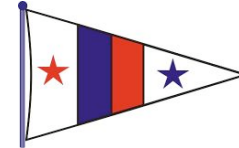


# VHYC Junior Sailing Program Competencies



## TADPOLES



### I. KNOTS (knowledge and use- 7sec.)

- The Figure 8



### II. PoB (Parts of Boat)

- Basic Opti parts
- Sides/Corners of Sail

### III. TnT (Theory & Tactics)

- Wind Direction
- "Irons"
- Skipper & Crew

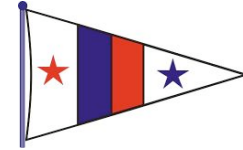
### IV. SKILLS (on the water)

- Steer in straight line/  
constant heading
- Controlled Capsize
- Basic Sail Trim

### V. Safety

- SWIM: jump off low dock  
and swim to beach in PFD
- Sail in up to 8 knots

# VHYC Junior Sailing Program Competencies



## BEGINNER WAVES



### I. KNOTS (knowledge and use- 7sec.)

- The Figure 8, Cleat, Square Knot, Half-Hitch

### II. PoB (Parts of Boat)

- Application and Usage of basic Opti parts of boat and sail

### III. TnT (Theory & Tactics)

- Understand body weight in boat
- Basic Understanding of Sailing Circle

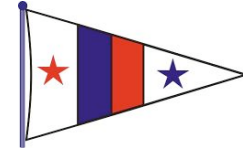
### IV. SKILLS (on the water)

- Safely Tack and Jibe
- Beaching and Rigging
- Sail Upwind
- Hiking/Sit on rail

### V. Safety

- SWIM: jump off low dock, swim to raft and back, no PFD, tread water 1 min.
- How to be towed

# VHYC Junior Sailing Program Competencies



## BEGINNER WIND



### I. KNOTS (knowledge and use- 7sec.)

- Beginner +
- The Bowline

### II. PoB (Parts of Boat)

- Beginner +
- Boom Vang
- Sail Ties

### III. TnT (Theory & Tactics)

- Sailing Circle
- Race Course

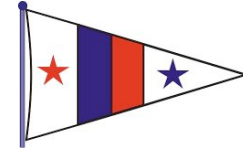
### IV. SKILLS (on the water)

- Out of "irons"
- Close-Hauled Tacking
- Proper Sail Trim
- Port Triangle
- Controlled Gybes
- Rig & Derig Single-handed

### V. Safety

- SWIM: jump off high dock, swim to raft and back, no PFD, tread water for 2 min.
- Towing

# VHYC Junior Sailing Program Competencies



## OPTI **GREEN** TEAM



### I. KNOTS (knowledge and use- 7sec.)

- The Figure 8, Cleat, Square knot, half-hitch, bowline, 8 on a bite

### II. PoB (Parts of Boat)

- All Opti PoB
- Function of ALL Opti PoB
- Basic Maintenance of Opti PoB

### III. TnT (Theory & Tactics)

- Tuning sails, race courses,
- Tuning centerboards,
- Introduction to tides and currents
- Right of Way- P/S, W-L, Ferries

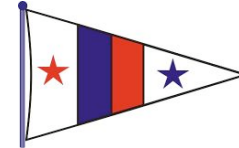
### IV. SKILLS (on the water)

- Tiller Extensions
- Behind the back tack and gybe
- All points of sail
- Recognition of Race courses on and off water

### V. Safety

- SWIM: same as Novice, but tread for 3 min.
- Towing
- "Man Overboard"
- Docking/Landing/Rafting

# VHYC Junior Sailing Program Competencies



## OPTI RACE TEAM



### I. KNOTS (knowledge and use- 7sec.)

- The Figure 8, Cleat, Square knot half-hitch, bowline, 8 on a bite, double bowline, bridle, trucker's hitch

### II. PoB (Parts of Boat)

- All Opti
- Rigging and tuning for all wind conditions

### III. TnT (Theory & Tactics)

- Starting, timing, favored end
- Wind Shifts "reading the wind"
- Courses, Starting Sequence Sounds/Flags
- Right of Way- P/S, W/L, Room at Marks
- Weight Placement

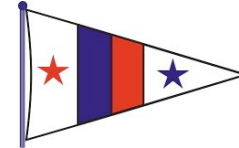
### IV. SKILLS (on the water)

- Roll Tacking/Gybing
- Sailing Rudderless
- Leeward Mark Roundings
- Sailing Backward
- Stop/Start...Acceleration
- Telltales, Sail Trim

### V. Safety

- SWIM: jump off high dock in shoes and T- shirt, swim to raft and back, tread water for 3 min., then put life-jacket on in water.
- Towing
- Regatta Procedure
- Sportsmanship/Seamanship
- Teamwork

