



Mission Bay Yacht Club
Junior Sailing Program



The Summer Sailor Handbook



To encourage young people to have a lifelong involvement in sailing and the sailing community by: promoting seamanship, sportsmanship and small boat sailing skills from learn-to-sail fundamentals through competitive racing opportunities

Welcome to Mission Bay Yacht Club

Welcome to Mission Bay Yacht Club Junior Sailing!

We have thoughtfully designed our Junior Sailing Program to provide an experience that is both FUN and SAFE. This handbook outlines important policies and key information about MBYC's Junior Sailing Program.

Our classes cater to a wide range of ages and experience levels, from beginners as young as 5 years old to advanced racers up to 18. Whether you're just starting your sailing journey or looking to sharpen your racing skills, our program has something for everyone. Combined with "TNT" racing, Wednesday Screaming Chickens, and regattas across Southern California, MBYC offers the perfect opportunity to learn, grow, and enjoy the sport of sailing.



The MBYC Junior Program

Our Details

Yacht Club Hours

MBYC Office: 9am - 5pm; Monday - Friday

MBYC Junior Sailing: 10am - 6:30pm; Monday - Friday

MBYC Junior Sailing Summer: 8am - 5pm; Monday-Friday

Address

1215 El Carmel Pl, San Diego, CA 92109

Phone Number

858-488-0501 ext 107

Website

www.juniors.mbyc.org

Email Address

juniors@mbyc.org

Instagram

[@teammbyc](https://www.instagram.com/teammbyc)

Junior Sailing Director

Megan Lansdale





Facilities



Mission Bay Yacht Club

Address

1215 El Carmel Pl, San Diego, CA 92109

Phone Number

858-488-0501

Hours

9:00am-5:00pm Monday to Friday



Main Clubhouse

Office Hours

9:00am-5:00pm Monday to Friday

Phone Number

858-488-0501 ext. 101

Galley (Summer Hours)

12:00pm-8:00pm Wednesday to Friday

Subject to change



Bordero/Junior Building

Phone Number

858-488-0501 ext. 107

Year Round Hours

10:00am-6:00pm Monday to Friday

Summer Hours

8:30am-5:00pm Monday to Friday



Our Environment

We love to see children thrive and sail in great setting, which is why we have created a supportive space.

Junior Sailing at Mission Bay Yacht Club is a vibrant and dynamic experience that fosters a love for the water and the sport of sailing. Nestled in the picturesque Mission Bay, the program offers a welcoming environment where young sailors, ranging from beginner sailors to advanced racers, can hone their skills. The club emphasizes camaraderie, teamwork, and personal growth, creating a supportive & corinthian atmosphere for participants.

With experienced instructors guiding them, juniors learn the fundamentals of sailing, from mastering boat handling to understanding wind patterns. The

program also encourages fun and exploration, ensuring that every sailor enjoys their time on the water while building confidence and resilience. It's a place where lifelong friendships are formed and a passion for sailing is ignited.

Our Summer sailing camps are packed with exciting, themed events that bring fun and learning to the forefront. Pirate Days let young sailors channel their inner buccaneers, with a treasure hunt. Marine Science Days combine sailing with education, offering hands-on experiences to explore marine ecosystems and learn about ocean conservation. The quirky and hilarious Screaming Chicken Races on Wednesdays are a crowd favorite, where sailors put their racing skills to the test. And Friday Funday wraps up the week with a mix of games, casual sailing, and camaraderie, ensuring everyone ends on a high note.



Philosophy

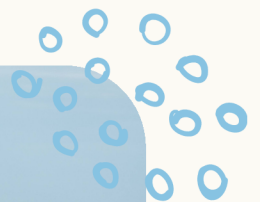
We are committed to fostering an uplifting environment for sailors.

At Mission Bay Yacht Club, our coaching philosophy is rooted in fostering a love for sailing while promoting personal growth, teamwork, and resilience. We believe that every sailor, regardless of their skill level, has the potential to thrive with the right guidance and encouragement. Our coaches aim to create a supportive and inclusive environment where young sailors feel empowered to take on challenges, learn from their experiences, and celebrate their progress.

We emphasize a balance between skill development and enjoyment, ensuring that sailors not only master the technical aspects of sailing but also develop a lifelong passion for the sport. Our approach combines hands-on instruction with opportunities for independent exploration, allowing sailors to build confidence and adaptability on the water.

By focusing on both individual achievements and collaborative efforts, we instill values of sportsmanship, respect, and camaraderie.

