



# KCC Juniors

## BiC's Off the beach

### Snapshot

- Juniors are keen to get on the water after a cold winter.
- It's time to get your boat 'ship shape'
- Learn more and go faster - Read this months sailing tips
- Get ready for a busy season of fun on the water. Make sure you put our calendar in your diary
- **KCC Junior sailing starts Sunday, October 7**

### Get ready for fun on the water

From the buzz around the club it seems that everyone is keen to get their boat in the water for the start of the new season.

This season the competition will certainly be more serious with more new boats in the shed and the extra competition from the new junior sailors.

You will also some welcome changes to the KCC Juniors club including new course markers to make it easier to see the race marks.

Regular sailing coaching will also be a focus to get everyone sailing fast and safe.

Make sure that your boat is ship shape when you first set it up this season

- Lubricate any moving parts
- Fix any broken shackles or parts
- Check the sail for any tears or frayed seams. Get these fixed before any costly damage is done.

- Replace any frayed sheet ropes so that you have the best chance to win a few races.
- Check your beach trolley
- Make sure your life jacket is the right size and lubricate any zips
- **MUST DO**—Fit new and better placed tell tales on your sail. Why ? - See our Junior Sailing Tips and ask Arthur for some new ones.

If you need any advice or assistance to get your boat ready talk to Rod our maintenance coordinator.

#### New boat owners

Please feel free to ask some of the more experienced Bic sailors for a hand if you need some rigging or sailing tips.



**See you on the beach !**  
**Arthur Gargett**

#### INSIDE THIS ISSUE:

Junior Sailing Tips	2
Pete's' Expert advice	2
Seasons kick off	3
Club calendar	3
Bic News-_ Avalon	6

### A Quick recap on last seasons sailing

Last seasons sailing was a time for learning and introducing new juniors to the club. The Bic fleet has now grown to a dozen boats .

The racing was certainly fun and competitive.

The stand out sailor was Archie Gargett who was Club Champion. Stephanie Hession was 2nd and Erik Swanson 3rd overall. However when you look at the results across all the racing categories many other Juniors are set to challenge those leaders

Amazingly all the rain and bad weather that hit Sydney somehow by-passed Kurnell each Sunday our Juniors hit the water. This made it all the more enjoyable for parents and juniors. Lets' hope our luck continues for this new season.

The Open Bic inter club regattas were a great learning experience for all involved. According to our Club Champion Archie the interclub racing was where he was able to pick up new ideas and hone his sailing skills.

We need more KCC Juniors to participate and challenge the other clubs.

This way the overall club will benefit with more skills being learnt and shared with all of our sailors.

Look out for this seasons Bic regatta dates, especially our own Kurnell Cup in late November.



New sailors Emma & Rachel Johnston get a hand from Stephanie Hession

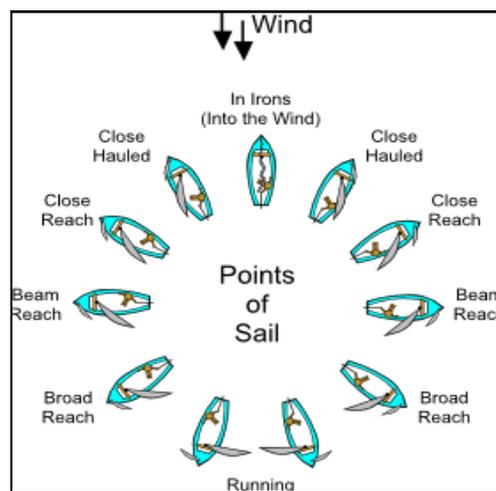


## Junior sailing basics

As we talked about at our Juniors coaching clinic in August. One of the most important things to remember, when learning to sail, is to always know where the wind is coming from in relation to the boat.

Study this illustration to learn the terms for the primary points of sail (the position of the boat relative to wind direction).

### The Points of Sailing



The wind is blowing straight down from the top in this illustration. All the arrows pointing outward from the circle are directions a sailboat can sail:

- A sailboat cannot sail directly into the wind but can sail about 45 degrees toward it; this is called being close hauled.
- When the boat is sailing across the wind, with the wind coming directly over either side (the "beam"), the boat is on a beam reach.
- When the boat is sailing at a broad angle off the wind (but not directly downwind), the boat is on a broad reach.
- When the boat is sailing directly downwind, it is said to be running.

Knowing how your boat is positioned relative to wind direction is crucial for how you set the sails and how you position your body weight.

A good way to learn is to fit a wind indicator to your boat and keep an eye on which way it is blowing. This can be a simple ribbon at the top of the mast or a more sophisticated version attached to the boat.

Finally, when you are sailing you will find that the motion of the boat affects wind direction, because the boat's movement through the air creates its own wind.

For example, the true wind may be blowing exactly across the boat (beam reach) when the boat is at rest. As it picks up speed, however, it makes its own wind by moving forward through the air. This added wind from the front adds to the wind over the side to produce a combined wind at an angle more from ahead - and so the boat may actually be close hauled.

