

Welcome to Youth & Junior sailing at South Staffs Sailing Club.

The club has a long and established record of encouraging and developing youth and junior sailors through fun sailing programs for all ages and abilities and the team of volunteers behind youth and junior sailing certainly wants to build on this tradition for the 2018 season.

So whether you're child has never set foot in a dinghy before, or whether they are already in to racing we are certain that South Staffs will provide a safe, exciting and inspiring environment to nurture their interest.

We run structured sessions most Sunday mornings from April to October based around the RYA start sailing syllabus.

Please find enclosed a Y&J Sailing Activity application form and disclaimer together with the names and photos of the volunteers who will run the sessions and the junior sailing calendar.

### **What is needed:**

The club has a range of boats available for the use of Y&J sailors together with a range of sizes of buoyancy aids. The sailor should wear clothes suitable for sailing – soft-bottomed shoes, sports trousers, fleece, waterproof jacket and hat/gloves depending on the weather. A full change of clothes (including shoes) and towel should be brought just in case.

In due course you may wish to consider purchasing a wetsuit and specific sailing waterproofs, gloves etc but these are not essential and any club member will provide advice if needed.

### **The Club**

South Staffs Sailing Club is a not-for-profit organization entirely supported by membership subscriptions and their voluntary assistance. Y&J sailing is run by volunteers (mostly parents of current junior sailors) so we do ask for your support as detailed in the parents charter particularly around help with the rigging and putting away of boats.

We appreciate that it can sometimes be daunting starting a new activity or going to a new club but the club facilities are available and the new onshore volunteers will be around should you have any questions or queries.

Sailing is a sport for life and there are great health and fitness benefits. It helps develops hand-eye coordination, balance and muscle strength and gives a taste of the great outdoors. For children it helps the mind as well as the body: the thrill of handling a dinghy can do wonders for self-confidence.

With all this in mind, we look forward to welcoming you to the club soon!

Y&J @ SSSC

## **Over view of typical Sunday Junior Session**

Organizers to assess weather conditions and determine session activities

Change for sailing

Register with the onshore team and collect wristband

Juniors/Parents to rig the dinghies

Session Briefing

Launch & Sail

Recover boats

Juniors/Parents to pack away boats

De-brief

Return Wrist Bands

Session Ends

[Junior Race]