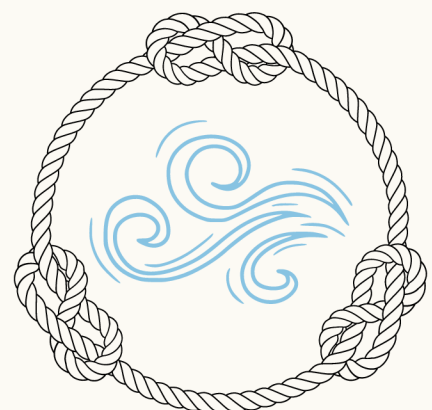
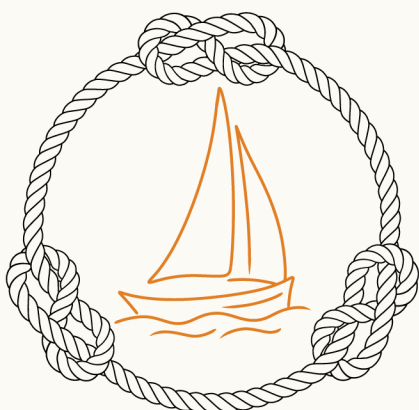
At MBYC, we also recognize the importance of tailoring our coaching methods to meet the unique needs of each sailor. Whether they are just beginning their journey or striving for competitive excellence, our coaches provide personalized guidance to help them reach their goals. Through this philosophy, we aim to inspire a new generation of sailors who are not only skilled but also enthusiastic ambassadors of the sport and stewards of the marine environment.





General Policies

- Parents: **Smoking** is only allowed in the “black top” areas of the Club. No smoking is permitted in the buildings, on the patios adjacent to the buildings, on the beaches, or in the picnic area.
- **Pets** are not allowed on the premises, except when a member is arriving or leaving the Club or staying overnight on a wet stored boat. Pets **must** remain on board the boat or in a car. Remember that the grass area between the parking lot and the docks is used for folding sails. Dogs can be walked on a leash, in the designated grass area next to the west fence. Owners are responsible for cleaning up after their pet.
- Overnight camping on grounds is **NOT** permitted at any time.
- **Skateboards, skates and bicycles** are prohibited on docks, decks and picnic areas. They are permitted only on the black top surfaces.
- **Electric Bikes** have grown in popularity among our Junior Sailors. Please mind your speed when on club grounds.
- The use of personal watercraft (**PWC**) from the Club beaches is prohibited.
- MBYC has its own weather station. You will find current temperature and wind information on the front page of our website.
- Dry storage is available for boats used by junior members. Please inquire at the office. Parents are not permitted to store boats on the premises, other than those by the junior member.



Drop Off/Pick Up

Policies for Dropping Off/ Picking Up your sailor

- Drop-off/check-in and pick-up/check-out for EVERY CLASS will be at the front of the Main Clubhouse.
 - Morning Classes run from 9:00am - 12:00pm
 - Afternoon Classes run from 1:00pm - 4:00pm
 - Race Classes run 11:00am - 4:00pm.
- Timely pick-up after class is important. There will be a 10-minute grace period, after that families will be charged \$20 for every 15 minutes thereafter. We have an afternoon “Rec Program” for kids taking morning classes and needing afternoon supervision.
- Parents should speak with the Junior Program Director if they have any issues. The instructor’s job is to work with the juniors, the parents are asked to not interrupt the instructors during the scheduled class time.
- Parents are permitted to drop-off and pick-up ONLY, unless they are Full Family Members of Mission Bay Yacht Club. (see [MEMBERSHIP at MBYC.org](http://MEMBERSHIP.atMBYC.org))
 - This ensures that children can fully concentrate and engage during class, fostering a focused and productive learning environment



Policies for Sailors



- Life jackets must be worn at all times while on the water and/or the docks.
 - Lost life jackets may end up in the Junior Room or Lost & Found
- Horseplay is prohibited in or around classes.
 - This includes name calling and insults
 - No rowdiness in showers & bathrooms
- Sailors must always stay within hail of their instructors, on and off the water.
- Prompt and continuous attendance is important for the success of all sailors.
 - Students not in class should not interfere or participate in a class that is in session
 - Classes will meet regardless of weather or other conditions
- Sailors should treat their fellow sailors, coaches, parents and all MBYC staff and members with respect, courtesy, care and consideration.
- No sailors are permitted in the Main Clubhouse during class hours.
- Advanced “Race Team” Sailors with longer class hours are responsible for bringing their own lunches and/or snacks or ordering from the Galley.
 - Food can be purchased through member account, card, or cash
 - ALWAYS pack a reuseable water bottle to fill up throughout the day! Staying hydrated is key



Settling & Transitioning Your Sailor

Summer Kick-Off BBQ

To ensure a smooth start, it's helpful to familiarize your child with the club's environment and routines. Visiting MBYC before the program begins can help your child feel more comfortable and excited about the upcoming adventure. The Junior Program hosts a Summer Kick-Off BBQ where sailors have the chance to participate in a meet & greet with coaches, see the boats they will be sailing, and share stories about the fun adventures they will have on the water. This can ease any initial nerves and build anticipation for the program.

