



# 2016 Austin Yacht Club Junior Sailing Program



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Sailing Director  
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(512) 266-1336



The Junior Sailing Program is weekly sailing lessons for sailors ages 8-18 led by AYC's coaching staff. There are 5 different practice groups: Opti I: Beginner, Opti II: Intermediate (Green Fleet) and Opti III: Advanced (RWB Fleet), Lasers, and Flying Juniors. Our Program is divided into the three 10-12 week Seasons: Spring, Summer, and Fall. Pre-Seasons are often offered for racers wanting to get a head start, making our Program almost year round. Our focus is on training at home so AYC does not send coaches to out of town regattas. However, we have an active parent-run Roadrunner Fleet to help support you on the road!



# What is the Junior Sailing Program?



# Meet the Coaches: Kate Noble

Kate Noble began coaching at Austin Yacht Club in February 2011 and has been the full-time Sailing Director since October 2012. Kate is originally from Boxborough, Massachusetts and began sailing at age 7. Growing up, she spent her summers in Vermont sailing dinghies, mostly Sunfish and JY-15s. Kate spent six summers coaching Optis, Sunfish and JY-15s at a summer camp in Vermont, two of which as the head of the program. Kate graduated from Miami University of Ohio in 2010 and moved to Texas shortly after. Kate is a certified US Sailing Level 1 instructor. When Kate is not out on the water, she enjoys cheering on her beloved New England Patriots and hiking with her Golden Retriever, Gronk.



# Meet the Coaches: Coleman Terrell

Coleman Terrell has been coaching at Austin Yacht Club since June of 2015. Coleman grew up in Boerne, Texas and began sailing at Canyon Lake at the age of 3 and coaching at the age of 16. He started racing Sunfish and J22's in club series and around Texas and sailing Lasers on the TSA youth circuit. Coleman attended Texas A&M University at Galveston and competed on the varsity sailing team there for 3 years, racing 420's, FJ's and J22's. During the summers in college, Coleman coached at the Upper Keys Sailing Club in Key Largo, Florida and at Balboa Yacht Club in Newport Beach, California where he coached CFJ's at the Junior Olympics and CFJ Nationals. Coleman is a certified US Sailing Level 1 instructor. Currently, Coleman races his Sunfish on the Texas Sunfish Circuit whenever he gets a free weekend, and on Wednesday nights at AYC. When he's not on the water or fixing boats, Coleman attends Concordia University Austin and enjoys going camping with his dog, a border collie named Pip.





# Junior Sailing Program: Opti I (Beginners)

The goal of this class is to introduce new sailors ages 8+ to the sport in a safe and fun environment. We spend time in the classroom learning concepts, terminology, and procedures. On the water, we incorporate a mix of drills, games and exploration to build basic boat handling skills and confidence aboard our fleet of Optimists and Picos.



# 2016 Opti I Schedule

Class	Season	Day	Dates	Time
OPTI I	SPRING	March 5-May 21	Saturday	12:00-2:30
	FALL	August 27-November 12	Saturday	12:00-2:30

Opti I will not be offered during our Summer Season. Our beginner-level sailors are encouraged to sign up for our beginner-level summer programs: PB&J and Junior Sailing Camp.

# Junior Sailing Program: Opti II (Intermediate)

This practice is an intermediate class designed to transition beginners from recreational sailing to competition.

Curriculum focuses on refining boat handling skills and introductory racing skills and concepts. Sailors participate in drills, practice races, and are encouraged to compete at AYC club regattas and regional Green Fleet events. *All registrants for Opti III must have approval from the AYC Coaching Staff.*





# Junior Sailing Program: Opti III (Advanced)

Opti III racing is for those Optimist sailors who are interested in the highest level of competition. This curriculum is geared towards improving racing tactics, advanced boat handling, and knowledge of the rules. Opti III sailors are encouraged to participate in local AYC, regional and national level racing events. *All registrants for Opti III must have approval from the AYC Coaching Staff.*





# 2016 Opti II/III Schedule

Opti II and Opti III sailors share a practice time. Practice are coached by both Coach Kate and Coach Coleman so that the groups can be separated by skill level as needed for chalk talks, drills, etc. Sailors can choose Wednesday AND/OR Saturdays/Mondays.

