

MMBC

# Junior Sailing



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## Junior Sailing

### Welcome to a new season.

We always really looking forward to every new season with our Junior Sailor. We want them to have a great time learning on the water.



[Check out the sailing information on the club website.](#)

This seasons learn to sail dates are listed below. Please arrive a bit before the indicated time. The times below are correct when we planned the season. There may be some variations.

All juniors are welcome to attend. For the first couple of weeks we would appreciate it if the juniors who can sail took a lead in supporting the new kids. We can also accommodate adults who want to learn to sail and encourage any parents who also want to have a go.

## Saturday Programme Junior Coaching Opening

The weather will be perfect every weekend. The river will never be carrying extra water from spring rain and we will sail almost every weekend during term four. The pattern will be sail on a full tide and sometimes on a low tide. We have found that we can sail at both ends of the tide. Low tide has the advantage that Ian can start a great mud fight at the end of sailing. Towards the end we change over to get the new sailors involved in the main Sunday programme.

### Keeping in Touch

Robert will email everyone on Thursday night with information about the weekend. We expect that you will send Robert an apology if someone is going to be absent by lunchtime on Friday ( [elder@inspire.net.nz](mailto:elder@inspire.net.nz) or TXT 021 414 040). We have a number of extra helpers. We doing want to have them make the effort to come down to help and then find that they are not needed.

If the weather or river conditions force a cancellation we will TXT you early on Saturday morning.

## Costs

Kids sometimes need a chance to try a new sport so there is no charge for the first Saturday. If you want to continue beyond the 18<sup>th</sup> October you have to join the club. This can happen in a number of ways.

1. If your family is already a member of MMBC then you need to pay the junior sailing membership of \$30 per child under 18.
2. For those over 18 years of age. You need to join the club as a senior and a senior sailing subscription of \$75.
3. If you have no previous connection with the club there are two possible options.
  - a. Join the club as a family and enjoy all of the benefits of membership of MMBC. Please see club membership <https://www.mmbc.org.nz/wp-content/uploads/2021/01/Membership-Application-Form-Aug-22.pdf>
  - b. Join as a junior member at \$80 ( \$50 junior club membership, \$30 junior sailor.) This is a great option if only one junior member your family wants to learn to sail.

Robert has copies of these forms that come complete with the nomination section completed. All fees should be paid before sailing day 3.

## Boats

The club has a range of boats to meet the needs of a wide range of ages and abilities. Kids start in Optimists and then can move on to sailing Open Skiffs ( Bics), Feva ( 2 person boat ) and eventually Lasers. **For season one learners sailing an Optimist the boat hire fee is optional for the entire season both Saturdays and Sundays.** As skills develop kids may also be invited to crew on the Feva's and encourage participation on Sundays. Adults can sail Laser or Seabird. Please discuss boat hire charges for Adults with Robert or Ian

## Keeping Warm

You need to have your own wet suit or if you are really tough a rash suit will keep some of the cold out. It is important to assume that you will get wet and sailing is more enjoyable if you can keep warm. Wet shoes of some kind help when walking in water.

## **Safety**

Sailor should be able to tread in deep water and swim at least 25m. Palmerston North kids: are you happy at the deep end of the Freyberg pool?

Once you are on the water you must wear a correctly fitting lifejacket at all times. We expect our junior to wear a safety helmet. This can be a sailing or cycle helmet. We have a limited supply of helmets so always bring a cycle helmet.

Don't leave the beach until the rescue boat is on the water.

Never swim away from your boat.

If you are very lucky the seal may come past you and say hello with a big puff of air. This is an experience to be treasured so respect their place.

## **Parents**

We expect that parents will be proactive in the learning process by:

- Helping kids learn how to rig a boat.
- Getting boats on and off the water
- Where possible a boat should not just sit on the beach. It should go on a trailer.
- Feed the furnace so that the learner can keep energy levels up.
- Take the opportunity to go out on the water on one of the support boats.
- Finally each week assist with washing down all of the boats and putting them away in the shed.

## **Moving on**

As confidence increases we encourage sailors to also start to come to the Sunday programme. You will notice that this race programme runs every second week. When it is appropriate we will talk to you about joining in on Sundays. We hope that all of our learner will have developed enough confidence so that after Christmas they can join our Sunday race programme.

## **Sunday Race Programme**

Advanced sailors have the opportunity to hire an Open Skiff (Bic) for the season. The exciting news is that with the aid of the Pegasus Trust we have a brand new Feva. We want to offer the Feva's to all junior sailors. Each Sunday they will have the opportunity to sail either an Open Skiff or Optimist and also match race in the Feva's and against Ian in his two person laser. There will be a concurrent series for all classes.

Robert Elder  
Junior Coach

## Learn to Sail Times

### Learn to Sail 2025

| Day        | Arrival Time | Tide Height   |
|------------|--------------|---------------|
| Sat Oct 11 | 12:30pm      | 2.23m         |
| Sat Oct 18 | 11:00am      | 0.56m         |
| Sat Oct 25 | 11:30am      | 2.09m         |
| Sat Nov 1  | 2pm          | 0.72m         |
| Sat Nov 8  | 11:30am      | 2.33m         |
| Sat Nov 15 | 3pm          | 0.76m         |
| Sat Nov 22 | 10am         | Regatta Day 1 |
| Sun Nov 23 | 10am         | Regatta Day 2 |
| Sat Nov 29 | 1pm          | 0.76m         |
| Sun Dec 7  | 11:30am      | 2.34m         |

## Lesson 1

### First experience

Moving the tiller with direction.

Show control of:

1. Meet the mainsheet.
2. Tiller away from your body.
3. Tiller in the centre of boat.
4. Tiller towards your body.
5. Move from one side of the boat to the other.
6. Manage "Flutter" where the sail stops working.

### On the Beach

With the boat on trailer the coach will introduce you to some instructions and actions.

1. Sitting on windward side of boat you will learn how to steer the boat using the tiller. Push tiller away from your body and the boat will start to turn, the sail will flap. Pull the tiller towards you the boat will turn back the sail will fill and you will put the tiller in the centre of the boat.
2. Changing direction. This is the big challenge. You have to change sides, turn around, swap hands and not panic.

Tiller away as far as it will go, the boat starts to turn into the wind. Head down move to the other side turning your body around as you do it, swap the mainsheet into your other hand catch the tiller. When the sail stops flapping tiller in the centre and you are sailing on the other tack. Well done.

## **On the water.**

We will practice all of this again with the coach holding the boat.

**The big move.** You are going to sail away from the beach, turn and sail back to the beach. Your coach will talk you through the moves just like you have done on the beach and with the boat being held.