

Junior Sailing
at
Pensacola Yacht Club



Informational Packet
Consent Form
Junior Membership
Application

2016

Junior Sailing/ High School Sailing
(HSS)

Welcome to Junior Sailing & HSS at Pensacola Yacht Club and to the sport of Sailing!
The PYC Junior Sailing & HSS Program has many learning opportunities for your young sailors that are both fun and exciting. Please read the information that follows. You will need to complete the consent form and return prior to participating in this year's program.

Contents:

- I. Requirements
- II. Sailing Opportunities
- III. Individual Sailor Responsibilities
- IV. Individual Sailor Checklist
- V. Roles of Parents In Junior Sailing & HSS
- VI. PYC & Junior Board Contact Information
- VII. Consent Form
- VIII. Juniors & Parents Code of Conduct
- IX. Junior Membership Application

I. Requirements

If your family is not already a member of the Pensacola Yacht Club, prior to participation in Pensacola Yacht Club Junior Sailing and High School Sailing, you must submit an application for Junior Membership at the Pensacola Yacht Club. Currently, Junior Yacht Club membership entitles the Junior Member to participate in *sailing and high school activities*, **not** a full club or family membership. These activities are largely specific to the Junior Sailing & HSS Programs and may include sailing activities, parties, camp-outs, and other organized water related activities during sailing camps, clinics or events pertaining specifically to PYC Junior Sailing & HSS. Junior Members do not have guest or pool privileges and are valid only during the calendar year in which they are registered. Junior or Family memberships are REQUIRED in order to participate in Clinics, Open Sailing, Racing Practice, Racing, Regattas, and other Junior Yacht Club & HSS activities.

II. Sailing Opportunities at PYC

Boat Classes Sailed at PYC: Generally, sailors younger than about 12 or 13 will be encouraged to sail a boat called the “Optimist Dinghy.” The Optimist (or “Opti”) is recognized as the international youth sailing class, and is actually the largest class in the world. As the sailors become more experienced, there are other types of boat to move into, but the PYC Junior Program principally emphasizes the Laser and the 420. The 420 is a double handed boat (two sailors). The Laser actually provides three different rigs for different size sailors. The smallest rig is called the “4.7”; the next size up is the “Radial” and the largest is the “Full” rig Laser. The optimal weight for the 4.7 is about 110-120 pounds. The optimal weight for the Radial is 121-159 pounds. The full rig is for sailors who weigh 160 pounds or larger. In addition, the PYC Junior Program also supports sailing the Gulf Yachting Association’s (GYA) designated one design fleet, which is currently the Flying Scot, and annually fields a team in the GYA Junior Championship known as the “Junior Lipton Cup” regatta.

Summer Sailing Camp: We recommend PYC’s summer sailing camp for every first time youth sailor. Sailing Camp is held throughout the summer (see PYC website and current flyers) and introduces the fundamentals of sailing. There are also opportunities for more experienced sailors to attend more advanced clinics to refine their skills.

Open Sailing: Weather permitting, there will be other sailing opportunities available to every PYC Junior Sailor throughout the year. Attending sailing camp prior to participation is recommended. “Green Fleet” (beginning sailors) sailing is encouraged during which sailing fundamentals are emphasized. For White, Red, and Blue Fleet Opti sailors (more advanced Opti Sailors, based upon age groups), Lasers, 420s and Flying Scots, race courses will be set for practice. Occasionally, clinics are offered for an additional fee. ***

Racing Practice – Weather, volunteer/staff dependent practice is available to PYC Junior Sailors who wish to develop their racing skills. Race courses are set up for Green Fleet and possibly a second for Advanced Opti, Lasers, 420s and Flying Scots. ***

Clinics: Clinics are available for additional fees and are designed for more experienced sailors. Guest coaches are typically brought in for this purpose. Sailors must register and pay for clinics prior to each event. ***

Regattas: Participation in sailing competitions – “regattas” – are available to PYC Junior Sailors who have joined PYC Racing Team and HSS that regularly practice on and at designated dates and times. Regatta registration and coaching fees apply and are the responsibility of the individual sailors and parents. Regattas typically require sailors to be associated with a designated coach who will be on the water during the event. ***

