

Parent Information Booklet

May 2022



Why Optimist ?

- The Optimist is the dinghy of choice for the majority of youth sailing programmes
- Sailed worldwide by children from 7 to 15 years of age
- The Optimist is a simple, safe dinghy that a young child can learn to sail and quickly experience self-confidence and success
- The dinghy class provides competition at numerous local, regional, national and international regattas
- The opportunities to enjoy sailing, travel and make friends are unequalled by any other youth dinghy
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Where to sail in Perth?

- Hillarys Yacht Club
- Fremantle Sailing Club
- Royal Perth Yacht Club
- Royal Freshwater Yacht Club
- South of Perth Yacht Club

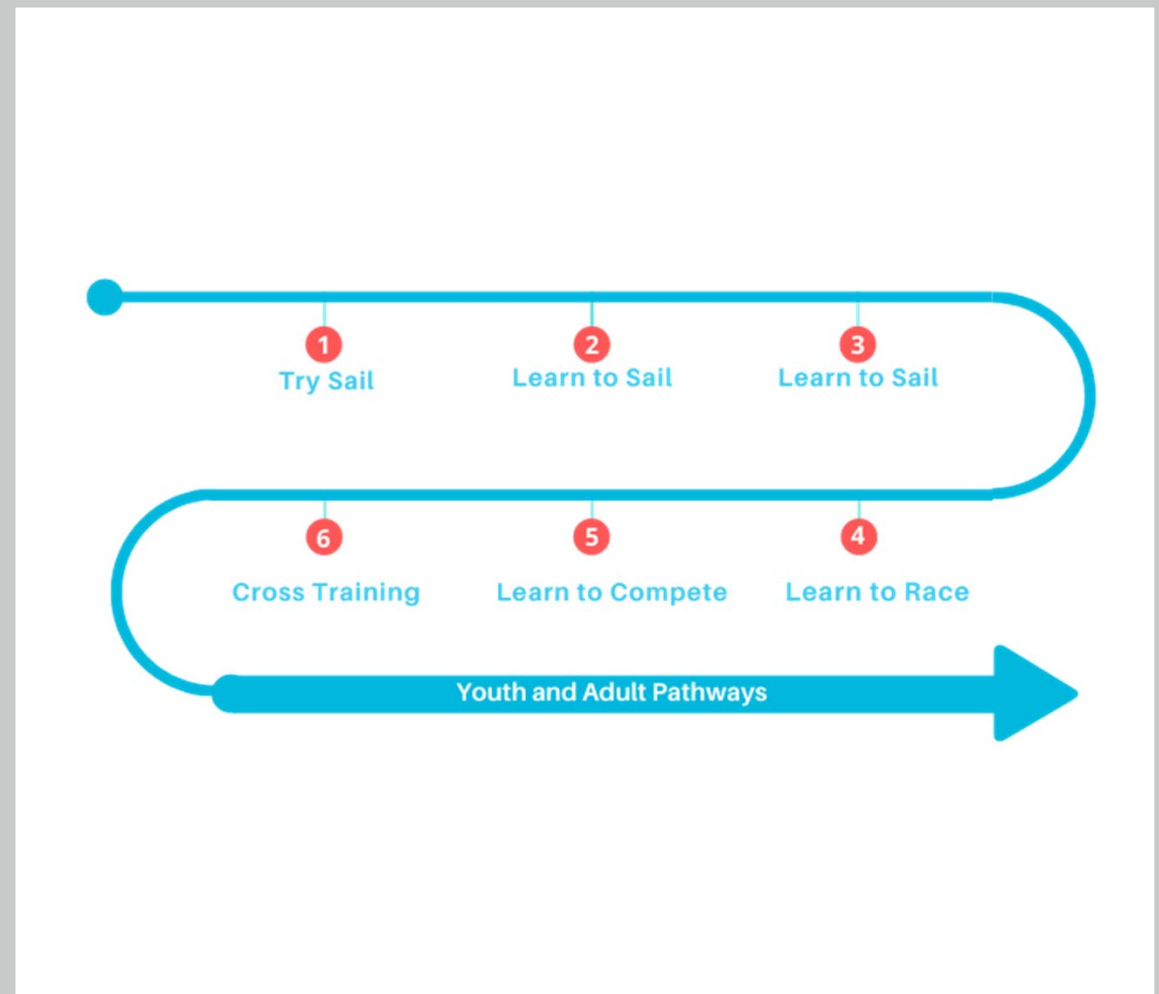


Junior Learn to Sail Program

The Learn to Sail program at South of Perth Sailing Club focuses on creating opportunities to encourage active learning for young sailors and develop broad skills and confidence. We use a Structured Learning Methodology (SLM) which keeps sailors engaged and wanting to learn and progress their skills.

Typically sailors start at 8 years old. Some may start earlier and some later but we try to have sailors go through the program with similar age groups as the friendships and comradery is a major key to their long term enjoyment.