When you first start sailing, you don't have to think too much about the difference between true wind and apparent wind. All that matters is the resulting (apparent) wind over the boat and sails.

Your best guide to all this are the telltales on your sail. Get them streaming on both sides of the sail and you're on your way.

The KCC catamaran sailors are often around the club and are always happy to offer some advice or tips. Say hello and introduce yourself.

Asking questions is a great way to learn.

### Pete's' Tip of the Month

If you're not sailing fast enough and having trouble gauging wind direction. I always say.

"If in doubt let the mainsheet out".

Make those telltales stream and your boat will fly.



**Peter Backhouse**

**KCC Vice President and Juniors Coach**

[The internet has a fantastic range of sailing resources .](#)

[Click here to see & learn more about this month's topic](#)

# The first Sunday of the season - October 7, 2012

To get everyone focused on sailing fast and safely we will have an on water coaching session on sail trim. Getting your sail trimmed right will help you get more speed when it counts and can also help when wind conditions get a little strong.

Get to the club early so you can get your boat rigged and in the water before 9.15 AM.



Each Sunday pre race coaching gets you ready to race with confidence

Racing will be run in 3-4 heats depending on wind conditions on the day.

1. 2 up crew
2. Novelty race
3. Solo
4. Solo

The course markers will be set according to wind direction. Make sure you attend the race briefing at 9 AM.

Look out for our new KCC Juniors course markers. Very visible and professional. Special thanks to John Flewin and Peter Backhouse.

## Race Captains Advice

“Get to the club early to get the most from the coaching and racing.”

- Coaching & Briefing 9 AM sharp
- Racing starts 10 AM sharp
- Racing Finishes approx 12PM
- Debrief and presentation 12.30PM

**Rostered parents and officials please**

**arrive by 8.30 AM for a briefing and set up.**

**Note: Rostered parents and officials will be confirmed via email or check online**

## Our Club Calendar up to December 2012

Month	Date	Start Time (not before)	Series Heats	Event	Notes
June, July, August 2012	1st Sunday monthly	10am	n/a	KCC Junior Open BIC Practice Sailing	
	7	10am		FIRST DAY OF SEASON	9am theory and practice racing starts 10am
October 2012	13 &14	10am	Regatta	2-4 races depending on wind	Avalon sailing club BIC state titles
	21	10am		2-4 races depending on wind	
	28	10am		2-4 races depending on wind	
	4	10 am	n/a	Grading and some racing	KCC Top Gun Regatta
November 2012	11	10am		2-4 races depending on wind	
	18	10am		2-4 races depending on wind	
	24, 25	10am	Refer NOR	Kurnell Cup Junior "Open BIC" Regatta	No catamaran racing at KCC.
December 2012	2	10am		Grading and some races	
	9	10am		2-4 races depending on wind	General Meeting 10am; XMAS BBQ after racing on Sunday
	16	n/a	n/a	sailing for those not going to sail Sydney	YA NSW Sail Sydney Regatta
	23	n/a	n/a	No Junior Sailing at KCC	Christmas break
	30	n/a	n/a	No Junior Sailing at KCC	Christmas break

**NOTE: Our Official Racing Calendar runs from October 7 2012 until May 5 2013.**

**Other activities including social days and training are also conducted throughout the year.**

**Check out our full KCC Juniors calendar online. [Click Here.](#)**

## Open BIC News and Upcoming Events

### NSW O'pen Cup (Round 1 of 2)

## October 13<sup>th</sup>-14<sup>th</sup>, 2012 Avalon Sailing Club

2012 is the 1<sup>st</sup> year that Avalon sailing Club will hold an O'pen BIC regatta and this year the regatta is also round 1 of the NSW O'pen Cup. This will be a uniquely O'pen BIC event with a major emphasis on having fun with a competitive element. In keeping with this theme the event will consist of O'pen BIC formatted races, with some other fun activities..

Several KCC Junior members have already shown interest in participating. Let's make a KCC juniors team and have some some fun while you to learn from other more experienced sailors.

This event is early in our season and you will need to act soon as accommodation and time to register is limited. To help you be more confident and prepared we will try to have some extra coaching clinics to help sailors prepare for the event.

For more details please read the Notice of Race from Avalon Sailing Club and speak to Arthur Gargett.

Click here for more details [www.avalonsailingclub.com.au](http://www.avalonsailingclub.com.au)



Thanks for supporting KCC Juniors



### KCC Juniors

a Division of Kurnell Catamaran Club

- Cnr Ward St and Prince Charles Pde, Kurnell, NSW, 2231
- PO Box 255 Caringbah, NSW 1495
- Ph 02 96689295 ( Club Days )
- Ph 0412 505800 (Junior Captain)



**Tell us how we can make this newsletter a must read for the KCC Juniors.**

We welcome your input to our newsletter. Each week during racing season we plan to have a quick update for members via email with :

- regular sailing tips for the Juniors
- news from around the Open Bic community
- what's happening at the club
- who is having the most fun on the water

Please send suggestions, photos or content via email to the Editor [-vic.johnston@optusnet.com.au](mailto:-vic.johnston@optusnet.com.au)