***Individual Sailor/Parent Responsibilities apply.

II. Individual Sailor Responsibilities

The sport of sailing requires each sailor to become not only safe and proficient sailors, but also proficient in rigging and handling their own boats & equipment. For that reason, **each sailor is responsible for rigging their own boat and transporting it to the water prior to all start times.** The term for this is “rigged and ready” and sailors should assume that any start time given is a “rigged and ready” time so that actual sailing or instruction can begin at the stated time. In addition, at the conclusion of the sailing event/practice, **each sailor is responsible for cleaning, de-rigging, properly storing equipment, and returning boats to the storage area. Any issues with the boat and or equipment such as loss, damage or malfunction should be reported promptly to person(s) in charge.**

Participation in Junior Yacht Club sailing and HSS includes the privilege to utilize PYC boats and equipment, subject to availability. However, it is the responsibility of each individual sailor to responsibly rig, use, and stow the boats they use. Younger sailors may require assistance of a parent, older sibling, or guardian to help with some tasks until they are able to do this on their own. (For example, removing and replacing an Opti from storage racks is not physically possible, and potentially dangerous, for most youth under the age of about 12). PYC staff and coaches are available ONLY in an instructional capacity and are not responsible for preparing each individual’s equipment.

Failure to properly use and care for PYC boats can result in a Junior Sailor and or HSS no longer being permitted to use PYC equipment and boats.

II. Individual Sailor Responsibilities (Continued)

Each sailor is responsible to arrive prior to sailing time allowing enough time to complete readying the boat ("rigged and ready"). Failure to do so will result in the sailor missing important instructional opportunities, and in some circumstances, the sailor's inability to participate that day. It is *NOT the* responsibility of PYC staff and coaches to rig or prepare boats *FOR* individual sailors or prior to a sailor's arrival, but may, time permitting, will check sailors' rigs and offer tips on rigging.

Primary to all concerns, a sailor **MUST** be able to deal with rigging and equipment problems that may occur on the water, which is an important reason for the sailor to rig her or his boat without significant assistance.

PYC Jr & HSS Sailors must contact the Summer Sailing Director by telephone or e-mail in advance (not later than the day of the practice/clinic) to reserve their place in the clinic and a boat for their use. However, there will also be occasions where greater advance notice is required. We reserve boats to those who confirm their participation. As the number of boats is limited, people who contact the Sailing Director and or PYC Management late may miss the opportunity to use a club boat. PYC cannot guarantee use of PYC boats to those who do not call or e-mail to confirm participation. Boats and associated equipment are limited and reserved on a first call/first arrival basis. There are no guarantees that specific boat(s) and associated equipment such as sail(s), spars, dagger board(s) and or tiller(s) will be available. Additional fees may apply.

III. Individual Sailor Checklist

Sailors are responsible for following gear:

- Type 2, PFD: A properly fitted life jacket. A sailor without a proper PFD will not be permitted to leave the beach, even to ride on a coach boat.
- Sun Protection: Avoid painful sunburn. Wear plenty of sun block, sunglasses, a hat or visor. Sun protection is the responsibility of the individual sailor and his or her parents. Do not depend on coaches or camp staff to re-apply or check sailors' applications of sunscreen.
- Shoes: always wear shoes with a good grip sole like sailing boots. Sandals are okay in the summer when it is hot, but not great when you are racing. Bare feet are always a bad idea. Wear close-toed shoes.
- Shirts – Rash Guards protect you from the sun as from chafed skin and dry quickly. A good t-shirt works well in warm weather. Wear light colors to keep you cooler.

- Safety Whistle: to be used for emergency purposes only, should be attached to the life jacket with a lanyard. This is a class requirement for Optis, and required for Summer Sailing Camp.
- Hydration: Drink plenty of water. Do not wait until you are thirsty. Avoid sodas and heavily sugared drinks – they might taste more appealing but will actually make you thirstier. A sailor who stays hydrated will sail better, learn more, learn more quickly, and perform better. Get into the “habit of hydrating” after every race or drill.
- Snacks: As the caloric companion of hydration, healthy snacks are important to maintaining a sailor’s energy level, particularly during long days on the water. We recommend items such as fruit, “power bars,” granola bars, and the like. We discourage sugared snacks, cookies, candy, and similar items.
- Gloves: In heavier air, sailors should consider wearing gloves to protect their hands. It is better to work to condition your hands to sail without gloves, however, as you will have greater sensitivity.
- Cool/Cold Weather Gear: Sailing continues throughout much of the winter, and sailors should consider appropriate equipment to maintain warmth. In cold weather, proper cold-weather gear is as important as a PFD. The proper gear will vary by the conditions, and you should discuss this with the parents of more experienced sailors, the Sailing Director, or a coach.
- A copy of the United States Optimist Dinghy Association (USODA) Safety Guidelines are available at www.usoda.org

