

# So, You're a New Junior

Congratulations! Thank you for your hard work and dedication to Cal Sailing Club and becoming a Junior. We're extra glad you are here because the Cal Sailing Club needs your help.

This document is designed to make your transition from newbie to seasoned and prepared Junior skipper as easy and as safe (for you and for your students) as possible.

Overall, the club grants its member a lot of freedom. Each skipper does things in his or her own way in the grand scheme of things. However, there are guidelines which make your volunteer hours easier for you and more helpful for your students.

Please read through this entire document and familiarize yourself with the many resources that will help you become the best teacher and the best junior skipper possible.

## RESOURCES ALL JUNIOR SKIPPERS SHOULD REVIEW

- Operating Rules (you'll want to know these basics well) [https://www.cal-sailing.org/images/stories/files/club\\_docs/CSCOperatingRulesrev073017.pdf](https://www.cal-sailing.org/images/stories/files/club_docs/CSCOperatingRulesrev073017.pdf)
- Dinghy Manual (learn it, know it) <https://www.cal-sailing.org/images/stories/files/Dinghy13.pdf>
- Dinghy Sailing Instructor Resources: <https://cal-sailing.org/lessons-menu/lessons-sailing/dinghy-instructor-resources>
- How to Teach Dinghy (super helpful stuff here) <https://www.cal-sailing.org/images/stories/files/How%20to%20teach%20dinghy%20-%20Mike%20Sherrell.pdf>
- Basic Sailing Instructions Syllabus <https://www.cal-sailing.org/images/stories/files/Cal%20Sailing%20Club%20Basic%20Sailing%20Instruction%20Syllabus.pdf>
- Ground School Basics (super helpful for Saturday Morning lesson time) <https://www.cal-sailing.org/images/stories/files/Ground%20School%20Teaching%20Outline.pdf>

## TEACHING LESSONS

Scheduled lessons are held three times per week. (Private lessons are at your own discretion within open club hours.)

- Saturday from 10-1

- Monday from 1-4
- Thursday from 1-4

Saturday lessons are run by an onsite coordinator who will match you up with students from the sign up list.

## LESSON PROCESS

1. When you arrive at the club, sign in on the skipper sheet and pick out a boat from the yard. Check the dinghy log (for issues or DNS) and then sign out your boat.
2. Once the coordinator has assigned students to you - you will guide them in rigging the boat and putting it into the water.
3. Ask the students about their lessons and skills so far and pick a lesson from the "How to Teach Dinghy" lesson plans
4. Plan to give each student 15-20 minutes of tiller time. Your total lesson should be about 60 minutes (to make time to return for another lesson).
5. Check with the Organizer to see how long the list is and how quickly they need you to return for students - some days may be more leisurely and some may need you to keep a tighter schedule
6. When you return to the docks - let the Organizer know you are ready to take out another lesson group
7. At the end of lesson time you will be responsible to guide your current students as they put the boat away and sign it in (or 'sell the boat' and sign it in).

Monday and Thursday lessons are organized by the skippers themselves. You will follow the same process as above.

***\*During lesson time, CSC members have priority over nonmember guests. Students are taken in the order they sign up at the clubhouse. If you bring a guest during lesson time they should be a member and be signed in in order to go on a lesson with you. All students will be served in the order they sign up, so if you want someone to go with you, arrive early and get your preferred person signed in early.***

## OPEN HOUSE

New Juniors are asked to do additional training and preparation before skippering in open houses.

Open House is very different from normal lessons. Open house guests are not there to learn how to sail - yet. Additionally, the public is significantly less knowledgeable than your normal students and often less able to respond to instructions while under sail. They are not reliable to run the jib sheets or to shift their weight as needed.

Regardless of conditions - you run a higher risk of capsize or even a passenger taking a boom to the head. These passengers often create additional challenges after a capsize when they panic and climb on the mast, drift away from the boat and generally freak out.

While we encourage new juniors to participate in Open House. We do not expect you to go immediately from passing your junior test to solo skippering under the challenging conditions of Open House.

