

**ROYAL PRINCE ALFRED
YACHT CLUB**

Junior Green Fleet

Program Information

Term 1 – 2023

www.rpayc.com.au/courses/class-training/



Program Overview

The RPAYC Junior Green Fleet is an introduction to coaching and learning how to train, following the completion of the 'Tackers' learn to sail program. Training is conducted in single handed Optimist or double-handed Manly Junior dinghies.

The 'Green Fleet' sailing level is focused on developing the fundamental skills of sailing, including some foundation racing activities in a fun and safe environment. The program will improve a sailor's boat handling techniques, build confidence and independence on the water, and introduce basic racing knowledge for taking part in further club sailing activities. By the end of this program, sailors will be confident sailing their boat in moderate winds and be self-sufficient in launching and retrieving off the club ramp. Sailors will move into the Intermediate fleet Centreboard Racing upon the Instructors recommendation.

Junior Green Fleet training is conducted on Sundays. The training fleet does not compete in racing each week, however if the weather is suitable and the instructors are in support of the group, the sailors may try Centreboard racing in the afternoon.

Eligibility

Sailors should have the pre-existing sailing skill and knowledge practiced in the Australian Sailing 'Tackers' or Start Sailing programs, or equivalent, before commencing in Green Fleet.

To be eligible for the RPAYC Junior Green Fleet program, participating sailors must be a financial 'Youth Member' for the 2022/23 Membership Season (through to April 2023).

RPAYC Membership Information: www.rpayc.com.au/membership/

Competency

There is no defined amount of time a sailor should spend at the 'Green Fleet' level. The training is structured for sailors to learn and develop the new sailing techniques required for moving to the 'Intermediate' and 'Open' fleet levels of sailing. Training sessions are conducted by RPAYC coaches, who will continually assess the progress of participants.

Preparation & Rigging	<ul style="list-style-type: none">○ Rig a boat independently○ Basic care of boats and equipment○ Set up a boat according to the weather conditions
Boat Handling Techniques	<ul style="list-style-type: none">○ Correct body positioning & tiller grip○ Sailing close-hauled with accurate sail trim and steering○ Slow boat speed control, and approaching support boats○ Tacking and gybing techniques○ Accurate trim of sails according to the wind direction○ Rounding course marks
Launching & Rescue Procedures	<ul style="list-style-type: none">○ Safe launching and retrieving practices○ Prepare and setup for a tow, steering under tow○ Right a capsized boat in strong wind
Sailing & Race Theory	<ul style="list-style-type: none">○ Identify wind direction and relative strength○ Sail according to gusts and lulls, lifts and knocks○ Understand 'power control'○ Sail a marked course, and identify laylines to a mark○ Understand race starting procedures
Basic Rules Theory	<ul style="list-style-type: none">○ Avoiding collisions○ Right of way, port & starboard and windward & leeward boats○ Mark rounding rules



Schedule

Training sessions will be held on Sunday mornings, from **08:30 AM to 11:30 AM**.

- Sun 05 Feb 2023
- Sun 12 Feb 2023
- Sun 19 Feb 2023
- Sun 26 Feb 2023
- Sun 05 Mar 2023
- Sun 12 Mar 2023
- Sun 19 Mar 2023
- Sun 26 Mar 2023

Participants are expected to arrive 30 minutes before the session begins to allow time to rig their boats and change into gear for sailing. Each session will begin with a coaches briefing, and end with a debrief to summarise the day's learnings.

Training Boats & Equipment

To participate, sailors will need to have their own boat. The RPAYC Junior Green Fleet is available to sailors with an 'Optimist' dinghy or a 'Manly Junior' dinghy. If you don't have a boat, you can lease an RPAYC training Optimist for a short basis through our Halvorsen Lease Scheme.



Optimist Class

Single-handed Dinghy

The 'Optimist' is a small dinghy that is sailed by one person. Featuring a single mainsail, with a 'sprit' setup, the Optimist is designed to provide an easy boat to learn to sail in before advancing to other Junior classes.



Manly Junior Class

Double-handed Dinghy

The 'Manly Junior' is an exciting fibreglass dinghy that is sailed by two crew. The 'MJ' introduces young children to sailing a fast and stable dinghy with three sails (mainsail, headsail and spinnaker). It is the perfect boat for kids who want to sail with a friend or sail a boat without the expectation to be steering.

PREPARING FOR SAILING

All participants are expected to prepare their own boat when they arrive at the club for sailing. They may need help from parents to get the boat ready as equipment can be difficult to lift into a boat.

Please note, our coaches are not responsible for preparing boats for the session. They can provide technical and rigging support, but it is expected that sailors learn how to rig and take responsibility of their own equipment.



HALVORSEN BOATS FOR LEASE

The *Halvorsen Lease Scheme* provides an opportunity for youth members to lease a boat and trial sailing further, before purchasing your own boat.