IV. Role of Parents in Junior & HSS Sailing

The support of parents for their Junior Sailor is paramount and integral to his or her success. The more a parent knows about the Rules, the equipment, and fundamentals of sailing the better the opportunities are for the Junior Sailor has to excel in this sport. There are a number of opportunities for parents to familiarize themselves with Sailing generally and Junior Sailing & HSS in particular. Primarily, it is imperative that parents work with their Sailors to rig their boats and get them to the water for clinics, races, and practices. The younger sailors often have a difficult time and require parental assistance. Likewise, they will need parental help when shipping and storing the boats. More experience sailors require less and less rigging assistance, and ideally sailors should do most, if not all, of the rigging themselves.

Periodically, PYC Junior Sailing & HSS will hold Parent Workshops. These workshops will cover readying the boat, basic racing rules and fundamentals, and other important information. Parents need not be sailors themselves. Parents can also, “learn on the job” prior to sailing, racing practice and regatta opportunities. PYC coaches and staff

are available for instructional purposes (ONLY) to help both you, Junior and HSS Sailors learn the importance of properly rigging the boat and then properly de-rigging the boat. You will also find that the parents of more experienced sailors are helpful, and even the more experience sailors themselves often help less experienced sailors.

It is important that parents and guardians understand the level at which your sailor sails; in other words, know your sailor's ability. You should encourage sailors to stretch their limits and try new conditions, but you must also be aware that there will be conditions that are simply beyond any youth sailors' ability, and you should not pressure or force your child into such conditions. On the other hand, a gentle push or prod to the child to expand their horizons and test their limits is entirely appropriate and encouraged.

IV. Role of Parents in Junior & HSS Sailing (Continued)

Optimist Fleets: As discussed above, Optimist sailing is divided into fleets based upon ability or age level. These fleets are as follows:

Pre-Green Fleet (ages 6 to 15) – is learning to sail, learning the rules of racing.

Green Fleet (ages 6 to 15) – Has a basic ability of sail and understanding of racing, and the rules. Green Fleet should have adequate control of boat to maneuver the boat through the course. During regattas, some in the Green Fleet CAN receive coaching from coaches and parents during the race. Primary focus is FUN!

White Fleet (up to 10)

Blue Fleet (ages 11-12)

Red Fleet (ages 13-15)

Sailors progress from White to Blue to Red on their birthday and "age out" of Optis on December 31 of the year they turn 15, at which point they are no longer eligible to sail in the class. As a practical matter, a good number of sailors simply become too physically large to continue to race Optis, and, generally a sailor who is taller than 5' 9" or weighs more than 120 pounds is no longer meaningfully competitive. Sailors then transition to other platforms such as the Laser, 420, Hobie, or Sunfish.

The Green Fleet sails on its own course at regattas, and may or may not get "place" awards depending upon the regatta. The Red, White and Blue Fleets typically race together on the same course. Awards within the White, Blue and Red Fleets are given both overall, and within each of the three fleets.

Very few of racers in the White, Blue and Red Fleets have been racing for less than one year and most have at least a couple of years experience, many five years or more,

particularly in Blue and Red Fleets. They should be very comfortable handling an Opti and typically should be able to handle winds of 15 knots or more. Competition at this level can be fun for everyone, but they may be competing with some of the best sailors in the nation and sometimes the world. Racers at this level should KNOW the rules and the emphasis is on competition.

