

## Parents are involved too

Sailing does require help from parents. It is not a "drop and run" sport. No experience is necessary and there are people to help you to learn, plus being on the water or around water.

It really is a **terrific place** to be. Being that sailing does involve the water, the clubs are on the waters edge right next to (sometimes even in front of) houses that cost millions! The views are fantastic. The kids have to be able to swim



## Training (learning) and racing

Some clubs have both training and racing, morning and afternoon, some just morning, some just afternoon. Races take about 1~2 hours but with the setting up and packing up, you don't get much change out of 4 ~ 8 hours. During this there is time to talk, socialize and just relax, in fact most parents see it almost like a minny holiday, certainly different to the monday to friday routine

## Safety

Obviously the safety of the sailors is paramount. Approved type 2/3 PFDs (buoyancy jackets) are mandatory, and proper sailing clothes are highly recommended to keep the sailors warm. Sensible sun protection is encouraged and sun block provided.



On the water Clubs and association events will have dedicated rescue boats the operators of which are well trained and pay particular attention to the less experienced boats.

## When Do MJs Sail?

The Season runs from late August to early April, each weekend. In NSW keen boats visit other clubs or attend the "State Titles" which are 3 full weekends, of racing ( one in Oct, Nov, Feb).

We also have "National Titles" just after Christmas for 7 or so days. The kids really love these events as the compete amongst 50 or so boats with a wide range of skills from Novice to very experienced. the really keen ones at the top of the fleet can put in a lot of effort including extra practice over winter and all weekend during the season.

## The Clubs

Range from large licensed clubs with a team of full time paid staff to a small building on the waters edge that houses a bunch of boats and is only unlocked on sailing days. Having said that, children's sailing does depend on many people volunteering their time and expertise. The best way is to come down to a club on a sailing day to see what happens and meet the people involved. Must warn you though, the time just before the boats are launched can get pretty busy.



## Come Fly with Us

We would love to hear from you and encourage your involvement in MJ Sailing. Current contact details of your local Club and your State and National Contacts are available on our informative website:

[www.manlyjunior.asn.au](http://www.manlyjunior.asn.au)



## What's in it for the kids?

- Fun and more fun!
- New friends
- A sport - for life!



Information Pamphlet

# How Do We Get Started

Typically the sailors are aged between 7 and 14 however there always exceptions. Children tend to be fit, agile for their age. **Boys** and **girls** all work together with the some of the older ones tending to "look after" the younger ones.

Often the kids get a spot "crewing" (up the front) for a season or two to learn the ropes and all the basics of sailing a small boat. These children are aged between 7 and 10 ish. Some then develop a hunger for steering and further develop their skills as a skipper (down the back).

If your child can get a ride as crew for a "try out", take it. Skippers each have very different goals on what they want to achieve for the season and how committed they are to racing (or not). It is important that both skipper and crew (parents and child) agree on what level of commitment is required.



## Costs

Most skippers own their boats (which cost between \$1500 ~ \$8000) however a number of clubs have boats available to learn on and to hire for a season at a nominal charge (\$ few hundred ). Boats tend to hold their value fairly well, particularly well looked after second hand ones or successful (in racing) new ones.



**Sailing develops team work, self-esteem self-reliance and a sense of responsibility.**

## Why Sail an MJ

Sailing is a sport that can be enjoyed from 7 to 70+. In both competition and recreation it can be enthralling, frustrating and rewarding. Once on the water it is away from crowds and traffic, just you, your partner, the boat and nature, **absolutely terrific.**

Because they have fun and it can very **satisfying** when they know that they get it right. It does not necessarily mean winning races, it is a personal satisfaction which can be very obvious as they

achieve a target. Initially it can be the thrill of controlling a boat as it whizzes across the water or even getting it back up again after a capsize. The kids know ... when something goes **"right"** it is because "they" **have done it.**

**You can't get better than that!**



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