Class	Season	Day	Dates	Time
OPTI II/III	SPRING	March 5-May 25	Wednesday	5:00-7:30
			Saturday 3/5, 3/26, 4/2, 4/16, 5/7, 5/21	10:00-3:00
	SUMMER	June 6-Aug. 10	Monday	2:00-5:00
			Wednesday	2:00-5:00
	FALL	August 31-Nov. 19	Wednesday	5:00-7:30
			Saturday 9/3, 10/1, 10/15, 10/29 & 11/12, 11/19	10:00-3:00

# Junior Sailing Program: Laser



The Laser class is designed for intermediate to advanced sailors. Curriculum is racing oriented and focuses on boat handling, rules, and tactics. Laser sailors are encouraged to participate in AYC and TSA racing events. *Must have prior sailing experience approved by the AYC Coaching staff.*



Bill Records



Bill Records



# 2016 Laser Schedule

Class	Season	Day	Dates	Time
LASER	SPRING	March 5-May 26	Thursday	5:00-7:30
			Saturday	3:00-5:30
	SUMMER	June 7-August 9	Tuesday	2:00-5:00
	FALL	August 27-November 17	Wednesday	5:00-7:30
			Saturday	3:00-5:30

Laser sailors can choose Thursdays AND/OR Saturdays for Spring and Fall

# Junior Sailing Program: FJ

No prior sailing experience necessary!  
Inexperienced sailors are partnered with experienced skippers. Curriculum is focused on boat handling, double-handed teamwork, and racing skills, rules, and tactics.





# 2016 FJ Schedule

Class	Season	Day	Dates	Time
FJ	SPRING	March 5-May 21	Saturday	3:00-5:30
	SUMMER	June 9-August 11	Thursday	2:00-5:00
	FALL	August 27-November 12	Saturday	3:00-5:30

# 2016 Program Fees

Fee Per Season	Member	Non-Member
Base Rate (1 practice session per week)	\$85.00	\$300.00
Additional Practice Session per Week	\$85.00	\$85.00
Bring Your Own Boat Discount	-\$30.00	-\$30.00





# Full Year Discount

*A full year discount is  
available to **AYC MEMBERS**  
who pre-register for 2016  
Spring, Summer and Fall  
seasons.*

**\$45.00 OFF**

*(\$210 total before BYO boat discounts)*

*Junior Sailing Program fees are non-refundable*



# AYC Membership

There are several different membership categories to get your child or the whole family involved at AYC:

Membership Category	Application Fee	Initiation Fee	Monthly Dues
Junior Student	\$100	N/A	\$26 + tax
Associate	\$100	\$300 + tax	\$84 + tax
Senior	\$100	\$600 + tax	\$84 + tax

Apply online at:

<http://www.austinyachtclub.net/new-member-application-form/>

# What You Get with AYC Membership

**FREE SAIL SUNDAY:** AYC members and their families are welcome out to the club on Sunday afternoons from 1:00-4:00 to use AYC Sail Training Boats under the supervision of the AYC coaching staff.

