



WYC Sail Plus Program

Since 1902, the WYC has been teaching the joys of sailing and watersports to generations of children. Children who once learned to sail here are now sending their children and grandchildren here to learn. Everyone can learn to sail and skills learned at the WYC can be used and enjoyed for a lifetime.

Novices and experienced students can expect to spend plenty of time out on the water, as well as some time onshore in the club house for chalk talks, demonstrations and visiting guests. This combination of classrooms teach solid maritime and seamanship skills ranging from terminology, knot tying, sail trim, boat care, kayaking, paddle boarding, rowing to advanced sailing theory, racing rules and tactics. Our instructors ensure a fun and safe learning experience by combining instruction, educational games and activities, and of course LOTS of time on the water.

The Sail Plus staff is comprised of US Sailing certified Senior instructors leading the classes and a number of junior instructors assisting them, who all share a passion for the Maritime environment. Our staff is also American Red Cross CPR and First Aid Certified (and we have a certified lifeguard on duty every day)

All of our lessons focus on fun and safety and emphasize the Corinthian Spirit (which is a high standard of good sportsmanship, good attitude/behavior, fairness, determination, and the ability of winning and losing gracefully) as well as teaching them the Seaman's code of honesty, courtesy and consideration towards others.

WYC Sail Plus Mission Statement

The Wessagussett Yacht Club's Sail Plus Maritime Program mission is to encourage the joy of water sports, to learn about and appreciate the complexities of the marine environment, and understanding of the Corinthian Spirit, which upholds the value of integrity, honesty and service to the Maritime community. Those students who complete all levels of the program will understand the fundamentals of Sailing and Maritime life in various conditions. They will also become aware of the safety issues surrounding the use of boats on the water.

PARENTS

Parents are key to the success of Junior Maritime Life

Sailing is a life-time sport that can be started at any age, and your children thank you, or will thank you, for getting them started early.

“The WYC Sail Plus program mission is to encourage Junior Sailors to experience the joy of sailing, to learn about and appreciate the complexities of the marine environment, and promote ethical behavior that builds character, fosters teamwork and strengthens respect for self and others”

These objectives cannot be accomplished without the support of you, the junior mariner's parent.

The following is *An Open Letter to Every “Sailing” Parent in the World By Wayne Goldsmith – (adapted and edited, with permission, for the sport of sailboat racing by Tom Coleman)*, which beautifully captures your role as a sailing parent:

Dear Maritime Parent,

Firstly let me thank you for being a Maritime parent. Without you – we have no sport. There is no sailing without you. Programs and coaches could not exist without your support. I appreciate everything you do – the early mornings, the late afternoons, the rush to get dinner ready at night for hungry, tired kids, the long weekends of regatta travel. For everything you do, I thank you.

I wanted to write and show my appreciation by giving you something in return; to thank you for all you give the sport. I am going to give you some ideas and advice to help you be the best sailing parent you can be and to help you help your kids enjoy their sailing to the extent of their talent and to the limits of their dreams.

Your child

Your child is not a sailor. They are a person who sails. And as a person, who they are impacts on every aspect of their sailing. Real progress in sailing comes not from heredity, strength, skill and hard training – it comes from the development of the whole person: the character, their values, their personality AND of course their genetics, strength, skill etc. The training alone is not enough – the development of the person is far more important and far more enduring.

Speed, strength, endurance, power, flexibility and technique are all important. But not as important as integrity. Or honesty. Or sincerity. Or humility. Or courage. Or a strong work ethic. Or the ability to accept responsibility for their own actions. Or the ability to work cohesively with others to achieve a common goal. Or self discipline. Or the ability to maintain a sense of humor under pressure and stress. These things not only impact positively on your child's sailing but on every aspect of their life. And not just now, but for the rest of their life and in everything they do. I love sailing. And I would love your child to be a world record holder and Olympic champion. But I would prefer that your kids become better people through the experience of being involved in this great sport. If they happen to also sail fast.....that is a bonus.

Your child's coach.

