



2021 SAYC Sail Team Parent/Sailor Program Handbook

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a. Introduction

Welcome to the 2021 racing season! On behalf of the SAYC, SAYC On the Water Committee, and Sail Team staff, we are thankful for your trust and support and look forward to a fun and challenging year full of growth!

This Sail Team Handbook is intended to serve as a guide for the parents and sailors who participate in the SAYC Sail Team program. The administration of the SAYC reserves the right to modify the contents of this manual at any time it deems a change is in the best interest of the SAYC and/or the racing program.

b. Coaching Staff & Contact Information

SAYCSC Main Office – (904) 643-2243. Monday – Friday 8 a.m. – 6 p.m.

Program Director, Opti & 420 Head Coach – Marissa Burrier (904) 643-2197

SAYC Sailing Center Chairperson – Tony Boldt (719) 491-1463

All Assistant and Guest Coaches contact information circulated as necessary

c. Team Mission

To encourage all Sailors to strive to for excellence both on and off the water while having fun and being a team player. SAYC Sail Team emphasizes sportsmanship, teamwork, self-discipline, and personal character to produce well-rounded athletes and foster a team spirit.

d. Team Goals

The goal for the SAYC Sail Teams is to practice, train, and compete with integrity and sportsmanship. Individual teams will have the opportunity to set both personal and team goals and will work together to further their skills on the water. This is all to be accomplished while respecting the values and ethics of our sport and developing and displaying an understanding of the Corinthian Spirit.

e. Team Opportunities

Sailors on the SAYC Sail Team program have the on-going opportunity to attend team practices and training sessions both on and off the water. Each team will travel to regattas where they will race other sailors and further their racing skills. Additionally, all sailors have access to their coaches at all times. Phone calls and emails are encouraged, and 'homework' is often assigned.

f. Boats We Sail

All instruction is conducted in Optimists and 420s. These two classes represent the standard for Junior/Youth racing in the United States. Between these two classes of boats we are able to structure curriculums to suit all ages (8-18), abilities, and sizes.

g. Description of Instructional & Racing Programs

SAYC provides a year-round program offering instruction and coaching for children and teens ages 8-18 at all levels from beginning sailing through advanced racing. Regardless of age, we have introductory and follow-up courses that will match sailors to others that are close in age and in a boat appropriate for them in terms of ability, size, strength, and skill level.

We follow US Sailing prescribed teaching and coaching methods. All our coaches are US Sailing certified and trained to keep your kids safe, happy, and always progressing.

1. Optimist:

The Optimist is the largest junior racing fleet in the world and is the international standard in junior instruction. The boat's simplicity and stability make it ideal for teaching young, beginner sailors, while the popularity and technicality of the Optimist

class makes the boat extremely challenging for pre-teen racers. SAYC owns 8 Optimist training prams (SailCubes) and 9 class legal (i.e., race ready) Optimists.

A skipper can race Optimists until December 31st in the year that they turn 15. On December 31st of that year, they age out of Optimists and can no longer race in that boat. To promote participation across a wide range of skill levels and ages, Optimist racing events are typically divided into fleets.

Green fleet is a special fleet designed for beginners. Green fleet sailors can be any age up to 15. A Green fleet can have skippers as young as 6 and old as 15, but sooner or later Green fleet sailors will move into either Red, White, or Blue fleet depending on their age. Green fleet typically sails relatively close to shore and on shorter courses. Most regattas allow for Green fleet sailors to be coached at any time during the race.

After moving out of Green fleet, skippers who are 10 and under sail in the White fleet. Skippers who are 11 and 12 sail in Blue fleet, and skippers 13, 14 or 15 sail in Red fleet. In all fleets, the determining date is the skipper's age on the first day of the regatta. At most regattas, Red, White, and Blue fleets all start at the same time and race the same, longer course. Coaching for these fleets is permitted only between races. Coaches are only able to observe and give feedback and coaching at the completion of the race observed.

The class website is www.USODA.org

Costs for boat & equipment:

We find it helpful for sailors and families to understand the costs associated with the program and maintenance of our fleet.

Race ready Optimist with sails and dolly	\$4,000
Sail	\$500
Spars	\$300
Rudder	\$325
Daggerboard	\$350
Tiller Extension	\$50
Dolly	\$300

Optimist Green Fleet Participation Requirements:

Prerequisite – completion of Opti II Sail Camp or Sail Director approval

Green fleet builds on the skills learned in Sail Camp to improve boat handling as well as introduce sailors to the Optimist in a racing environment. Sailors work on boat control, developing boat speed, maneuvering, and sailing around a course. They practice all points of sail by tacking, gybing, and rounding marks. As the year progresses, sailors learn about the rules of racing, starting a race and completing a course successfully.