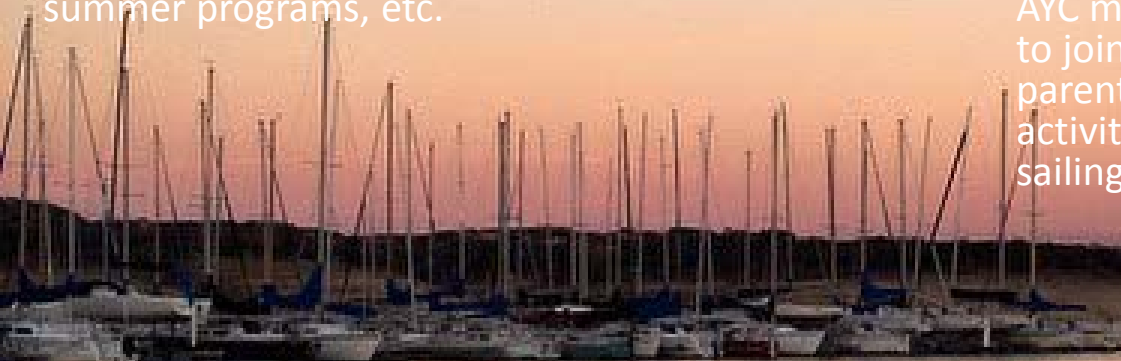
**SOCIAL EVENTS:** Summer luaua, ice cream social, holiday parties! Whatever our social committee can dream up!

**DISCOUNTS:** Discounts for AYC members are available for the Junior Sailing Program, clinics, summer programs, etc.

**RACING:** There are plenty of opportunities for juniors to race both centerboards and keelboats at AYC whether they are enrolled in a season or not! Club race opportunities include Club Regattas, Endless Summer Series, Series Races, Wednesday night Laser/Sunfish.

**BOAT STORAGE:** Free storage for junior racing boats (Optis, Lasers, 420s, etc.). Storage available at additional cost to Senior members.

**ROADRUNNER FLEET:** Any junior sailor who is an AYC member or child of an AYC member is eligible to join the Roadrunner Fleet, a group of sailors and parents who support travel racing, and create extra activities for juniors at the club including catamaran sailing and social events!





# Contact Us!

The AYC Office is open Wednesday through Sunday from 9:00 am to 5:00 pm. Please note the Office is CLOSED Monday and Tuesday.

## **AYC Sailing Director Kate**

**AYC:** (512) 266-1336

**Cell:** (978) 618-6028 (emergencies only, please!)

kate@austinyachtclub.net

*Please note that Kate's office hours VARY based on on-the-water activities!*

## **AYC Assistant Coach Coleman**

coleman@austinyachtclub.net

## **AYC Sail Training Commander (Our liaison to the AYC Board of Directors) Bill Records**

**Cell:** (512) 913-4989

brecordsfotos@yahoo.com

## **AYC General Manager Jackie Wheeless**

**AYC:** (512) 266-1336

gm@austinyachtclub.net



## AYC Junior Sailing: Opti II & III

*We are looking forward to using Rallyhood as a way to better organize and simplify communication, share calendars, files, photos, divvy-up signups, and have fun along the way! Thanks for all you do to make this group experience a success. Great things happen when we come together.*

HOME

CALENDAR 64

GALLERY

MESSAGE WALL 1

FILES

SIGNUPS

PAY / DONATE

+ FRIENDS

### RELATED LINKS



Roadrunner Fleet



Register: Opti III



Register: Opti II



Texas Sailing Assoc



Austin Yacht Club



### RALLY FRIENDS (35)



### Here's the latest in your Rally

#### MESSAGES



**REMINDER: JUNIOR SAILING PR...**  
**Kate Noble**

February 11, 2016 12:08 PM

Please join Coach Coleman and I tomorrow night as we kick off the 2016 season of AYC's Junior Sailing Program with an info session and pizza party!