Coaching is a tough business. Early mornings. Long weekends. Late evenings writing programs and developing coaching strategies. Coaches are passionate souls who live for the opportunity to work with like minded sailors and families intent on achieving success and enjoying involvement in a great sport. Coaches want to change lives – sailing is just the avenue. Great coaches possess the communication skills, empathy and compassion to change people – they just chose to use sailing as the vehicle to do it. You, your child and your coach form a team. A team with a single goal – to provide the opportunity for your child to enjoy all the sport of sailing has to offer. And as with any team, achieving this goal is dependent on all members of the team working cohesively, honestly and with unconditional trust. Choose your coach carefully. Meet with them. Talk with them. Regularly communicate with them (away from the program and outside of training times). And once you have made the decision to entrust the development of your child to a particular coach, give that coach 100% total commitment, dedication and support. If you can't...find another coach. Partial support will not withstand the ups and downs of competitive sailing. 100% committed support – the same support you give your child and the same 100% committed support you want FROM the coach must also given by you TO the coach.

Your role as a sailing parent – how you can help.

Let the coach do their job but there are some things you can do to help your child that only you can do. Let me tell you a story about a sailing family I know. I was asked to stay with the family and enjoy a few days with them. The kids both sail and asked me if I would be interested in getting up early with them the next morning for practice. Of course I said “yes”. I set my alarm for 5 am, got up and dressed. It was then the strangest thing happened. Another alarm went off.....in the mother's room. Mom got up. Got dressed. Rushed into the kitchen and made a cup of coffee for herself and two mugs of hot chocolate for the children. She then rushed around

the house gathering up sailing gear, towels, spray tops, bailers and filled water bottles. She then put all of these things in the kids' gear bags and put the bags near the front door. She then tapped gently on the kids' bedroom doors and said, "Darling, it is time to go sailing". The kids responded, "I'm not going. I hate sailing. It's too cold" and some other stuff. Mom then reversed the car out of the garage, carried both gear bags out to the car. Meanwhile one of kids was still in bed and had rolled over and gone back to sleep. The other was sitting on their bed saying "I'm tired. I'm tired" over and over again. Mom helped both kids out of bed, helped them put on their rash guards and boots and helped them out to the kitchen table. The kids weren't even drinking their hot chocolate....they were sitting and moaning and groaning and complaining about sailing and being cold and how it was "too early".

Mom then helped the kids into the car – one laid down in the back seat and went to sleep while the other put his head on the car window and fell asleep. Mom and I talked about this and that on the way to the club. When we got there, Mom jumped out, helped the kids out of the car and carried their bags down to the dock. The kids trained ok and I enjoyed watching the practice while Mom went off doing something else. After training, Mom came back, embraced the kids with "Hi my angels. How was practice?" The kids answered, "OK" and then sat quietly all the way home intent on their personal video games. When they got home, the kids went in to shower, while Mom emptied their gear bags, made their dinner and ironed their clothes for school the next day. I was a bit surprised she didn't also do their homework!!!!

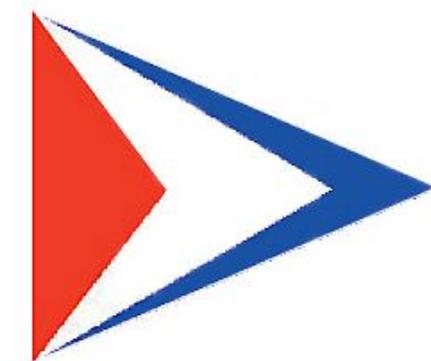
Sound familiar? I suspect these scenes or something very similar were also played out in your own home many days. You don't sail Optis. Your kids do. Don't do it all for them. If people get opportunities easily they do not appreciate them and never take full advantage of them. "Holding the hand" of your kids may seem like the loving, caring parent thing to do but it isn't. It does not teach them self responsibility or self management or self discipline. All it does is teach them to expect life to be unrealistically easy. The most important thing you can do to help your child achieve their sailing goals is to help them develop as a person with real independence and self management skills.

