



## Clear Lake Yacht Club Sailing School General Information for 2009

The 2009 Clear Lake Yacht Club Sailing School will be headed up by Nathan Kotz as head X boat instructor and Jon Osmundson as the head Optimist instructor. Senior instructors are certified by the US Sailing program, with a water safety component as part of the certification. **Please register early—at least 3 weeks prior to your session—as we are limiting class size.** If we do *not* call you, you are in!

### Location

All classes are held at the Clear Lake Yacht Club facility at 103 Main Avenue, Clear Lake, Iowa. The phone number is (641) 357-8001.

### What to Wear

- **Lifejacket (required):** US Coast Guard Type III or higher that fits properly. Students must wear their lifejackets while on any dock and while aboard any sail or power boat during school hours.
- **Shoes (required):** We recommend boat shoes, aqua-socks, sneakers, boating sandals (Tevas, etc.) or other soft-soled shoe that will not leave marks on the boats.
- **Sunscreen, hat and sunglasses:** Please remember to have your child put on sunscreen *before* coming to class.
- **Swimsuit & towel:** Expect to get wet. Bring or wear swimsuit. Bring extra layers for chilly days.

### Rules of Behavior

Key rules include the lifejacket shore-to-shore policy, no running on the dock, and no leaving the facility grounds when on shore during class. All additional rules will be explained on the first day.

### Water Safety Assessment

All students will be given a swimming check on the first day of class. This will allow the instructors to assess each student's swimming abilities. The check will be with and without lifejackets on, and will include

- Swimming 50 yards unaided.
- Treading water for 1 minute.

Children will also be given a water orientation to learn self-rescue.

### Bad Weather

Class will NOT be cancelled due to bad weather. When the safety of the students is threatened by weather, indoor sailing-related activities are implemented. When no-wind days occur, outdoor sailing-related activities are complemented by other activities such as swimming and volleyball.

### Parent Communication

Please direct any questions or concerns to a member of the Sailing School board:

- Mark Tesar, President: (641) 357-8642
- Dan Allen: (641) 923-3484
- Dodi Gooding: (641) 357-7261
- Kim Holtz: (641) 357-6622
- Nancy Jo Lundeen: (641) 357-3706
- Julie Oltrogge, Treasurer: (641) 357-8957 or (651) 365-5108

#### Family Fun Nights

Mark your calendar for fun family potlucks, **Friday, June 26** and **Wednesday, July 29**. Let your young sailor show what he or she has been learning while you enjoy the company of other Sailing School families! Instructors will run a few short races, weather permitting. More details, such as start times and what to bring, will be shared with students during each session.

#### Regattas of Interest

- June 20-21:** MYC Invitational, Lake Minnetonka Yacht Club, Minnetonka, MN (X)
- July 6-7:** Geneva Lake Sailing School X Invitational, Lake Geneva, WI (X)
- July 13-14:** Xtreme Regatta, Oshkosh Yacht Club, Oshkosh, WI (X)
- July 17:** ILYA No-Tears, Lake Harriet Yacht Club, Minneapolis, MN (Opti)
- July 23-25:** ILYA X Championships, Gull Lake Yacht Club, Brainerd, MN (X)
- July 29:** CLYC Optimist Regatta, Clear Lake Yacht Club, Clear Lake IA (Opti)
- July 31-Aug. 2:** Interlakes Regatta, White Bear Yacht Club, White Bear Lake, MN (X)

**NOTE:** The Sailing School reserves the right to assign students to the class appropriate to their abilities and to limit class size. Descriptions, dates, times, and costs for specific levels and sessions are listed on the next page.



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## Course Descriptions

**Beginning Optimist** (ages ~6 - ~10)

**Beginning X** (ages ~9 - ~14)

Both beginner-level courses will cover boat parts, boat safety, and basic boat-handling skills. During these classes, instructors are generally in the sailboats with students.

**Optimist Racer** (prerequisite: Intermediate Opti)

**X Racer** (prerequisite: Intermediate X)

These courses teach racing skills including tactics, racing rules, and courses. They are recommended for students who wish to compete in club races on Clear Lake or at off-lake regattas.

**Intermediate Optimist** (prerequisite: Beginning Opti)

**Intermediate X** (prerequisite: Beginning X)

These courses build on skills learned during beginner-level courses, with a goal of helping students become confident sailing without an instructor on board.

**Adults**

This course provides an introduction to sailing for adult students.

**Hobie instruction**

Hobie Wave, all levels, contact Chris Wessels at xanderwess@yahoo.com or (641) 425-8720.

## Class Levels and Times

**Optimist, all sessions**

- Beginners: 9:00 – 11:30 a.m.
- Intermediate / Advanced: 12 noon – 2:30 p.m.

**Beginning and Intermediate X, all sessions**

- 9:00 a.m. – 1:45 p.m.

**NOTE:** Students in this time slot should bring a lunch.

**X Racers**

- Schedule to be determined at meeting on Monday, May 25, 10 a.m. at CLYC. Interested parents should attend or contact Mark Tesar (641-357-8642).

**Adults**

- Tuesdays, 6:00 – 8:00 p.m.

## Registration Fees

Sailing School scholarships are available—for more information, please contact Julie Oltrogge at (641) 357-8957 or (651) 365-5108.

**Optimist**

First or second 3-week session:  
\$150 (t-shirt included)

1-week option, June 15-19, July 13-17, or Aug. 3-7:  
\$90 (t-shirt included)

**X Beginners & Intermediates**

First or second 3-week session:  
\$175 (t-shirt included)

1-week option, June 15-19, July 13-17, or Aug. 3-7:  
\$100 (t-shirt included)

**X Racers**

\$200 (t-shirt included)

**Adults**

\$80 (t-shirt NOT included)

**NOTE:** If same student participates in multiple sessions, fee for subsequent sessions is reduced by \$30, and no additional t-shirt is included.

## Session Dates

First Session, 12 days Fees: Opti, \$150; X, \$175							
June-July	S	M	T	W	T	F	S
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	1	2	3	4

June 26: Family potluck

June 28: Dad/ Mom/ Lad/ Lass race @ CLYC

First Session, 1-week option, 5 days Fees: Opti, \$90; X, \$100							
June	S	M	T	W	T	F	S
	14	15	16	17	18	19	20

Second Session, 11 days Fees: Opti, \$150; X, \$175							
July	S	M	T	W	T	F	S
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1

July 29: CLYC Opti regatta AND family potluck

Second Session, 1-week option, 5 days Fees: Opti, \$90; X, \$100							
July	S	M	T	W	T	F	S
	12	13	14	15	16	17	18

Third Session, 5 days Fees: Opti, \$90; X, \$100							
Aug	S	M	T	W	T	F	S
	2	3	4	5	6	7	8

Adult Session, 6 days Fees: \$80							
June - July	S	M	T	W	T	F	S
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25