



Miami Yacht Club Youth Sailing Foundation Summer Racing Prep Clinic

Focus: Safety • Skill Progression • Confidence • Team Readiness

Location: 1001 MacArthur Causeway

Ages: 6-12: Opti / 13-15: Laser / Open Bic: all ages

Week 1: June 8th - June 12th Time 9:00 - 3:00 - Aftercare 3:00 - 4:00

Week 2: June 15th - June 19th Time 9:00 - 3:00 - Aftercare 3:00 - 4:00

Week 3: June 22nd - June 26th Time 9:00 - 3:00 - Aftercare 3:00 - 4:00
\$500/week (Members) - \$550/week (Non-members)

www.mycyouthsailing.org - florenca@mcyouthsailing.org - 786-423-2180

• CLINIC CORE PRIORITY: SAFETY SYSTEM

Daily Safety Protocol

- Check-in = safety check
 - Attendance /group assignment
 - Gear check (*Sailor*)
- Weather assessment (8:30 AM)
- Equipment assessment
- Daily Staff briefing BEFORE 8:00
- Water boundaries clearly defined daily
- Radio check (*all coaches + safety boat*)
- Safety Boats Driver and spotter

On-Water Safety Ratios

- 1:4 beg / 1:6 int / 1:8 adv

Mandatory Systems

- Capsize recovery practiced Day 1-2
- Swim Test (*pool length and dock to shore*)
- Buddy system (*always paired*)
- Sailor Head counts:
 - Launch/Mid-session/Return to dock
- Lifeguard at Pool and Beach Side

• CLINIC WEEKLY PROGRESSION PLAN

Safety & Foundations

- Swim test + capsizement drill
- Intro to rigging + parts of boat
- Basic steering (*tiller extension use*)
- Confidence-building games

Boat Control

- Steering upwind/downwind
- Stopping + starting drills
- Intro to sail trim
- Short controlled courses

Maneuvers

- Tacking + gybing progression
- Balance + body position
- Intro to simple race course
- Team-based challenges

Application

- Mark rounding drills
- Starts (*basic timing*)
- Mini-races by level
- Rules intro (*right of way basics*)

Performance & Fun Regatta

- Full race simulation
- Team racing games (*relay-style*)
- Skills challenge course

• CLINIC DAILY SCHEDULE

(Skills may change with discretion of

Instructors due to conditions)

- 9:00 - 9:15 Check-in
- 9:15 - 10:00 Warm-up + safety check + safety briefing
- 10:00 - 11:45 Morning Rotation Block
 - Station 1: On-the-water drills/
 - Station 2: Land-based activities rules and rigging.
- 11:45 - 12:30 Midday Reset.
 - Lunch, Hydration check,
- 12:30 - 2:15 Afternoon Rotation Block
 - On-water focus / Level-based coaching groups
- 2:15 - 3:00 End of Day Derig
- 3:00 - 3:15 Dismissal
- 3:00 - 4:00 Aftercare Time
 - Supervised only (*no sailing*)
 - Low-risk activities:
 - Environmental exploration,
 - Team games, soccer, basketball other, Recovery/free play
- 3:30 - 4:00 Staff Safety Debrief

• CLINIC ROTATION SYSTEM

Two main rotations with groups
Morning Activity and afternoon activity:
Keeps attention high, reduces fatigue,
Improves safety oversight
Rotation: Water (*coached drills*) / Land (*theory + rigging*) / Fitness/play (*balance + teamwork*)

• CLINIC STRUCTURE FOCUS GOALS

Beginner: Safety + comfort on water / Focus: Steering, Basic sail control, Confidence
Intermediate: Control + consistency / Focus: Maneuvers, Trim awareness, Intro racing
Advanced: Performance + tactics / Focus: Starts, Strategy, Boat speed

• CLINIC END OF WEEK GOALS

Zero preventable incidents, Every sailor capsizement-certified, Clear skill progression by Friday, Positive, confidence-building experience, Pipeline into MYC race team

• CLINIC WEEKLY FEES

\$500/week (Members) per week

\$550/week (Non-member) per week

• RISK MANAGEMENT PLAN

High-Risk Moments: Launching, Docking – Beach, Wind increase – Wind Decrease beach entry, Fatigue (*afternoon*)

Mitigation: Staggered launches, Clear dock lanes, Mandatory water breaks, Early pull-off if conditions change

• CLINIC ENVIRONMENTAL &

EDUCATIONAL ADD-ON

- Guest speaker each week
- **Topics:** Marine life / Water safety / Ocean Conservation / Ocean Rescue Safety

• PARENT COMMUNICATION SYSTEM

Before Clinic: Email checklist (*gear + expectations*), Safety emphasis (*PFD required*)

During Week: Daily quick recap at picks up, Incident transparency (*if needed*) and Posted pictures

End of Week: Progress feedback: Level achieved, Recommendation (*team readiness*)



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IMPORTANT ON SAFETY FOR THE CAMPERS

The law in Florida is that Kids have US Coast Guard Approved Life Jackets

All campers are required to bring their own Life Jacket. Please make sure you buy the proper size. Inside all Lifejacket there is a weight/size.Measure to make sure you buy what your child needs (should fit snug)

WE DO NOT PROVIDE LIFEJACKETS. IF CAMPERS DO NOT HAVE PROPER LIFEJACKET THEY WILL NOT GO ON THE WATER

Some of the places to purchase: AMAZON, TARGET, Boat US, WEST MARINE, SWIMOUTLET.COM, WALMART

PLEASE MAKE SURE YOU SHARPIE YOUR CHILDS NAME ON THE JACKET AND ALL THEIR BELONGINGS



KIDS ALSO NEED:
WHISTLE, WATER SHIRT/
RASHGUARD, SUNCREAM,
WATERBOTTLE, TOWEL,
SUNGLASSES, HAT,
WATER SHOES.