You prepare them for life.....let the coach prepare them to sail fast.

The three of you – parent, coach and child – working together is an unstoppable force!!! Once again sincere thanks for your involvement in this great sport and on behalf of everyone in sailing, my appreciation for your contribution and ongoing support. Yours faithfully, Wayne Goldsmith (and Tom Coleman!)

<http://www.sportscoachingbrain.com/>

WYC Sail Plus Handbook 2016



Wessagussett Yacht Club

Wessagusset rd,

P.O. BOX 74

N.Weymouth, MA 02191

www.WYC-online.org

Jim Bennette, Sail Plus Program Director

WYC SAIL PLUS PROGRAM STAFF

Jim Bennette, Pia Peters, Al Morrison, Charles Bragdon, John Mitch, Cathy Daniels, Bob Donnellan, John McShane, Les Chase, Sidney McDonough, Warrren Elliott, Jack Willy, Marge Hoole, Mary Schultz, Steve Schiller, Jane Cleary, Diane Martin

Program Director: Jim Bennette

Email Address: bostonlight@aol.com

Instructors

Senior Instructor Sean Flanagan

Instructors Tamara Boden

Andrea McNaughton

SELECTION OF WYC JUNIOR OFFICERS

The Junior Officers are chosen by the Program Director, Sailing Instructors, and Junior Committee at the end of each summer to serve the following year.

To be considered for Commodore, Vice Commodore, and Rear Commodore a candidate needs to be 13 years old by the following summer.

The duties of the Junior Officers include participation in Flag Raising, Decommissioning, running the "Take it to the Max Dance", and acting as ambassadors or hosts during junior events such as the Junior Regatta.

2016 PROGRAM CALENDAR

| | |
|----------------------|------------------------------|
| June 25 | Kick-off Cookout |
| June 24-25 | Pre Season Clinic |
| June 27 | Session 1 Begins |
| July 4 | Sail Plus Parade Float TBD |
| July 9 | Cookie Day |
| July 21 | Quincy Bay Race Week |
| July 25..... | Session 2 Begins |
| July 27 | Take it to the Max Dance TBD |
| July 29 | Pirate Day |
| August 17 | WYC Junior Regatta Check-In |
| August 18-..... | WYC Junior Regatta |
| August 19 | Session Ends |
| August 20 | Junior Cups & Flags |

2016 DAILY CLASS SCHEDULEHours

The program runs from 9AM-1PM and 1PM-5 PM. If you need to drop off your mariner late or pick him/her up early, this should be done between 12 and 1 pm. Sailors generally leave shore for the docks at 9:15 am for the morning session and 1:15 pm for the afternoon session. Thus, the instructors cannot accommodate supervision of a sailor who is dropped off or picked up other than during that time. The program is scheduled to end at 5 pm sharp and at that time instructors must turn to preparing for the next day. If you expect to be late picking up your sailor, please make alternate arrangements to have your sailor picked up on time. Since late pick ups have been a problem in past years and in order to cover instructor time parents may be charged for every 15 minutes after 5:15pm. Please do not drop your sailor off before 8:45 am since there is no Instructor supervision scheduled before that time.

| | | |
|-----------------|-----------|-------------------|
| 8-12 years old | 9 PM-1 PM | (Junior Mariners) |
| 13-16 years old | 1 PM-5PM | (Senior Mariners) |

2016 WYC SAIL PLUS REGATTA SCHEDULE

7/21/16 Thu Quincy Bay Race Week* Quincy Yacht Club Quincy

8/18/16 Thu WYC Junior Regatta Wessagussett Yacht Club, Weymouth

*WYC's participation in these regattas is dependent on having an adequate number of racers sign up for competition. If the number of racers falls below a reasonable count, WYC will not attend. When classes are formed, an updated schedule will be distributed.

**Please check with individual host club websites to verify dates listed as TBD or with question marks. Many clubs hosting the regattas attended by WYC are listed on the Mass Sailing calendar at direct links to the host clubs' website.