Volunteers are needed and welcome particularly at PYC sponsored Junior Sailing & HSS events. Parents of Junior & HSS Sailors are encouraged to attend Junior Sailing & HSS board meetings, help the team at regattas and race related activities; particularly those sponsored or hosted by PYC such as local USODA, US Sailing, Junior Olympics, Stitt/Chappell Regattas and other high school events. Other events may include campouts, parties, potlucks, and Junior Sailing & HSS fundraisers. All of these events create a better program and experience and benefit the sailors. Additionally, there is a unique camaraderie amongst PYC Junior Sailors, HSS, Parents, Guardians, and Older Siblings and Others that results in teamwork while fostering healthy competitive attitude.

A special note to parents:

Activities during summer sailing camps are supervised throughout the day; however, the other Junior Sailing & HSS Program activities, although providing instruction and coaching to young sailors, do not provide supervision to children “off the water,” during competitions, or PYC Junior Sailing & HSS events. Parents and guardians are responsible for the supervision of their own children.

During clinics and other activities, parents and guardians should stay abreast of weather conditions. Should weather conditions warrant an early end to a clinic, practice, race, regatta or event, PYC does not provide childcare in these instances.

Parents also need to let their children sail without too much parental involvement other than related to true safety concerns. It builds a tremendous sense of independence and self-sufficiency for a child to be able to rig their own boat, and then maneuver a boat, in sometimes challenging conditions, around a race course. Sailing is also an important experiential learning experience in critical and strategic thinking, focus, math and science.

We look forward to seeing you on the water!

V. Yacht Club and PYC Jr. Contact Information

Pensacola Yacht Club

Bert Rice, Sailing Director
<mailto:bertrice05@yahoo.com> / 850-208-1705

Jim Warwick, General Manager
jwarwick@pyc.gccoxmail.com / 850-433-8804 ext. 104

Pensacola Yacht Club Junior Board 2016

Stuart Smith, President
ssmith@schmidtconsultinggroup.com / (850) 982-2303

George Gamble, Vice-President
ggamble111@gmail.com / (850) 549-6799

Ray Grove, Treasurer
raygrove@icloud.com (850) 530-0577

James Simkins, Secretary
<mailto:jasimkins@gmail.com> (850) 449-7551

Josh Hackel, Jr. Rep on the PYC Board Member
jghackelmd@yahoo.com

Neil McMillan, Board Member
somcmillan@juno.com / (850) 982-8982

VI. Pensacola Yacht Club Junior Sailing & HSS Consent Form

I, _____, have read and understand the Pensacola Yacht Club Informational Packet for Junior Sailing & HSS and the USODA Code of Honor contained therein. In signing this consent agreement, I understand that all Junior Sailors are to comply with the general rules and regulations of the Pensacola Yacht club, the USODA Code of Honor, Individual Sailor Responsibilities as outlined in the Informational Packet.

Print Name(s) and signature of Junior / HSS Sailor

Print Name of Parent and or Legal Guardian

Signature of Parent and or Legal Guardian

VII. PYC JUNIOR SAILING & HSS HONOR CODE/CODE OF CONDUCT

(Based upon USODA Honor Code/Code of Conduct)

MEMBER'S and PARENTS' CODE OF CONDUCT

The Honor Code for the Pensacola Yacht Club Junior Sailing Program, High School Sailing its members, sailors and their parents is the following:

All sailors, coaches, parents, and others in a position of influence agree to honor the spirit of Corinthian sailing, the fundamental rules of fair sailing, pledge honesty and integrity in general and will not deviate from the truth, or break the rules that govern our sport of sailing, nor tolerate such behavior in others.

FOR THE MEMBER:

Each team member agrees that he or she shall be governed by this Honor Code at all times, not just at PYC Junior Sailing & HSS functions or regattas wherever held. Each team member also agrees,

- to maintain a positive attitude and to be responsible for his or her conduct by at all times following these rules and regulations and any other rules given by any coach:

- not to use or tolerate the use by any other team member of alcohol, tobacco, or non-prescribed drugs;

- to achieve excellent grades in school and not use practices during the school year as an excuse for not completing school work on a timely basis;

- to maintain appropriate behavior towards opposite gender team members and not to tolerate rude or offensive conduct by any other team member;

- to respect the property of others and not steal, damage, destroy or borrow another's property without permission, nor tolerate such behavior by other team members.