Sailors receive on-shore chalk talks in preparation for the on-water drills. As sailor's skills develop, they will be encouraged to attend and participate in regattas. In these practices and regattas, sailors work on sail trim, boat speed, tactics, rules, and strategy under actual racing conditions.

Private boat ownership is strongly encouraged and signing up for multiple weeks of summer Sail Camp is recommended.

Green Fleet Focus:

- Parts of the Boat
- Upwind/Downwind Efficiency
- Focused Rigging/De-rigging
- Starting/Stopping, Boat Control
- Tacking & Gybing Proficiency
- Getting out of Irons
- Points of Sail & Sail Trim
- Man Overboard & Capsize Recovery
- Wind Direction and Reading
- Rules of the Road
- Knots/Lines
- Having Fun!

Optimist RWB (Red, White & Blue):

Prerequisite: Optimist Green fleet racing or Sail Director approval

Optimist RWB racing is for those students who are interested in the highest level of competition. This curriculum is geared towards improving racing tactics and knowledge of the rules. Sailors receive intensive, individual coaching and also learn to work together as a team. On-land chalk talks and on-water drills are a regular part of instruction. Sailors will be videotaped through practices and follow up on land during in-depth de-brief sessions with coaches and teammates.

Private boat ownership is *required* and sailors at the RWB level are provided the opportunity to compete in regional and national regattas. In such cases, parental support is mandatory for participation.

RWB Focus:

- Refining Sailing and Racing Skills
- Perfecting Sail Trim & Boat Speed
- Improving Tactical and Strategic Awareness
- Understanding and Applying Racing Rules
- Tuning the Optimist
- Teamwork and Leadership
- Pushing the Limits Safely
- Boat Speed Proficiency
- Having FUN!

2. Club 420:

The Club 420 is the most popular and versatile double-handed junior boat in North America. The 420 is sturdy and safe while providing the challenge of sailing with trapeze and spinnaker. The boat is best suited for sailors 12-18 years of age and over 120lbs. SAYC has 12 420s which are used for both our year-round sailors and our Sail Camp program.

The Collegiate 420 is the same boat as the C420 (club 420), with the exception being that the trapeze and spinnaker are not used. Sailors enrolled use club owned boats and therefore, are not required to own their own boat.

Class information can be found at www.club420.com

Costs for Boats & Equipment:

We find it helpful for sailors and families to understand the estimated costs associated with the 420 program and the upkeep of the fleet.

Race Ready c420 with Sails & Dolly	\$10,000
Sails (Main, Jib, Spinnaker)	\$1,200
Dolly	\$550
Lines	\$175
Rigging (Blocks, Shrouds, Forestay, etc.)	\$200
Boom	\$370
Mast	\$1,200
Spinnaker Pole	\$200
Tiller w/ Extension	\$200
Centerboard	\$400
Rudder Complete	\$500
Plugs (set of 4)	\$24

420 Participation Requirements:

Prerequisite – Sail Camp 420 experience or Sail Director approval

The 420 race team is designed for sailors between the ages of 12-18 that are interested in racing. During the year, teamwork and sportsmanship will be emphasized while practicing skills that are necessary to become proficient racers. Practices focus on perfecting the process involved with sailboat racing, including tactics and strategy. Sailors develop an understanding of how to work as a team. Practices will include both Club 420 skills (trapeze and spinnaker) and Collegiate 420 skills and racing techniques.

Focus:

- Teamwork & Terminology
- Introduction of Jib
- Sail Trim & Control Lines
- Tacking/Gybing
- Introduction of Spinnaker & Trapeze
- Man Overboard & Capsize Recovery
- Docking & Safety
- Having FUN!

h. General Sail Team Requirements

- Sailors must be registered and paid in full in order to practice and participate in any training sessions both on and off the water. All sailors must also complete necessary waivers.
- Sailors are expected to bring a coast guard approved, sailing specific PFD of their own. If unable to do so, sailors will receive a SAYC issued PFD to be theirs for the season. They will then be responsible for this PFD all season and will return it at the last practice. Gloves optional for 420 team. All personal gear is to be labeled with permanent marker.
- Every sailor must demonstrate the ability to swim with a PFD on and demonstrate the ability to right a capsized boat.
- Sailors will be responsible for registering for all regattas and paying all regatta fees, including their portion of the split coaching costs per regatta.

i. Fleet Maintenance

Every sailor has a responsibility to help provide the ongoing maintenance of the hulls, rigging, dagger and centerboards, rudders, lines, sails, dollies, and trailers throughout the season.