# VHYC Junior Sailing Program Competencies



## REACHERS



### I. KNOTS (knowledge and use- 7sec.)

- The Figure 8, Cleat, Square knot, half-hitch, bowline

### II. PoB (Parts of Boat)

- All Parts and function of O'pen Bic
- Parts and function of Laser
- Proper Maintenance

### III. TnT (Theory and Tactics)

- Sail Trim/Tune
- Sailing on favored tack/gybe
- Tides/Currents/*Eldridge's*
- Right of Way/Rules of the Road

### IV. SKILLS (on the water)

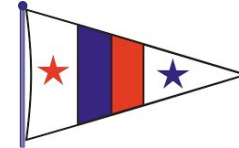
- Rig/De-rig boat in 5 min.
- Hiking to conserve energy
- Effective tacking/gybing
- Starting/Stopping
- Reaching, planing, pumping
- Quick hand technique
- Quick capsize recovery

### V. Safety

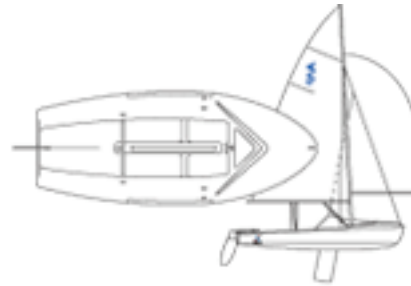


- SWIM TEST (same as Elementary 420)
- Self-Rescue from 5mph buoy
- Towing/Breakdown/De-rig
- Jury-Rigging

# VHYC Junior Sailing Program Competencies



## ELEMENTARY



### I. KNOTS (knowledge and use- 7sec.)

- The Figure 8, Cleat, Square knot half-hitch, bowline, 8 on a bite, double bowline, bridle, trucker's hitch

### II. PoB (Parts of Boat)

- Rig/Derig properly (esp. spinnaker)
- All 420- both names and function

### III. TnT (Theory & Tactics)

- Basic understanding of right of way rules
- Weight placement/body position- balance/synchronization
- Sailing circle, wind direction, tuning sails
- Basics of race courses

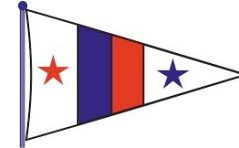
### IV. SKILLS (on the water)

- Comfortably Skipper and Crew
- Basics of flying a spinnaker
- Basics of trapping as both skipper/crew
- Synchronized tacking/gybes
- 

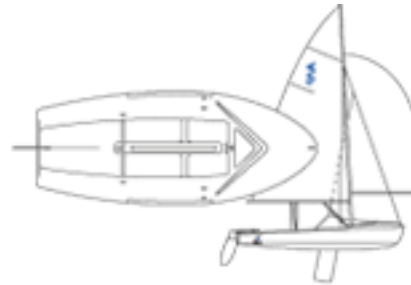
### V. Safety

- SWIM: jump off high dock in shoes and T- shirt, swim to raft and back, tread water for 3 min., then put life-jacket on in water.
- Towing
- Scoop method in capsizing
- "Man Overboard"
- Docking/Landing/Rafting

# VHYC Junior Sailing Program Competencies



## ADVANCED



### I. KNOTS (knowledge and use- 7sec.)

- The Figure 8, Cleat, Square knot half-hitch, bowline, 8 on a bite, double-bowline, bridle, trucker's hitch, clove hitch, sheet bend

### II. PoB (Parts of Boat)

- All 420, fine Tuning, mast rake
- Completely rig independently
- Maintenance/repair of 420 PoB

### III. TnT (Theory & Tactics)

- Starting, timing, favored end
- Wind Shifts "reading the wind", boat trim
- Courses, Starting Sequence Sounds/Flags
- Right of Way, Racing Rules
- Weight Placement, 2 BL Circle

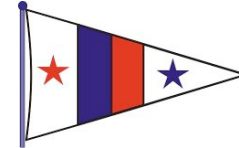
### IV. SKILLS (on the water)

- Traps w/ Spinnakers (skipper/crew)
- Rudderless/Sailing Backwards
- Roll Tack/Gybe
- Gybe Set
- Adjust Trap Height
- Fine tuning of: Spinnaker, Boom vang, Cunningham, Outhaul, Mast rake

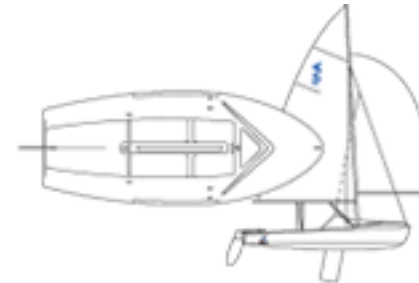
### V. Safety

- SWIM: Jump off high dock and swim to raft and back in foul weather gear, harness and shoes, tread water 4 min. w/ two 5 sec. Dunks, put life jacket on swim under low dock and into shore
- Various Capsizing/Righting techniques
- Towing