- to treat team members, coaches, competitors, regatta officials, parents and all others with respect;

- to follow all safety procedures given by coaches and other responsible adults, understanding the paramount importance of safety;

- to notify a coach or other responsible adult if another sailor is in danger;

- not to swear or curse – ever nor abuse teammates, whether verbally, physically, or emotionally, nor tolerate such conduct in others;

- never to leave any training site or lodgings without first obtaining a coach's or a host's permission; and

- to dress at all times in a manner consistent with the high standards expected of the team and the Pensacola Yacht Club.

FOR THE PARENT:

Each parent of a team member agrees that he and she shall be governed by this Honor Code at all times, not just at PYC Junior Sailing & HSS functions or regattas wherever held. Each parent of a team member also agrees,

- never to misrepresent a member's age and otherwise to comply fully with the unaccompanied minor program of any airline that might be used for a member to travel to or from a practice;

- never to take a member including his or her own child from a team activity without first obtaining the permission of a coach or host;

- to treat team members, coaches, competitors, regatta officials, parents and all others with respect;

- to follow all safety procedures given by coaches and other responsible adults, understanding the paramount importance of safety;

- to maintain appropriate behavior towards opposite gender team members and not to tolerate rude or offensive conduct by any other team member;

- to expect his or her child to achieve excellent grades in school and not use practices during the school year as an excuse for his or her child not completing school work on a timely basis; and

- to maintain a positive attitude and to be responsible for his or her conduct as well as the conduct of his or her child by at all times following these rules and regulations and any other rules given by coaches or hosts.

Date: _____ Team Member: _____

Parent: _____ Parent: _____

Guardian: _____

IX. Membership Application



PENSACOLA YACHT CLUB

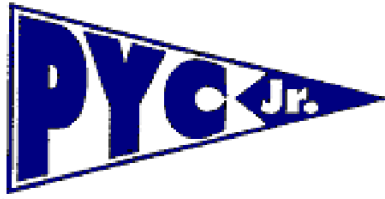
Junior Membership Information

The purpose of the Pensacola Yacht Club Junior Membership is to encourage camaraderie among members and promote sportsmanship and enjoyment of the sport of sailing.

All potential Junior Members must complete the application process for membership in the Pensacola Yacht Club as a Junior Member. If your parents are not members of the Pensacola Yacht Club, you may still be a Junior Member of PYC; however, this is a membership in the Pensacola Yacht Club as a Junior Member, NOT the Pensacola Junior Yacht Club.

Membership in the Pensacola Yacht Club as a Junior Member entitles that member to participate in all junior activities. Membership in this category does not allow charging privileges, pool privileges (except Junior Membership sponsored events), guest privileges, or any other entitlements of a full PYC member. Children and young adults ages 7 to 21 whose parents are not members of PYC may apply for a Junior Membership in the Pensacola Yacht Club by completing an application available in the business office of PYC.

Members of Pensacola Yacht Club, though not required to pay Junior Membership dues, must complete the application process to provide medical and liability release information. Non-members of Pensacola Yacht Club or a reciprocal GYA club, shall complete the application form and pay ANNUAL DUES of \$120.00 to the PYC business office before participating in any PYC Junior Membership activities. **These dues are to help offset gas/oil costs for practice/coaching and wear and tear on boats, sails, and equipment.**



PYC Junior Membership Application

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Ph. #: _____ Birthdate: _____ Age: _____

Email: _____ Parent's PYC #: _____

Note: An active PYC Adult Member must sponsor non-member Jr. Sailing applicants to PJYC.

General Information:

Mother's Name: _____ Wk #: _____ Cell #: _____

Father's Name: _____ Wk #: _____ Cell #: _____

Emergency Contact other than Parent:

Name: _____ Phone: _____ Relationship: _____

Doctor: _____ Phone: _____

Insurance Company: _____ Policy #: _____

Please list any medical consideration, special needs, or concerns we should be aware of regarding your child. (ie. Allergies, Glasses or contacts, medical conditions, etc). Use additional paper if needed.

Liability Release:

I understand that sailing involves risk of personal injury and/or property damage. As a condition of my child's participation in the Junior Sailing & HSS Program, I hereby release any claims which I have against the Pensacola Yacht Club, its members, officers, employees, and clinical personnel from any liability for personal injury and property damage which I or my child may suffer during or arising out of participation in the program.

Applicant's Signature

Date

Parent's Signature

For Office Use Only: Paid / Not Paid