It is the responsibility of each sailor to examine the condition of their boat before and after each training and racing session. Any concerns should be immediately brought to the coach's attention and all repairs should be done with the guidance of coaches and SAYC personnel, unless otherwise instructed. Attendance for boat work and maintenance days is mandatory.

Boat Care Policy:

All sailors registered for the racing program have the added responsibility of maintaining and caring for their boat. Each boat must be properly de-rigged and stored at the end of each day. Any sailors who charter a SAYC boat are responsible for ensuring the boat is properly maintained and race ready. Should there be any equipment problems, it is the responsibility of the sailor to bring this to the attention of the coaching staff immediately. Any damage to equipment incurred during the charter is the responsibility of the boat user/family to repair at their own expense. Any sailors on the Optimist RWB team must supply their own boat. The SAYC 420 sailors are required to afford the same care to club boats as they would their own.

Parents must constantly communicate with their sailors as to the condition of their boat and equipment. If properly maintained, the boats are exceptionally durable. However, sailboats are used in a relatively harsh environment by nature (salt water, wind, UV rays, mud, ramps, docks) and from time-to-time equipment must be replaced. Boats that are consistently in a state of disrepair will limit your sailor's ability to improve their skills and enjoy their sailing experience. It is no fun to break down during practice or a race. One way to limit unwanted corrosion is to wash the hull and all other equipment down at the end of each day.

All sailors are responsible for ensuring their boats and equipment is properly and securely stored. Some hulls are stored on racks with locks, be sure to re-rack and lock appropriately. Instructors and teammates are there to assist, however, it is ultimately the sailor's/parent's responsibility to ensure the boats are properly stored and secured. Because SAYC grounds are shared with social events and adult sailing programs, it is imperative that sailors return all equipment to their designated spot and clean up all trash at the conclusion of every practice or event.

Boat Usage Policy:

Registered SAYC Sail Team participants are never permitted to use any SAYC coach boat, race boat, or any other SAYC boat without contacting the Sail Director for approval.

- Charter fees must be paid prior to use.
- Use of SAYC boats will never be granted unless an approved SAYC coach or employee is on-site or on the water.
- SAYC Sail Team sailors are only allowed on the boats for which they are a team member of unless granted permission otherwise.

- Non-SAYC individuals are never permitted to be on SAYC boats without prior permission from Sail Director, with signed waivers in place.
- SAYC Sail Director has full authority to deny requests.
- Approved SAYC boat charters must adhere to wind limitations set.
- Failure to comply with SAYC boat usage policies will result in probation and/or removal from the team without refund.

j. Regatta Information

All regattas fees are to be paid in full by sailor. Registering for regattas is the responsibility of each sailor, as soon as possible to do so. For Green fleet Opti sailors in their first season of racing, coaches will notify when each sailor is ready and clear to register for a regatta, this will be an ongoing and open dialogue with each family. For 420 teams, only Skippers need to register, and privately split payment with their assigned crew. Notification of registration is required, please email Sail Director as soon as registration is confirmed.

1. February 13th & 14th – George Washington Regatta, Lake Eustis Sailing Club
Opti & 420
Registration is online at: www.regattanetwork.com/event/216867
2. March 27th & 28th – 68th Annual Mount Dora Regatta – Mount Dora Yacht Club
Opti & 420
Regatta Information online at: <http://mounddoraregatta.com/REGATTA/NEWS>
Lodging info: <http://mounddoraregatta.com/REGATTA/INFORMATION>
*Registration not open, will announce via email when to register
3. April 10th & 11th – Sailfest Junior Olympic Regatta, Sarasota Sailing Squadron
Opti & C420
**This is a Junior Olympic sailing event for experienced racers only, details to be circulated for those ready after March 14th practice.
**This is a club 420 event! Sailors are expected to fly spinnakers and trapeze if wind & ability allows.
Registration online at:
https://www.regattanetwork.com/clubmgmt/regatta_uploads/21388/SailfestNOR2021.pdf
4. April 17th & 18th – St. Augustine Race Week Youth Regatta
*420 ONLY
This is a local event and one of the most fun races for our Sailors. Home “field” advantage and announcers on the bayfront! We will practice on bayfront prior to regatta. Registration details to be circulated as soon as possible.