Use the instructions below to level up your skills and experience to be able to safely work open house. Individual permissions are granted by the Open House Coordinator on site that day.

### **INSTRUCTIONS FOR NEW JUNIORS AT OPEN HOUSE**

1. Practice singlehanded the boat you plan to use. Be able to sail and tack with the jib furled. Be able to quickly and efficiently capsize recover and assist others into the boat.
2. Practice your dock talk, especially your instructions on capsize (stay with the boat, stay calm, do not climb up the mast)
3. When you sign in, tell the Open House Coordinator that you are new to open house. They will partner you with another junior skipper. After you have more experience at open house and a proven track record, you will be able to get permission from Open House Coordinator to solo skipper.
4. Tell the open house coordinator if you do not have a radio. We will need to find one for your boat.
5. Take a little more time if needed. While things feel very “busy” during open house, we would rather you slow down and be safe than push yourself.

### **A DISCUSSION OF CAPSIZE**

Capsize is to be highly avoided at open house. How can you diminish risk of capsize? Be mindful of conditions. For example, reef early if winds rise during the afternoon. Under heavier wind conditions you may consider staying in the novice area (even if that means that winds are slightly more unpredictable in the wind shadow of the restaurant) or keeping the jib furled. Consider staying closer to the dock so you can return easily or reached by the rescue skiff more quickly.

***Do not skipper if you are scared or uncertain if you can handle the situations which may arise given conditions.***

### **WHAT TO DO IF YOU CAPSIZE AT OPEN HOUSE**

1. Radio for help immediately.
2. Account for all your passengers.
3. Remind your passengers to be calm and hold on to the boat. Do not let them climb on the mast or the boat may turtle.
4. After the skiff has rescued your passengers, return to the dock and come find the Open House Organizer to debrief what happened and what you can learn from the experience. The Open House Organizer will determine if it is appropriate to return you to sailing that day.

## **IMPROVING YOUR SKILLS: The Path to Becoming a Badass Junior and Potential Senior**

Most Junior skippers take a bit of time digging deep into the art of sailing and getting to know all the ins and outs of the clubs.

There are some great resources that will help you learn and apply the many many theories and concepts that underpin the art of sailing.

- Review Sailboat Skipper Rating System: <https://cal-sailing.org/ratings-menu/rating-for-sailboat>
- Advanced Dinghy Lessons are given (Monday 5-8) during peak months
- Schedule a private [on-demand lesson](#) with an advanced skipper
- Keelboat Lesson are offered on Wednesday nights and will allow you to practice with senior skippers with new parameters
- Sunday and Thursday Night Racing (11-1 each Sunday and 5 pm Thursday during peak months) will help you learn how to use the wind to move with much more intention and tactical awareness.
- Take a basic Windsurfing Class and learn how to sail in a new way
- Read up online:
  - Rudderless Manual [http://files.sailberkeley.com/Sailing/Rudderless\\_Sailing\\_by\\_Joel\\_Brand.pdf](http://files.sailberkeley.com/Sailing/Rudderless_Sailing_by_Joel_Brand.pdf)
  - The Blogs <https://www.cal-sailing.org/blogfrontpage/blogs-on-sailing-skills-and-theory>
- Read some of the many sailing theory books in the clubhouse
- Become a Volunteer Dayleader (by contacting the Port Captain)

If you have questions or need more guidance, please contact:

- Vice-Commodore, Mary Lucus Flannery ([maryflan@gmail.com](mailto:maryflan@gmail.com)) - that's me! - is happy to address questions about open house or in general ideas about the onboarding of juniors
- John Bongiovanni is the master (simply incredible!) for getting instruction tips and guidelines ([jjbong@mindspring.com](mailto:jjbong@mindspring.com))
- Lesson Coordinator, Birk Huber ([birkhuber@gmail.com](mailto:birkhuber@gmail.com)) is available for questions about Saturday lessons

Thanks for reading! Feel free to reply to me separately with feedback.

**Mary**  
**Co-Vice Commodore**