Beginner Students will learn to sail in pairs on Sabots and Optis in mild wind conditions. Students may repeat this course if desired or as recommended by an Instructor.

The primary focus of the Beginner Sailing course is to develop good safety habits as the Student learns the basics of handling a small boat in mild wind conditions. The course begins with a swim test in the pool. Each day, Instructors monitor that Students are appropriately dressed, hydrated, and protected from sun exposure. Wearing a PFD becomes an automatic, all-day routine. Righting a capsized dinghy and recovering an item (or person) that falls overboard become second nature. After conquering the fear of capsizing, their boat-handling skills improve. They build self-confidence as they learn how to *avoid* capsizing and collisions. They learn the basic Rules of the Road and local rules.

Students also learn to identify wind direction, rig and unrig a Sabot and Opti, tie important knots, steer on all points of sail, depart from and return to the dock, stop the boat, get out of irons, tack and jibe, and sail upwind. For fun and enhanced learning among younger Students, the Beginning Sailing curriculum will include boating and non-boating related learning games as well as boating safety related STEM/STEAM learning, such as wind direction, wind speed, and buoyancy.

ADVANCED BEGINNER SAILING

Pre-requisite: Successful completion of Beginning Sailing course (or equivalent)

Age range: Typically 8 - 13 years old

Advanced Beginner Students will learn to sail Sabots and Optis in pairs and alone in higher wind conditions, which are likely to occur if the Student continues to pursue sailing. Students may repeat this course if desired or as recommended by an Instructor.

The Advanced Beginner Sailing course reinforces the good safety habits, general knowledge and boat handling skills from the Beginning Sailing course as the Student builds self-confidence on the water and learns how to handle a small boat in heavier wind conditions (>15mph) — when the Student's actions need to be executed more quickly and precisely as simple maneuvers, such as righting a capsized dinghy, recovering an item (or person) overboard, and controlling boat speed when docking, have become much more difficult.



INTERMEDIATE SAILING

Pre-requisite: Successful completion of Advanced Beginner course (or equivalent)

Age range: Typically 10 - 13 years old

Intermediate Sailing is for Students who are ready to expand their sailing knowledge and experiences. Students may repeat this course if desired or as recommended by an Instructor.

In this course each Student takes charge of a Sabot or Opti on their own in all conditions and learns about the finer details of sailing, use of all available controls for proper sail and boat trim, navigational aids, distress signaling, boat maintenance, more knots, and the combined influences of wind, current, and waves. Students will learn basic tactical awareness of wind shifts, other boats, current, and laylines when sailing to windward, on a reach, and downwind. Intermediate Students may also ride along with Advanced Students on an FJ or Laser.

Successful completion of this level of sail training provides the Student with the additional knowledge and skills needed to handle a small boat safely and efficiently alone. After successfully completing the Intermediate Sailing course, the Student may be considered for future Assistant Instructor ("0.5") status.

ADVANCED SAILING

Pre-requisite: Successful completion of Intermediate Sailing course (or equivalent)

Age range: Typically 13 - 18 years old

The goal of the Advanced Sailing curriculum is to build on Students' previous good safety habits and small boat handling skills, introduce them to sailing different and more competitive boats, and prepare them to teach others and become an Assistant Instructor/ Instructor in the PCYF Summer Sailing Program. Students may repeat this course if desired or as recommended by the Lead Instructor.

In this course Students will sail more competitive small sailboats, such as FJs and Lasers. They learn about more complex STEM concepts, eg, aerodynamics, hydrodynamics, heel control, sail shape and controls, the combined influences of wind, current, and waves, by feeling and seeing their effects on boat speed and heeling angle in real time. Students will also learn more about weather, basic local navigation and navigational aids, distress signaling, and boat maintenance. Advanced Sailing Students have typically excelled throughout their Beginner, Advanced Beginner, and Intermediate Sailing course work, and they want to sail faster and compete with their peers. This course includes a limited introduction to sailboat racing as a



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"Boating Related Learning Game." Racing creates an opportunity to reinforce the rules of the road through developing an understanding of the Racing Rules of Sailing. It also challenges Students to develop more precision in their boat handling skills during a race start, mark rounding, and finish, as well as how to optimize sail trim - on their own or by copying a faster boat. They begin to develop a tactical awareness of wind shifts, current, and laylines.

Advanced Sailing graduates may choose to teach small boat sailing, pursue dinghy racing or daysailing, learn to sail/race bigger boats, multihulls, or foiling boats, and perhaps become a long-distance racer/cruiser or professional sailor.