The Learn to Sail program starts with a TrySail course, which allows sailors and families to see if sailing is a good fit for everyone. If it goes well and the coaches, sailors, and family would like to go further we invite sailors to the Learn to Sail step (Green Fleet). After Green Fleet, we allow time for sailors to Transition into fun racing skills to prepare them for racing if they choose. Normally sailors believe in their newfound competence and want more.



Coaching

Time on the water and practice is how our young sailors improve & build confidence

Weekly training: Tuesdays 4 – 6.30 pm (summer) & 4 – 6 pm (winter)
Sundays 9.30 – 12 pm

Boats rigged up and sailors ready to sail by 4:15 pm. A briefing by the coach is conducted before heading out on the water by 4:30 pm

A dedicated coach and support boats will be 'on the water' for all OTB races

The coach will deliver a pre-race and post-race briefing to all sailors

During most regattas, SoPYC will provide a coach for 'on the water' support.

Communication

SoPYC Academy Team App

SoPYC Off the Beach Newsletter

SoPYC Off the Beach Facebook group

SoPYC Website – Learn to Sail

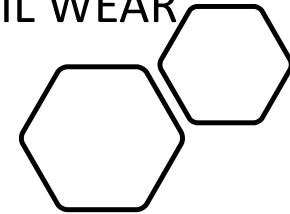
WAIODA Website

What is required to Sail?

- Junior Membership
- SoPYC Season Sailing Registration (SoPYC website)
- Australian Sailing Registration (online)
- Sailwear
- Dinghy (inc. trolley), if not leased from the club
- Boat Insurance
- WAIODA Membership
- Toolbox & Equipment Spares



SAIL WEAR



Essential

- PFD (inc. whistle)
- Gloves
- Booties
- Cap / Hat (+ Sunscreen!)
- Rash Vest / Fleece
- Watch

Optional

- Wetsuit / Skiffsuit
- Spray Jacket / Smock
- Sunglasses

monkeyfist
I.com.au

Surf Sail
AUSTRALIA .com.au

Whitworths
MARINE & LEISURE

BOATING HARDWARE

Yacht Grot™

Sailing Shops

- **MonkeyFist**

Unit 6, 136 Stirling Highway
North Fremantle

- **Boating Hardware**

1 Milson Place
O'Connor

- **Surf Sail Australia**

116 Cambridge St
West Leederville

- **Yacht Grot**

57 Queen Victoria St
Fremantle

- **Whitworths**

Unit 8, 634 Stirling Highway
Mosman Park

Sailing Season

-
- Club Races
-
- Club Championship races
-
- Invitation / Consistency races
-

Regattas

- WA State Youth Championships
-
- Sail Freo – FSC
-
- ICR – RFBYC
-
- Mini Series – RPYC
-
- Applecross Cup – SoPYC
-
- National Championships
-
- Girls Who Sail
-
- Winter Series (each club)
-

Buying an optimist

- For Sale Notices
- Club Newsletters, Team App
- Club Notice Board
- Gumtree
- WAIODA Website

- Optimist dinghy price vary between \$500 - \$4,000

- Inspect dinghy before purchase

- The sail number will provide a guide on age of dinghy e.g. Optimist AUS1557 built in 2002

- Purchase must include Registration & Measurement Book

- Check ISAF plaque in dinghy matches the number recorded in the measurement book

- It is the buyer's responsibility to register the transfer of ownership with AIODA

- Optional accessories that may be included with purchase – boat cover, sail bag, spare sail, equipment spares

If in doubt, then please ask for advice.

Costs

- Junior Club Membership - \$176
- Training enrolment (includes a plastic Optimist) - 39.5 \$/4 weeks
- Boat Storage Fee \$240 p.a.
- Boat Insurance ±\$250 p.a.
- Summer season coaching \$140 (7 months)
- Winter season coaching \$100 (5 months)

Other Considerations


- Sail wear
- Toolbox & Equipment Spares
- Regatta Fees e.g. \$75 for Mini Series (RPYC)

What is WAIODA?

WAIODA is run by committee comprising a group of volunteers all with a keen passion for Optimist dinghy sailing to ensure our young sailors are provided the best opportunity to learn to sail. The aim of WAIODA is to:

- Bring Optimist sailors and families together to have some fun
- Give sailors access to State, National and International regattas
- Help Optimist sailors develop the essential sailing skills and techniques to compete at their best level
- Provide sailor rankings updated throughout the sailing season.





Pathways after Green & Intermediate Fleet

- Optimist Open Fleet
- State, National & International Regattas
- WAIS
- Australian Youth Sailing Team
- What is next after the Optimist
 - Open Skiff (a.k.a. Open Bic)
 - Laser
 - Bic Techno 293
 - 29er
 - Mirror
 - 420
 - Wasp

Volunteering

All Clubs rely on Volunteers to assist with the organisation and running of races and regattas for our young sailors.

You can be trained and help:

- Start Boat
- Finish Boat
- Mark Laying
- Support/Safety Boat
- Canteen/Galley.