# VHYC Junior Sailing Program Competencies



## 420 RACE TEAM



### I. KNOTS (knowledge and use- 7sec.)

- The Figure 8, Cleat, Square knot, half-hitch, bowline, 8 on a bite, double-bowline, bridle trucker's hitch, clove hitch, sheet bend alternating clove hitch, 1-handed bowline

### II. PoB (Parts of Boat)

- All 420
- All Laser
- All Opti
- All Sonar
- All Windsurfer

### III. TnT (Theory & Tactics)

- Tuning of dinghies and keel boats
- Mast Rake, Tension Gauge
- Tuning Guide
- Eldridge's Guide to Rips, Currents, Tides
- Plot and design 6 most common race courses
- Charting, piloting, keel boat docking,
- Race Committee, Protests, Advanced Tactics

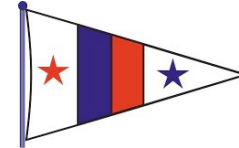
### IV. SKILLS (on the water)

- "Wire to Wire" tacks
- Advanced Roll Tacks and Gybes
- "Shooting the Wing"
- Rudderless Sailing with Spinnaker
- Free Flying Spinnaker
- Rig Spinnaker underway
- Team Racing, Set Courses
- Planing Upwind

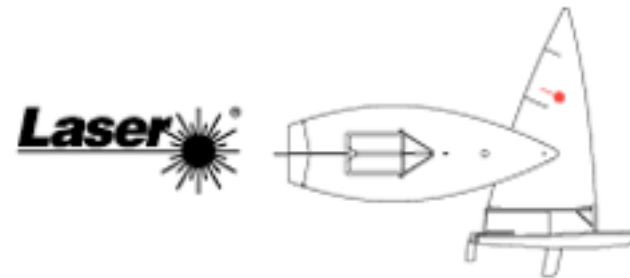
### V. Safety

- SWIM: Same as Advanced 420
- Capsizing/Righting with Spinnaker
- "Man Overboard" with Spinnaker
- Towing, Landing, Docking, Rafting 420s and Sonars
- Government Buoys

# VHYC Junior Sailing Program Competencies



## SINGLE-HANDED



### I. KNOTS (knowledge and use- 7sec.)

- The Figure 8, Cleat, Square knot, outhaul/mastbase anchor ties, half-hitch, bowline, 8 on a bite, double-bowline, bridle, trucker's hitch, clove hitch

### II. PoB (Parts of Boat)

- All Laser PoB
- Maintenance, Repair
- Transport of Lasers

### III. TnT (Theory & Tactics)

- Upwind Sailing (pinching, how much to tack...)
- Downwind Sailing (when to gybe...)
- Fine Tuning (boom vang, cunningham)
- "Playing the Sheet"
- Large fleet tactics, RoWs,
- "Hair on Fire" planing and pumping... "Yahoo!"

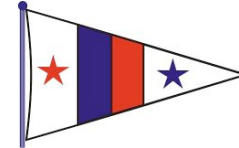
### IV. SKILLS (on the water)

- Roll Tack/Gybe
- "Death Rolls", Reach Mark
- Starting Techniques
- Hiking/Conserving Energy
- Compass Headings
- "Dry Flipping"

### V. Safety

- SWIM: Minimum ability to pass Opti Race Team test
- Self-Rescue from 5 mph buoys
- Towing
- Capsizing Techniques

# VHYC Junior Sailing Program Competencies



## WINDSURFING



### I. KNOTS (knowledge and use- 7sec.)

- The Figure 8, Cleat, Square knot, outhaul/mastbase anchor ties, half-hitch, bowline, 8 on a bite, double-bowline, bridle, trucker's hitch, clove hitch

### II. PoB (Parts of Boat)

- All PoB for Windsurfers
- Basics of Maintenance and Tools

### III. TnT (Theory & Tactics)

- Sailing Circle
- Right of Way Rules
- Weight Placement
- Steering with hands, hips, feet
- Mast Track adjustment
- Use of Rails for Carving
- Basics of Racing/Courses

### IV. SKILLS (on the water)

- Rig/De-rig
- 3-step and go
- Basic tacking/gybing
- Uphauling, Daggerboard
- Reaching, planing, mast track
- Sailing Upwind
- Harnessing, Footstraps

### V. Safety

- SWIM: Minimum ability to pass Opti Race Team test
- Self-Rescue from 5 mph buoys
- Towing