Please RSVP here: <http://evite.me/9fbY9YaRSQ>

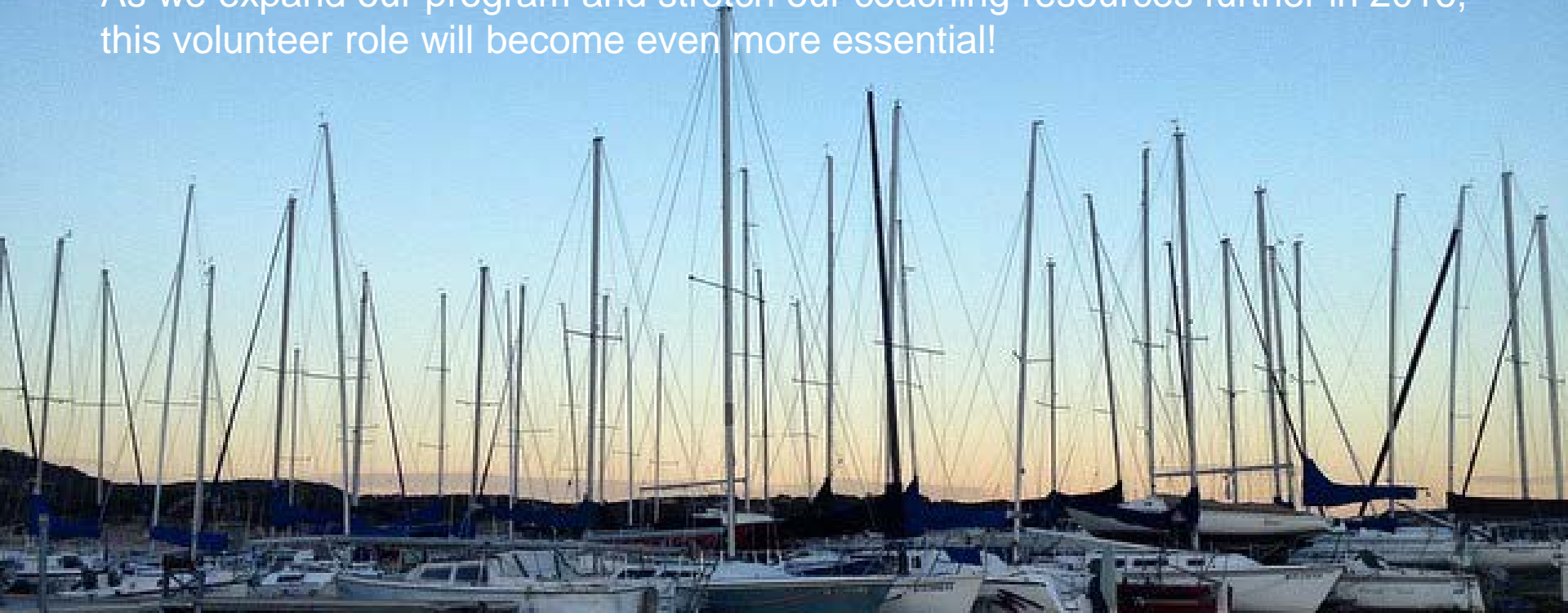
[Show More](#)

#### EVENTS



# Practice Parents

- No sailing experience required!
  - Remain on shore as “dock watch” or help aboard the coach boat if needed
- Two parents per practice
- Sign up on Rallyhood!
- Practice Parent Handbook is available on site and on Rallyhood
- Volunteering as Practice Parent counts toward Probationary Requirements!
- As we expand our program and stretch our coaching resources further in 2016, this volunteer role will become even more essential!





# Upcoming Events!

**Opti & Laser Pre-Season:** *Saturday Feb. 13, 20 & 27*

**First TSA Regatta of the Season @ CCYC:** *Saturday Feb. 27 & 28*

**Free Sail Sunday:** *Sunday Feb. 14, 21, & 28*

**First Practice of the Season:** *Saturday March 5*

**AYC Opening Day & Junior Un-Regatta:** *Sunday March 6*

**TSA Lake Canyon YC Regatta:** *March 14 & 15*

**Junior Sailing Camp and PB&J Registration is now OPEN!**

# The Spring Season Begins

## March 5!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
N/A	N/A	OPTI II/III 5:00-7:30	LASER 5:00-7:30	N/A	OPTI II/III 10:00 – 3:00*  OPTI I 12:00- 2:30  FJ/LASER 3:00-5:30	FREE SAIL 1:00 – 4:00

\*Two non-regatta weekends per month: March 5 & 26, April 2 & 16, May 7 & 21



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