

**Peninsula Youth Sailing Foundation**

**2019 Fall Info Night**

PYSF Overall Program Make-up

* 100+ Sailors during Fall and Spring, 150+ in Summer
* Fall Classes: Learn, Intro-to-Race, Opti Race, 420 Intermediate, High School Race, 420 Race
* Venues: Westpoint Harbor and Redwood City Public Boat Ramp
* Boats: 12 Cubes, 8 optis, 6 C420s, 24 FJs, 6 Motorboats
* Coaches: Molly, Udi, John, Chris, Oliver, Hanna, Brett, Tommy, Jemma, Amir + regatta coaches
* Days on Water: Wednesday-Sunday

Intro/Intermediate Level Classes

* Learn-to-Sail (12 kids)
  + Venue: Westpoint Harbor
  + Boats: Cubes
  + Coaches: Hanna Miller, Oliver Olsen, Brett Baron, Jemma Schroder, Tommy Ashworth
  + 8 Saturdays, 10am-2pm
* Intro-to-Race (9 kids)
  + Venue: Westpoint Harbor
  + Boats: Cubes and Optis
  + Coaches: Chris Huang, Tommy Ashworth, Oliver Olsen. Amir Tadros
  + 5 Sundays, 10am-4pm
* FJ Intro (8 kids)
  + Venue: RWC Boat Ramp (1200 Chesapeake Dr.)
  + Coaches: Oliver Olsen, Todd Vas Dias, Jemma Schroder, Amir Tadros
  + 5 Sundays, 10am-2pm
* 420 Intermediate (21 kids)
  + Venue: Westpoint Harbor
  + Coaches: Molly Vandemoer, Chris Huang, Oliver Olsen
  + Fridays 3:30-6:30, Sundays 10am-5pm

420 Race Team (26 kids)

* Practice every Friday 3:30-6:30 and Six Sundays 10am-5pm
* Regattas: BAYS Winter #1, BAYS Winter #2 **(new date: Nov 16-17 @ Santa Cruz)**
* Coach organizes pairs based on ability, size, chemistry, etc.
* High Level, Commitment, Travel, Boat Ownership preferred
* Coaches: Udi Gal, John Vandemoer, Molly Vandemoer

Opti Race Team (9 Green kids, 6 Champ kids)

* Two levels: Green and Champ
* Practice every Wednesday 3:30-6:30pm and Five Saturdays 10am-5pm
* Regattas: BAYS Winter #1, BAYS Winter #2 **(new date: Nov 16-17 @ Santa Cruz)**, Turkey Day (Champ Only)
* Commitment, Travel for Champ Fleet, Boat Ownership after first season on the team
* Coaches: Udi Gal, John Vandemoer and Oliver Green

High School Race Team (59 sailors)

* Practice every Thursday 3:30-6:30pm and five Saturdays Noon-4pm
* Regattas: NorCal 1-Days (4 total, any level, any size “team”). PCISA Regattas (2 total, more experience, team of 4 needed) **[BAYS #1 and #2 open to HS Race Team members Representing PYSF NOT your school]**
* Current Schools Represented: (Burlingame (1), Carlmont (5), Crystal Springs (6), Design Tech (27), Gunn (3), Homestead (1), Khan Lab (6), Los Altos (2), Menlo-Atherton (3), Mountain View (1), Sequoia (1)
* Lower commitment level, Team based, No experience needed, Boats provided
* Coaches: Molly Vandemoer, Chris Huang, Oliver Olsen, Todd Vas Dias

Nuts and Bolts

Email lists

* Anyone can join, I send an update about 1x week during the season
* My **MAIN** point of contact with all of you

Regatta Routine

* Sign-Up Genius (deadlines of 1-2 weeks prior to event)
* Molly sends out email with list of sailors/pairs/parents towing the Monday after Sign-up Genius deadline
* Register sailor with the regatta host
* Load boats the last practice before event
* Read NOR and arrive at regatta site at specified time to unload and rig
* No hard end time on Saturday. Sunday end time stated in NOR
* Pack up and tow home

Gear

* Pinnies mandatory on any race team member
* USCG approved lifejacket
* [www.WestCoastSailing.net](http://www.WestCoastSailing.net) 15% Discount Code: “PYSF”

Expectations of our Sailors

* “Make Good Humans”
* 420 Race Team
* Opti Race Team

Parents role

* Positive Coaching Alliance (PCA)
* Organize
* Support
* Transport
* Chaperone
* **Towing!!!** 
  + **Trailers are under 3,000 lbs.**
  + **3-boat trailer: ~1500lb +300lb per boat (includes spars, dolly, hull)**
  + **2” ball and 4-prong electrical**
  + **Towing Lessons/Checkout available on a Monday or Tuesday. Schedule with Molly**

Contacts

* Molly Vandemoer
  + [Director@PYSF.us](mailto:Director@PYSF.us)
  + 410-507-0848
* Scholarships, Cathy Yu
  + [Treasurer@PYSF.us](mailto:Treasurer@PYSF.us)
* Stephanie Ashworth
  + [President@PYSF.us](mailto:President@PYSF.us)
* The Club at Westpoint
  + [gm@theclubatwestpoint.com](mailto:gm@theclubatwestpoint.com)
* What’s App Chats
  + Opti Race Team Parents
  + 420 Race Team Parents
  + 420 Race Team Sailors