RPAYC has 7 x fibreglass Optimists available for lease. Leasing of club equipment includes insurance and racking storage. Allocation is done on a first come, first served basis once completed application forms are returned to the sailing office.

Halvorsen Lease Information: rpayc.com.au/lease-a-boat-to-train-or-race-in/

PERSONAL EQUIPMENT

As you transition from learn to sail programs, where equipment is provided, to coaching sessions you will need to invest in your own clothing and equipment.

- Clothing: wetsuit, long sleeve rash shirt, spray jacket and thermal layers for cold weather
- Footwear: sailing wetsuit boots
- Sun Protection: hat, sunscreen, sunglasses (and to keep spray out of eyes)
- Other equipment: lifejacket, starting watch (for countdown timing), sailing gloves

You can buy sailing clothing from brands such as *Vaikobi, Zhik, Gill, Burke, Musto*.

There are many retail outlets that sell this clothing and equipment regularly on sale. Local stores include Whitworths, Bosuns Locker at RPAYC, and Road Tech Marine.

VESSEL STORAGE

Centreboard vessel storage is available onsite at RPAYC for members with their own boats. Please enquire with our Waterfront and Marina team via the following online form to make a vessel racking application.

Application for vessel storage: rpayc.com.au/marine-services/marina-storage-services/

Registration

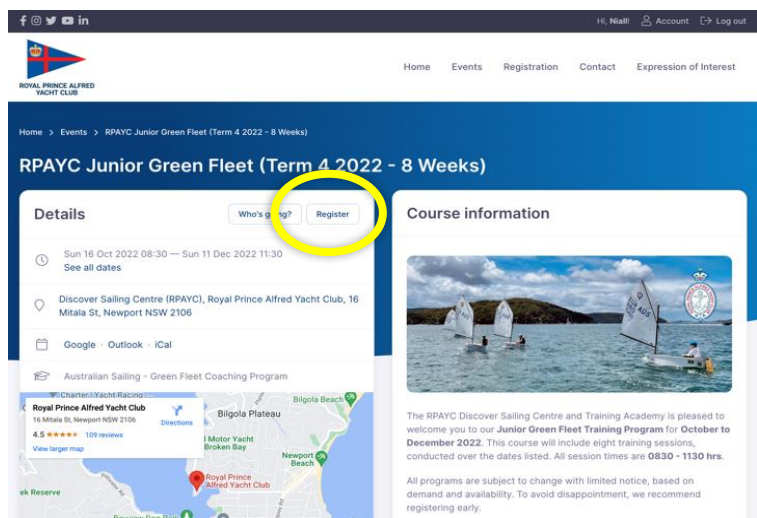
Registration for the Term 4 Junior Green Fleet program is via the RPAYC revSPORT portal.

Register here: revolutionise.com.au/trpayachtclub/events/167642/

You will need your Australian Sailing number to register, as well as your boat information (if using your own boat) and emergency contact details.

Please note, the registration fees for the Junior Green Fleet coaching program do not cover fees for the Halvorsen scheme, boat storage, club membership, or entry to any class association events (including the Optimist or Manly Junior Australian Championships to be hosted at RPAYC).

NSW Active Kids Vouchers are accepted. Please enter the voucher code on the registration form.





Regattas & Class Championships

Throughout the sailing season (spring & summer), there are many opportunities for sailors to participate in championship events and regattas organised by class associations and clubs.

Participation in regattas and championships is not compulsory, however participation is encouraged to experience sailing amongst a fleet of boats with sailors from other clubs.

Optimist Class Regattas	Manly Junior Class Regattas
NSW Optimist Championship March 2023 Venue TBC	Manly Junior NSW Championship Round 1: 26-27 November 2022 (St George SC) Round 2 11-12 February 2023 (Venue TBC)

Regattas are organised by Class Associations, and entry fees are not included in the RPAYC program cost. Regattas are optional for Junior Green Fleet program participants to attend.

Parent Support & Participation

For parents, watching your child learn and enjoy a sport is a very enjoyable experience! We always encourage parents to get involved and support participants of the Green Fleet.

As this program is all about skill development and growing independence on the water, it is important to find a balance so that your child feels supported, while also feeling a sense of freedom and excitement to progress their sailing further!

There are many things you can do to help your child in the Green Fleet, from being present in the rigging area to help get the boat ready, to supporting the fleet on the water from a support boat! Here are some ways that you can help:

- Assist sailors with lifting training boats out of racks and parts of the boat for rigging
- Support sailors with their launching and retrieval process
- Drive / crew on a safety boat
- Organise social activities for the group

There are many opportunities for parents to learn the volunteer roles within a sailing club, as well as learning sailing skills for yourself. Please contact the Sailing Office, or a Centreboard Committee representative, to learn more about learning new skills for supporting Junior and Youth sailing.

(rpayc.com.au/sailing/volunteering/).

Contact

The RPAYC Sail Training team is here to help if you have any questions!

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