5. Saturday, May 8th – Wendy Thompson Memorial Regatta & SAYC Family Day
NO FEES required, Skippers meeting starts at 9am with a full day of racing and fun, family events planned.

Regatta Support:

SAYC is host to a few regattas each year. These events require volunteers to help in a number of ways ranging from event organization, registration, sponsorship coordination, scoring, parking management, food catering, safety officers, among many other things. All are welcome regardless of sailing knowledge level.

Boat/Sailor Transportation:

Participating in events away from SAYC is both fun and extremely beneficial to improving your sailor's overall sailing skills. It teaches organization and boat transportation care, provides greater competitive challenges, and promotes team camaraderie. Our race teams compete throughout the year in a number of regattas away from SAYC. Events range from one day local events to 3-day long regattas. The planning and logistics for even a single day event can be significant. Someone must transport race boats, coach boats, equipment, sailors, gear, food, drinks, coaching materials and more. SAYC does not arrange for the transportation of sailors or equipment of individuals. Each family is ultimately responsible for getting their sailor, hull, and equipment to each regatta. It is incumbent upon parents to organize and facilitate our youth sailors' transportation needs to participate in these events. For this reason, our away regatta transportation policies are:

- All sailors and families are responsible for getting their own boat to an event.
- Trailers are available for use, but it is the responsibility of the parent and sailor to arrange to use them and sign all necessary waivers.
- All sailors and families are responsible for securing equipment with straps and line on trailers and roof tops.
- SAYC will facilitate a trailer loading day and assist/teach how to safely transport hulls and equipment.
- SAYC trailers will be available for transporting boats to and from regattas. Availability of trailers is contingent upon parent participation. Only SAYC parents and licensed sailors may tow program trailers.
- Parents of sailors who need trailer space are asked to sign up to tow trailers to and from regattas on a rotating basis. Each sailor, with assistance of parents, is required to load and unload their boat. Coaches are busy preparing, launching coach boats, and assisting with rigging, they are not responsible for off-loading boats from trailers.

- We will use a sign-up list at the practice prior to an event to sign up for trailer space and allow a sign-up space to tow.
- Sailors whose boats are repeatedly not properly loaded and secured may be subject to non-eligibility for trailer transport.

*In the event of an accident involving a club trailer, LIABILITY FOR DAMAGES TO THE VEHICLE OR THE TRAILER, AND FOR PERSONAL INJURY, RESTS WITH THE DRIVER TOWING THE TRAILER, NOT SAYC. BOAT OWNERS/CHARTERS ARE RESPONSIBLE FOR ANY DAMAGE TO THEIR OWN BOATS. This means that insurance coverage for any personal injury or damage to the trailer or tow vehicle resulting from an accident is under the automobile policy of the driver.

k. SAYC Tuition, Fees & Policies

Sail Team Registration Fee: \$550 (non-member) \$450 (SAYC member)

Regatta fee: \$20 per sailor, per day

Sail Team Registration fee includes all practice coaching hours for weekend and weekday practices, boat usage during the practices and regattas, sail team shirt, usage of SAYC racing bibb, off-water access to coaches and staff, and FSA membership benefits (regatta re-imbusement).

Regatta fee includes coaching hours and coaching travel expenses (fuel, lodging, food).

Practice Policy:

It is the hopes that every scheduled practice and event will bring favorable weather and winds. In the event that a practice must be cancelled due to inclement weather, every parent will be notified with as much advanced notice as possible. SAYC is not financially responsible for practices missed due to inclement weather, which is an inherent risk of every sailing program.

l. Responsibilities and Expectations

1. Parental Roles & Responsibilities:

It is hoped that this handbook helps you to understand the full scope of the St. Augustine Yacht Club Sail Team program and the divisions of responsibility between sailors, coaches, parents, and all other individuals that make all of this happen.

Competitive sailing teaches self-confidence, decision making, teamwork, sportsmanship, tactical awareness, organization, responsibility, and humility. Sailors at every age never stop learning; there is always a next step and anew lesson to learn that makes us better. Because of this, SAYC strives to push responsibility as

appropriate to the sailors, but we need parental support to achieve the complete objective.

