



PORT LINCOLN YACHT CLUB

Junior and Youth Sailing and Development Program



At the Port Lincoln Yacht Club, we “*foster a love of the sea*” and develop the skills of young sailors, to create a lifelong love of sailing and build a sustainable club. We offer two Learn to Sail programs on Saturday mornings, tailored to cultivate sailing and yacht racing expertise.

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Learn to Sail Program

Our "Learn to Sail" program serves as the gateway to the world of sailing at the Port Lincoln Yacht Club. This program is designed for beginners, and participants naturally progress to the "Green Fleet" program as they gain proficiency. During "Learn to Sail," the emphasis is on enjoying the sport and acquiring fundamental sailing knowledge through engaging activities both on and off the water. Sailors receive hands-on guidance and supervision while using Optimist and Pacer Dinghies.

Green Fleet Program

The "Green Fleet" program is the club's introductory training ground for yacht racing. Here, young sailors refine their sailing skills and become well-versed in the rules of competitive racing. Sailors use the club's fiberglass Optis or purchase their own boats. There are two stages to help sailors transition from the Learn to Sail program. This preparation sets them on the path to afternoon club racing.

Both of these programs are conducted on Saturday mornings between 9:30am and 12:00pm, with sailors on the water from approximately 10am-11am. They are run during the summer school terms.

For those seeking an alternative entry point into sailing at PLYC, opportunities exist as crew members on two-handed International Cadet dinghies when positions become available. The International Cadets race in the Saturday afternoon sailing program. Participants are aged between 8 and 17, and while most boats are privately owned, the club has two available for hire on a seasonal basis. Crew members can participate with limited experience but must be confident in a boat some distance from the shore. Skippers should have prior experience either as a crew member or as a skipper of Optimist dinghies and should be comfortable sailing with minimal assistance.

Learn to Sail Program

Requirements:

The recommended age is 6-17 years old. No prior sailing experience is required.

Sailors must be confident in and around the ocean.

A positive attitude and the ability to follow instructions are essential.

Boats and life jackets are provided.

Wear appropriate clothing for getting wet, wetsuit are optional but ideal.

Beach shoes, and a hat, are required.

Cost:

The cost is \$55.00 per Term.

Parents or caregivers are encouraged to assist on the water and are required to remain at the club in case their child needs to return to shore.

Generally, sailors will complete Stage 1 and Stage 2 of the program in 2 to 4 terms, depending on their age, before progressing to the Green Fleet.

Skills Acquired:

Stage 1 focuses on safety, rigging, launching, basic sailing techniques.

At the end of Stage 1 sailors will be able to:

- Be safe around boats, on and off water
- Help with rigging and unrigging an Opti
- Launch the Opti with a pair
- Sail with the tiller extension
- Tacking with correct technique (push turn)
- Gybe with correct technique (pull turn)
- Sail upwind and downwind by following the safety boat
- Knots: half hitch and figure 8

Sailors will gain their Learn to Sail, Stage 1 Certificate

Stage 2 builds confidence in varying wind conditions, advanced sailing manoeuvres, safety in case of capsizing, and more.

At the end of Stage 2 the sailors will be able to:

- Demonstrate confidence in varied wind conditions
- Safely gybe the boat
- Luff the boat to stop and then restart
- Correctly use the tiller extension
- Sail around a triangle course, including
 - Upwind – on a close hauled course, and tacking
 - Downwind
 - Reaching with the correct sail trim
- Demonstrate the ability to complete a 360 and 720 degree turns with control
- Demonstrate safety when the boat has capsized, including
 - Staying with the boat, and holding onto the bow of the boat
 - Checking on crew
 - Signaling for help
- Knots: reef knot
- Take on responsibilities for rigging and unrigging an Opti

Sailors will gain their Learn to Sail, Stage 2 Certificate and move to Green Fleet (Stage 1)

Saturday Morning Schedule:

9:30am Arrive and rig the boats

10:00am (approx.) On water sailing

11:00am Derig and wash boats

11:30am–12:00am Debrief and lunch

Green Fleet: Saturday Mornings

Green Fleet – Stage 1:

Sailors are coached to learn how to race, both as skippers and crew members. They will sail one race as a skipper in an Opti and one race as a crew in an International Cadet with a competent skipper. They will complete one season in Stage 1. Sailors from Stage 1 will sail on the racing course and participate in coaching before and after sailing with Stage 2 sailors.

Demonstration of the following skills will be required to move to Stage 2:

- Ability to complete a course in the wind range 5-10knots
- Basic understanding of give way rules
- Respectful and responsible attitude towards equipment, volunteers and fellow sailors
- Ability to right an Opti independently
- Understanding of starting principles

All necessary equipment, including boats and lifejackets, is provided.

Cost: Junior or Family membership of PLYC.

Green Fleet-Stage 2:

Sailors in Stage 2 engage in competitive racing and take part in scored championships.

They have the option to lease an Opti from PLYC (subject to availability) or purchase their own boat. Coaching support is available both before and after racing.

Sailors are expected to demonstrate a reasonable level of competency. Participants are responsible for their own lifejackets and sailing gear.

Cost: Junior or Family membership of PLYC.

Important Dates 2023-2024 Season

Term 4 2023

- 21.10.23 Learn to Sail - Registration and Week 1 training
Green Fleet Sailing
- 28.10.23 Port Lincoln Yacht Club Official Opening of the Season
Learn to Sail – Week 2 training from 9:30am
Learn to Sail participants and parents can join in the
afternoon Sail Past in official boats or other dinghies
(weather permitting)
Green Fleet Sailing to join in Opening Day Sail Past and
racing in the afternoon
- 29.10.23 Come and Try Sailing at Port Lincoln Yacht Club
(further details on Facebook)
- 16.12.23 X-mas Break up and Pacer Teams Racing from 12:30pm
Learn to Sail – Final week of training from 9:30am
Green Fleet Sailing from 11:30am

Term 1 2024

- 13.1.24 Learn to Sail - Registration and Week 1 training
Green Fleet Sailing
- 3.2.24 Boston Island PLYC Picnic – all welcome
Learn to Sail and Green Fleet sailors and families invited to
the Picnic and provided with transport to the island.
- 17.2.24 Lincoln Week Regatta - no sailing
- 9.3.24 March Long Weekend – no sailing
- 23.3.24 Learn to Sail parents rostered to help with rescue
boat crew for afternoon sailing
- 30.3.24 Easter – no sailing
- 6.4.24 Sailing Season Presentation Night

For more information on the PLYC Program: <https://plyc.com.au/>