



## Middle Harbour 16ft Skiff Club – Junior Sailing Program

**Introduction:** Sailing is a fantastic sport that can be enjoyed by people of all ages. For families without any sailing background it may seem hard to get into. This document briefly outlines the Junior Sailing program available at MH16's. Hopefully it will help to demystify the sport and help those who are sail-curious.

**MH16SC in brief:** Founded in 1902 at the Spit, the skiff club is the longest established sporting club in Mosman. As the name suggests, the pinnacle of the Club's sailing fleet is the 16 footer, a fast and exciting racing skiff with a crew of three. The path to sailing 16's starts with the Club's committed to the development of junior sailors.



**What is on offer for Juniors:** MH16's is actively recruiting juniors to enjoy regular sailing at the Club. The Club's Junior Program provides support to junior sailors from their very first "sit in a boat" all the way through to launching into the world of high performance senior sailing. Some of the support and assistance includes:

- Supervision and guidance of experienced adult sailors
- No obligation free trials and a "learn to sail" phase in the club owned Optimists
- Regular organised racing and social functions

Junior sailors move through various classes of boats (see below) as their size and skill level allow. It's a bit like moving from kindergarten, through primary school to high school, and the changes happen at around the same ages as school.

## The Boat Classes:

### Optimists:

Or “Poppies” as they are commonly known. Stable, near indestructible and owned by the Club. Young kids and brand new sailors can stay in these training boats for a season, or older kids who are picking up the skills fast will move through in just half a dozen outings. Either way they are the perfect beginner platform, and experience has shown that within a couple of sessions the kids will be able to navigate the simplest of courses.

Cost – free introduction. Once you and your sailor decide to keep coming then we require them and one parent to become members of the Club. This is for insurance and to stay on the right side of the Licencing Laws (the Club is fully licenced with a great bar and dining facilities).



## Manly Juniors:

Manly Juniors are a sporty intermediate training boat and is when the sailors begin to race. Why do we race? To measure our performance, to improve, to have some direction and because it's fun.

MJ's have a crew of two. Sailors can choose to sail with a friend, or as often happens they start with another club member who is more advanced. MJ sailors in their first year will usually go into the front position and learn to handle the jib and the spinnaker, while the skipper will steer the boat and trim the main sail. Skills, race-craft and encouragement are passed from the skipper to the crew, ready for when they start steering their own boat.

Most MJ's sailing at the Club are privately owned boats. The Club does own some MJ's which it rents to members in their first year in the class to help get them started.

Costs: About \$1200 per boat (2 sailors) per season. This pays for boat rental (\$675), storage in the club, race entry, start boat, support/rescue power boats to oversee the races, coaching and Association fees.



Manly Junior sailors enjoying the sun and a good breeze



## Flying 11's:

These are the High school of sailing, and they are sailed on bigger courses and in stronger wind. Flying 11's can provide some really exciting rides. The skill level in the Flying 11 fleet is usually quite spread, the younger kids coming to terms with the power of the bigger boat, and the older bigger kids just "sending it".

Again, crews of younger and older kids sailing together, or friends going round together are both options. Some Manly Junior skippers have also crewed in Flying 11's in the same season for double the action on a Sunday which can be highly beneficial to quickly advancing their sailing skills.

Costs: about the same as MJ's, all boats are privately owned.



## Skiffs - 13's and 16's in brief:

Youth and Senior sailing at Middle Harbour 16's is in 13 and 16 foot skiffs which are high performance craft and very exciting boats to sail. Each boat is a step up difficulty from the Poppies all the way through to the 16's and ensures a continual challenge and growth of enjoyment through the ages. The opportunity to sail on different boats and with a variety of sailors adds to the fun and is a great way to learn. Juniors often end up in the bow of a 16footer at some point, and the Club has many ways to support them into their sailing future.



13ft Skiff in full flight



16ft Skiffs – 2018 National Titles hosted by MH16's in January 2018

## Background Information:

**Parents:** Junior sailing at Middle Harbour Skiff Club is run by the parents of the sailors and volunteers. We do not run a “drop and go” sports program, we are family friendly with the opportunity for everyone to get involved. Parents are, at minimum, required to help their young sailors set up and pack up their boats. We also endeavour to cater for parents who want to go out onto support boats and watch their kids sail. It's a fantastic way to spend a few hours on a Sunday. Parents' upskilling including earning boat licences is also encouraged and assisted.

**Commitment:** The classes after the Optimists are 2 handed boats, and prior to each season sailors will form a crew with a friend and they will normally sail together for the season, a bit like the commitment of being in a football or netball team. And like ball sports it may take a couple of seasons to build the skills to starting hitting the scoreboard regularly. The best results are achieved by crews that sail every event in the calendar, and it is vital that both sailors of a boat and their families have the same intent regarding the events that they will be competing in for the season. When the expectations are sorted, the fun can begin!

**Dates and calendar:** See the draft calendar attached.

### A typical day at sailing:

8.30 Club opened.

9.00 Poppies kids arriving and rigging

9.30– 11.00 Poppies kids sailing

12.00 – Manly Juniors leave the beach

12.20 – 13.30 Manly Juniors race.

14.30 – Flying 11 race start.

16.00 – All sailing finished packing up

17.00 - Close the club.

(These time are indicative, weather conditions and travel to rep events will alter what happens each week. For example if it's cold the Poppies kids will have had enough after an hour - if it's hot we can let them sail for as long as they're keen!)



Junior sailors are briefed before going on the water

**Representative Sailing:** Some of the best experiences in junior sailing and all junior sailors are encouraged to attend these. They are listed on the calendar as State Titles or National Titles for the Manly Junior and Flying 11 sailors. The State and National Associations of these classes run annual events each time at a different host club, and sailors and boats from far and wide come to compete. They are usually held over a weekend – which often means a weekend away for the family and lots of fun and bonding for the kids within the club and with kids from other clubs. There is no qualification needed for these events with the Associations actively encouraging sailors of all skill levels to participate.



MJ State Titles—Avalon Sailing Club



Flying 11 National Championships—Hobart



**Contacts:** Matt Stanbury, MH16SC Junior President, [mattstanbury@outlook.com](mailto:mattstanbury@outlook.com), 0409 631 020. <http://www.middleharbourskiffs.com.au/>