DAILY PREPARATION

For safety and comfort on and off the water, Students must bring the following items to class every day:

- Personal floatation device (PFD), non-inflating, inherently buoyant vest-type*
- Hat with tether
- Sunglasses, with "Croakies" or other tethering system
- Sunscreen, waterproof and SPF15 or greater
- Non-slip water shoes/sandals with toe protection (highly recommended)
- A personal water bottle with plenty of water
- Lunch and snacks for all day; optional pizza for purchase on Fridays only
- Quick-dry, sun-protective shirt and shorts/pants, suitable for capsized recovery
- Extra set of clothes (Students get wet!)
- Towel
- Medications, if any, with written instructions provided to the Instructor
- Any other personal needs

All personal items should be labeled with the Student's name. Students are responsible to dispose of their own trash and reclaim their personal belongings each day. On their first day, new Students may also wish to bring a bathing suit for the swim test in the pool at PCYC.

* A limited number of weekly/daily loaner PFDs may be available



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DAILY SCHEDULE

Students are expected to check-in at the entry gate between 8:45AM and 9:00AM, Monday - Friday. They will break for lunch around noon and be ready for check out and pickup at 4:00PM.

Typical Daily Schedule

8:45 - 9:00AM	Check in, gear stowage
9:00 - 10:00AM	Warm-up exercise, daily briefing, morning "chalk talk," land demonstration, launch and rig boats
10:00AM – 12:00PM	On the water
12:00 - 12:45PM	Lunch break (off the water)
12:45 - 1:00PM	Afternoon "chalk talk"
1:00 - 3:30PM	On the water
3:30 - 4:00PM	Return to PCYC dock, unrig, stow boats and gear
4:00PM	Check out and pick up

LUNCH OPTIONS

Students should bring their own lunches, drinks, and snacks each day in a "sea-gull proof" container, such as a cooler bag or zippered pouch. On most Fridays, pizza will be available for purchase and should be ordered through the Instructors **before** leaving the dock in the morning.

THURSDAY NIGHT RACES AND POST-RACE BARBECUE

Current and past Students are invited to participate in dinghy races to be held the 2nd Thursday evening of each session (June 29, July 13, July 27, and August 10. Based on skill level, Students will have access to Sabots, Optis, Lasers, and FJs, with no race entry or boat charter fees.

Those wishing to race should inform the Lead Instructor on race-day mornings and return to rig their boats before 5:00PM. Races are scheduled to start at 5:30PM in the turning basin of Channel Islands Harbor. Dinghy racing follows a 3-minute starting sequence with one or more laps around temporary racing buoys. The last race will finish by 7:00PM. Interested family and friends are welcome to watch the races. Directions to a viewing area will be provided upon request.



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Immediately after racing, Students and their families and friends are invited to Anacapa Yacht Club (2810 Harbor Blvd, Oxnard, CA 93035) for barbecued hot dogs or hamburgers, chips, and soft drink and race awards after dinner.

ANNUAL AWARDS DINNER

The Summer Sailing Program concludes with an annual awards dinner on Sunday, August 13, 2023, in the PCYC Dining Room. Festivities include photo and video highlights from the summer, awards for all levels, and presentation of Perpetual Awards. Each registered Student may bring one guest; additional dinner tickets will be available for purchase. Further details will be provided approximately mid-July.

PERPETUAL AWARDS

Junior Seamanship is awarded to the Student who has demonstrated the greatest knowledge of the seas, wind patterns, rigging, and boat handling

Junior Achievement is awarded to the Student who has demonstrated the highest achievement in sportsmanship on and off the water

Junior Racer is awarded to the Student aged 13 and under who has demonstrated the highest achievement in racing

High Points is awarded to the Student aged 14-18 who has demonstrated the highest achievement in racing

YOUTH FOUNDATION FUNDRAISING

Each year PCYF receives dozens of requests from Students whose families are unable to afford tuition for a 2-week sailing course. PCYF relies on grants from the California Department of Boating and Waterways and the Channel Islands Harbor Foundation as well as donations from individuals, associations, trusts, and community fundraising efforts to provide scholarships to Students in need. Please consider making a tax-deductible donation to PCYF, a 501(c)(3) non-profit organization, to provide an opportunity to more youngsters to experience the joy of sailing, build their self-confidence and sportsmanship, and develop water safety awareness and seamanship skills while having fun and learning a potential lifetime sport.

Contact us at pcyfsailing@gmail.com or (805) 443-8756 to donate to PCYF or to be notified of upcoming fundraising events.