



Sequoia Yacht Club Junior Sailing Program
&
Peninsula Youth Sailing Foundation

Offer
"LEARN TO SAIL & RACE"
For Youth Ages 7 to 18

Sequoia Yacht Club's Junior Sailing Program, (JSP), and Peninsula Youth Sailing Foundation (PYSF) offer spring and fall sailing sessions (each 10 Saturday morning classes) in El Toro, Optimist, and Laser sail boats. Classes are held at the launch ramp at the end of Chesapeake Drive off of Seaport Drive in Redwood City, just across the basin from Sequoia Yacht Club ("SYC").

SYC JSP offers Beginning / Intermediate El Toro and Laser sessions for youth ages 8 to 16. The number of students per class is held to between 6 and 9. The Laser class offers the "4.7" rig for sailors that weigh at least 95 pounds, the "Radial" rig for individuals weighing at least 120 pounds, and the "Full Rig" for sailors 150 pounds and over. PYSF offers experienced sailors, ages 7 to 12 who want to learn racing tactics the opportunity to advance their sailing experience / techniques by sailing the versatile Optimist, (Opti).

During the school year PYSF is the home base for the Peninsula's high school racing programs (sailors in the 8th through 12th grade). The high school teams train and race on Club Flying Juniors (CFJ's) under the guidance of a professional coach with a main focus of competing in State-wide Pacific Coast Interscholastic Sailing Association ("PCISA") and Nor-Cal regattas. In the summer sailors will have a chance to compete in the Bay Area Youth Sailing, (BAYS), regatta series. The year is divided into fall and spring and summer sessions. Sailors may also have the chance to sail on Lasers, Club 420's, V-15's and 29'ers while sailing with PYSF. Your school does not need to have a current club or team to participate. Prior sailing experience is not necessary, just a desire to sail fun and sail fast. Contact PYSF for more information.

PYSF and Stanford University also offer weekly classes / camps over the summer break sailing Optis. PYSF also has an Opti Race Team that practices and attends regattas though out the year.

The program instructors generally hold a Level 1 U.S. Sailing Instructor, or ASA Certification with both CPR and First Aid Certifications. A safety or coach boat always shadows the students when they are out on the water. Students are required to wear Personal Floatation Devices, PFD's, at all times when near the water. Beginners will need to demonstrate their Bay Water comfort by swimming at least 50 yards while wearing clothes and a PFD.

The classes emphasize safety-conscious FUN sailing, considering weather, tides, traffic, etc. at all times. Besides learning general seamanship, like knots and equipment care, students learn boat nomenclature, rigging, boat-handling, proper upwind sailing, tacking, downwind sailing, jibing, boat speed, racing tactics, sportsmanship and the rules of racing.

The primary goal of the SYC JSP & PYSF programs is to coach, teach and nurture youth sailors in the Bay Area and create an environment to which they want to come and belong.

Sailing is a great sport. Come join the FUN!

For more information contact: SYC JSP Don Carlson @ mistyent@jps.net 650-368-0453 www.sequoiayc.org
PYSF Eric Anderson @ hiker4u@aol.com 650-854-1048 www.pysf.us