

A Parents' Guide to the Jr. Program

SAFETY FIRST! Longshore Sailing School is a fun and friendly place, but we take a few things *very* seriously. Safety is one of them. As in all outdoor sports, sailing involves some risk. We insist that all students wear *properly sized*, USCG approved life jackets (PFDs) while on the water. Please cooperate by being sure that your child brings a PFD every day.

Perhaps the most common of the few injuries we experience each summer are shell cuts due to inappropriate footwear. Sandals, such as 'flip-flops', do **NOT** provide adequate foot protection on our beach, especially at low tide. Please insist that your child wear secure shoes, which fully enclose the foot and have sturdy rubber soles.

Pacing the Steps The typical LSS junior sailor enrolls in two 2-week sessions per summer, and returns for several summers. Our best advice to parents of younger (under 13) students is: don't push them too fast! Longshore is a sailing school, *not* a camp; so its curriculum is more rigorous than many students and parents expect. LSS Core Curriculum courses are unique, progressive, highly structured and advance rapidly, too rapidly for most younger students. It is quite normal and highly recommended that younger students (under 13) repeat certain Core Curriculum courses along the way, while 13 - 16 year-olds can expect to progress steadily from one course to the next without pause.

Sailing 1 (formerly SBS) is the foundation course of the Core Curriculum. It includes all the safety topics every responsible sailor needs. It also lays the groundwork for the rest of the progressive Core Curriculum. It is not something to skip over. Prior boating experience is no substitute for this course. It is a prerequisite for Sailing 2.

Sailing 2 (Formerly BAS)

Sailing 2 covers a lot of material. Age makes a big difference here, so we recommend that 9 and 10 year-olds repeat this course at least once before taking Sailing 3. Many 11 and 12 year-olds will repeat as well. Even if taken the summer before, Sailing 2 is a good refresher after a long school year. Here, also, there is some homework reading and a final exam. Instructors assess students' practical skills daily.

Sailing 3 (Formerly INT)

Sailing 3 is too advanced for virtually any 9 year-old. It's OK for well-prepared 10 - 11 year-olds, but is best suited for ages 12 and up. Most sailors under 13 should repeat Sailing 3 at least once. Sailing theory, particularly the aerodynamics of sails, is a strong theme. The readings and final exam are targeted to a higher grade and reading level than for Sailing 2.

Sailing 4 (Formerly ADV)

Sailing 4 is a big step from Sailing 3 and is best suited to 13 - 16 year olds. It is far too demanding for 9 - 10 year-olds. Because it involves solo sailing on Lasers, it is geared to those weighing over 100 lbs. The course work, reading and exam are rigorous and the sailing drills are more physically demanding. The high honor of *Sailing 4 Certification* is awarded only to a select few (typically just 20%) in each class. Most students repeat this course once or even twice before finally meeting the challenging requirements for Sailing 4 Certification.

Passing and failing There is no such thing as *failing* a course at LSS. We test and monitor to measure progress. Both kids and instructors need the feedback, so they know what to work on. Sometimes a student pre-registers for the next level of the Core Curriculum, but evaluations may indicate he/she has not fully absorbed the necessary material from the previous course. This is usually because the student has advanced too quickly through the curriculum for his/her age. Heeding the above guidelines can usually prevent this problem. Sometimes a deficiency can be made up quickly with a private lesson or two, without missing a beat. Don't hesitate to check with our office or your child's instructor if you have questions.

Please do not hesitate to call us at 203.226.4646 with any questions or concerns.

All LSS sailing courses are supervised by US Sailing certified instructors with First Aid and CPR training. Please check with our office for guidance prior to enrolling any children with special needs.