While parental involvement is essential to the success of this program, no parent shall assume a coaching role and shall at no time be involved with coaching decisions regarding practices and regattas. Parents are expected to assist with launching boats when appropriate and helping transport equipment when necessary. The loading and unloading of boats and equipment takes a full team effort and all sailors and parents must support and participate with this task both at practices and regattas.

A typical day at SAYC practice for all curriculums starts with an onshore brief to discuss the agenda and lesson objectives. After rigging boats, the sailors launch and practice those skills and objectives, following through with the practice plan laid out. After sailors return to shore, they de-rig their boats and participate in a de-briefing session. Please be sure your sailor arrives on time, is prepared to learn (and has everything necessary to do so) and has a good attitude – all those things make for a fun and rewarding day.

Parental Involvement:

As our program depends on the support from parents, all parents are required to volunteer at least 8 hours per season. Options include assisting in event planning, volunteering at events, boat work, general maintenance, and parent committee involvement. Please give generously of your time so the workload required can be divided and everyone involved will have a positive experience at SAYC.

Parent volunteers and “PALS @ SAYC” are vitally important to the success of our Youth Sailing program. Parents with sailors at all levels are highly encouraged to help. However, the level of involvement needed increases as a sailor transitions from basic sailing classes to intensive race teams. Our PALS @ SAYC (Parents are Life Savers) committee will organize team travel logistics, assist with planning home events, and designate volunteer efforts at those events. This includes boat/sailor transportation, possible chaperoning, work parties, and fundraising.

As a small but growing program, we need your help in off-loading the many responsibilities involved and building a team family at SAYC.

2. Sailor Responsibilities:

Sailing is a lifetime sport. Some of the friends and acquaintances you make at SAYC and places visited such as other yacht clubs and sailing venues, as well as all fellow

sailors and coaches at SAYC and from other teams, will turn into lifelong friendships. How you act towards these individuals will have a lasting impact. It is important that you recognize that sailing is a privilege, and you are being provided with one of the most fun and fulfilling opportunities. Appropriate behavior will allow you to become a well-rounded, self-confident sailor and respected team member. As a participant in this program, you represent SAYC, your Sail Team, and your family. Your behavior on and off the water should be to maintain a high level of sportsmanship and conduct, and make teammates proud to be a part of our program. To make the most of your experience with us, we require you to follow these guidelines:

- Sail for the fun and love of the sport. Enjoy yourself every time you hit the water. Work hard each day to improve your skills.
- Listen, ask questions, and watch others to see how you can improve. Be a team player, exhibit good sportsmanship, be disciplined on the water and be a kind competitor who uses confidence and self-control at all times.
- Appreciate the contribution each person makes to the learning environment. Zero tolerance for bullying or ANY unkind behavior.
- Learn the rules of sailing and follow them.
- Always be a good sport and strive to set a positive example for others.

In addition to these, we also expect and require the following:

- All sailors are expected to arrive on time (early) and be ready to sail at practice start time.
- Sailors are expected to listen to their coaches at all times.
- Sailors must abide by the SAYC Code of Ethics.
- Sailors must always treat SAYC boats and facilities and our Salt Run waterway with the utmost respect and care, showing an appreciation for what has been entrusted to the Sail Team program.
- After every practice, Sailors must perform proper rinsing, maintenance and storage procedures when caring for SAYC boats and equipment.
- Sailors are expected to clean up the areas of the SAYC used for Sail Team practices and events after each use and do a final sweep upon leaving practice each day.
- All sailors are expected to bring the following items to practice each day:
 - Sailing clothes (bathing suit, shorts, rash guard-clothes that can get wet) SAYC Sail
 - Team shirts are expected to be worn at practices and are required for regattas.
 - Closed-toe, water friendly shoes – NO bare feet or flip flops.
 - Coastguard approved PFD
 - Foul weather gear (we will sail in a variety of conditions, including rain)
 - Re-usable water bottle, lunch/snacks
 - Sunscreen (Additional Items that are suggested are hat, gloves, sunglasses, change of clothes, towel)

****ALL items must be labelled – SAYC is not responsible for lost or stolen items, including those items left behind.****

Travel Policy:

When representing SAYC on trips, you are responsible for your own actions. You must continue to abide by the conduct requirements above. Additional guidelines have been developed that are particular to expanded behavior while traveling with the SAYC Sail Team. These policies are:

- During all sailing activities, sailors are under the supervision of SAYC coaches. Sailors are under the supervision of chaperones/parents/guardians at all other times. No matter whose supervision you are under, you are required to listen to and stay in the facility of that person(s).
- Sailors are required to stay with the team at all times, including the ride to and from the event, unless parents have made other travel arrangements.
- Curfews are set by chaperones and must be adhered to; this is for the protection of the sailors and necessary for the welfare and reputations of the team.
- Sailors are never to be disrespectful to other sailors, coaches, staff, chaperone, volunteer, etc. from SAYC or any other sailing organization. Refusal to adhere to these policies may result in dismissal from the team.