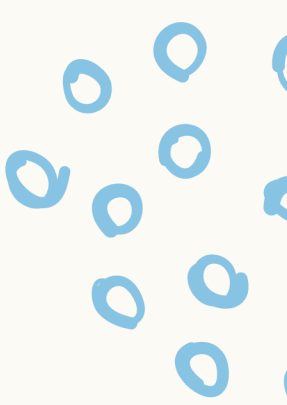
The First Day

On the first day, it's natural for both parents and children to feel a mix of excitement and apprehension. Encourage your sailor to embrace the experience by reminding them of the new skills they'll learn and the friends they'll make. Packing essentials like sunscreen, a hat, water, and a change of clothes will help them feel prepared and confident.

It's also important to arrive on time for drop-off and pick-up, as this helps establish a routine and ensures your child transitions smoothly into the day's activities.

Throughout the Camp

As the program progresses, you'll likely notice your child becoming more independent and increasingly enthusiastic about sailing as they progress through the program. Be sure to celebrate their accomplishments, whether it's developing a new skill or simply enjoying their time on the water. Keep in mind that sailing is a challenging activity to learn and requires patience and persistence to master. Staying engaged by asking about their day and showing interest in their experiences can reinforce their confidence and excitement. MBYC's summer sailing program is not just about learning to sail—it's about fostering a lifelong love for the ocean, building resilience, and creating cherished memories. With a little preparation and encouragement, your child will thrive in this enriching environment.





Sailor Checklist

PFD (Lifejacket)

US Coast Guard Approved, Type III. Brands like ExtraSport and Stohlquist are the most popular and comfortable. Fit is important, so please choose the appropriate size for THIS summer. It is suggested to write the child's name in large print.

Quick Drying Shirt

You should expect to get at least a little bit wet!

Bottoms/Shorts/Pants

This will protect skin from sticking to the boat and/or slipping around too much and being painful. Bikini bottoms will not protect the skin in the boat!

Footwear

Sandals, water shoes, flip-flops, Bonus points for secure water capable shoes to protect feet better!

Sunscreen

Every sailor must have their own tube. The more protection the better. Ideally choose a waterproof variety that won't hurt the eyes.

Hat

Even BETTER sun protection

Sunglasses

Important protection for the only eyes you have!

Water Bottle & Snack

Staying hydrated is important for a safe, fun, learning experience! We have bottle filling stations around the club.



Sailor Checklist

Bailer

“Every Sailor Brings a Bailer!”

Can easily be fashioned by cutting the bottom off of a gallon water, juice, or medium sized laundry soap jug.

Waterproof Watch

With a countdown timer for races (Racing Sailors)

Change of Clothes & Towel

Besides wearing clothes to get wet in, every sailor should have an extra set of dry clothes to change into.

Good Attitude

Well rested, Well fed, Happy, and Ready to HAVE FUN!!!

Towel

MBYC has a couple of showers and kids end up playing in the water.

Lunch & Snack

Packed Lunches and Snacks are recommended. Especially for sailors that are in both morning and afternoon classes!

- MBYC's Galley is only open Wednesday- Sunday
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Weekly Events

Summer sailing at Mission Bay Yacht Club is packed with weekly highlights that make every moment unforgettable. From adventurous Pirate Days to hands-on discovery during Marine Science Days, the fun never stops. Add in the quirky excitement of Screaming Chicken Races and the spirited camaraderie of Friday Funday to close out the week, and you've got an experience that fosters both cherished memories and a lifelong appreciation for the ocean.

	Monday	Tuesday	Wednesday	Thursday	Friday
Rockstars			Rockstars enjoy a "Pirate Day" where they dress up as pirates and learn to read a map to find treasure.		Friday Funday! Bring snacks to share and sail to a beach or park with all the classes!
Little Puffs, Beginning Sabots, and Beginning Double Handed			Sailors spend the end of their class learning about the marine environment at MBYC with fun hands-on labs.		Friday Funday! Bring snacks to share and sail to a beach or park with all the classes!
Afternoon Classes: Lasers, Double Handed, and Sabots			Screaming Chicken! Sailors put their racing skills to the test with some short races in the cove.	Stay after classes wrap up for TNT racing at MBYC. Race Team parents will host a Summer Family, creating a relaxed and fun atmosphere. The kids will have the opportunity to team up with experienced Race Team sailors for an exciting short bay race, fostering connections and encouraging skill development in a supportive and engaging setting.	

MBYC Junior Sailing Staff



**Megan
Lansdale
Junior Sailing
Director**



**Jimmer
Montgomery
Head Coach**

**We can't wait to
meet you!**