3. SAYC Sailor Code of Ethics

Respected Sailors Always:

- Know and abide by the Racing Rules of Sailing. They promptly take their penalty turns when they know they broke a rule or file a protest when appropriate.
- Obey event regulations, on and off the water.
- Are organized, prepared, and responsible for their own equipment.
- Show respect to all coaches and sailors, as well as those helping to run regattas and sailing programs.

Respected Sailors Never:

- Swear at, yell at, intimidate, or harass anyone, including teammates, on or off the water.
- Steal or borrow without permission, anything that does not belong to them.
- Break any laws regarding alcohol, tobacco, or illegal drugs.

SAYC Sail Team Handbook Acceptance Agreement

By signing below, you acknowledge that:

- You have read in full the Sail Team Handbook and understand all policies contained therein.
- You agree to assist you sailor daily, and volunteer and participate as required.
- You understand and accept the SAYC trailering policy.

SAYC has customized the NYSSF (National Youth Sports Safety Foundation) Code of Conduct for our program, and asks all parents/guardians of SAYC Sail Team participants to read and agree to these as well:

1. I will not force my child to participate in sailing.
2. I will remember that children participate to have fun and that Sail Team is for the benefit and enjoyment of the youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will do my best to learn the rules of sailing, the policies of SAYC and the appropriate class rules for my child's specific boat.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy to all, and by demonstrating positive support for all sailors, coaches, officials, and spectators at every practice, regatta, and event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, sailor, parent, or volunteer.
7. I will teach my child to sail with a Corinthian spirit and resolve all conflicts in such character.
8. I will demand that my child treat other sailors, coaches, officials, and spectators with respect regardless of race, creed, color, sex, or ability. I will do the same.
9. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a regatta or his/her performance in the fleet.
10. I will praise my child for competing fairly and trying hard after each practice and event, and will do my best to make my child feel like a winner every time.
11. I will never ridicule or yell at my child or other participant for making a mistake or losing a race.
12. I will not allow the use of inappropriate language by my child.

Signature: _____ Date: _____

Printed Name: _____

SAYC Sail Team - Sailor Code of Conduct Agreement

By signing below you acknowledge that:

- You understand what is expected of you both on and off the water.
- You promise to maintain a positive attitude and to always be kind to others.
- You agree to abide by all rules set forth in the Handbook and vow to be the best sailor and teammate you can be.

In addition to these, you agree to the following:

1. I will not use or tolerate the use by other teammates alcohol, drug, tobacco, or non-prescribed drug use, understand that a drug free environment is necessary in order to achieve individual and team success.
2. I will respect the property of others, neither stealing or damaging, destroying, or borrowing another's property without permission, including SAYC property.
3. I will treat other sailors, instructors, coaches, club staff and members, race officers and umpires with respect regardless of race, religion, gender, age, and ability. I understand that I am to expect similar treatment from others.
4. I will follow all safety procedures given by my coaches, understanding that safety is the top priority on and off the water. I will notify my coach if I feel that I or another sailor is in danger.
5. I will refrain from using inappropriate language, yelling, and being unkind in any way. I understand that physical, verbal, and emotional abuse is not tolerated, and everyone has a right to enjoy their participation. I understand that screaming and swearing, in any context, is unacceptable.
6. I will attend every practice possible and will notify my coach if I cannot.
7. I will encourage good sportsmanship from my teammates.
8. I will strive to always listen to and learn from my coaches, respecting their time and efforts in helping me become a better sailor.
9. I will be responsible for my own equipment and belongings, properly using and storing SAYC equipment and never leaving behind trash of any kind.
10. I will demonstrate teamwork, helpfulness, and cooperative behavior at all times.

- You understand that there are consequences should you not abide by these rules, which are applied at the coach's discretion and can result in dismissal from practices, regattas, and even from the Sail Team.

Sailor's Signature: _____ Date: _____

Sailor's Printed Name: _____

Parent's Signature: _____ Date: _____

Parent's Printed Name: _____