MISSION STATEMENT

The Mission of the WYC Sail Plus Program is to instill a lifelong love of sailing and maritime life while providing the fundamental skills necessary for participants to advance in maritime sports as far as their desire, skill and hard work may take them.

The program will provide a current and effective curriculum, developing skilled and self-reliant mariners who will respect others, care for their equipment and the marine environment and will help fellow sailors on and off the water

The program will focus on seamanship, sportsmanship, and sailing skills from fundamentals to competitive racing.

PROGRAM GOALS

The primary goals of the Program are to:

Create a safe and fun atmosphere in which young sailors participate.

Provide training in all aspects of sailing, both racing and recreational.

Develop sportsmanship, integrity, and interpersonal skills.

Develop a respect for the ocean and the elements.

Learn and incorporate seamanship and safety.

Instill responsibility for boats and equipment.

To accomplish these goals we need the help and active cooperation of the sailors, parents, staff, and friends.

STUDENT PLACEMENT

All returning sailors to the WYC Sail Plus Program will be placed in accordance with the recommendations of the staff from the previous year. You must talk with Jim Bennette, Program director if you have an issue with your child's placement. If a student is incorrectly placed, changes will be made at the beginning of the season based on the skills demonstrated by the mariner to the instructor.

Placement is based on water sports skill, attitude, comfort and the discipline of each mariner. Requests for placement changes during the Sail Plus season should be addressed with the individual instructor and the Program Director. Class time is not the appropriate time or place for this discussion. Please do not communicate with your child's instructor while they are teaching the class.

INSTRUCTORS

Our instructors are all US Sailing Small Boat certified (which requires a 4-day intensive instructor course), and have CPR and Basic First Aid certification. Our sailing staff is held to the highest of safety standards both on and off of the water. They are a talented, experienced, and capable team with a great love for the sport.

Staff screening: Under State law, WYC Sailing Plus is required to conduct criminal (CORI) background checks on all WYC Sailing Plus staff. Parents are welcome, upon request, to review the standards set forth in these forms.

RESPONSIBILITY - CODE OF CONDUCT

Cooperation, teamwork, and sportsmanship are all cornerstones of our Program. Mariners, instructors, staff and parents all work together to foster a community of sportsmanship and instruction.

The Wessagussett Yacht Club expects positive behavior at all levels, while at the Club and while representing the Club at other events. Exemplary behavior is necessary to guarantee a safe and positive environment where everyone can learn and grow.

Failure by sailors, instructors, staff or parents to behave in a proper manner could result in dismissal from the Program.

The use of alcohol and/or drugs will not be permitted. If you are using a Club-owned boat at an event, you are considered to be representing the Club and as such, should behave accordingly. Improper conduct with regards to underage drinking and the use of illegal drugs will result in dismissal from the Program.

Children are the responsibility of instructors only while in class. Outside class time there will be NO instructor supervision. Those who remain at the Club out of class and negatively impact other Club members will be asked to leave the premises.

Pursuant to applicable Massachusetts regulations, the goal of discipline is to protect the group and the individuals within it. Expressly prohibited are corporal punishment and cruel and severe punishment.

ETHICAL BEHAVIOR

Our goal is to create an environment that supports ethical and sportsmanlike behavior at WYC. We want to stress being proactive rather than being retroactive as we strive to give our mariners the tools to make positive choices. We want WYC's mariners to be known for their friendly, hardworking, positive, and sportsmanlike attitudes above all else.

All of us, including the Director, Committee members, coaches, instructors, and parents should work together with our junior sailors to accomplish this goal. We hope the suggestions below will prove helpful:

Give your sailors the support that they need to help them make ethical choices.

Encourage a focus on performance rather than outcome; separate the performer from the performance; help sailors set realistic goals/expectations for themselves.

Use the WYC's Sail Plus ethics guidelines and our Code of Conduct as centerpiece for the Sailor's behavior.

Guideline #1

Exemplary mariners always know and abide by the Racing Rules of Sailing. They promptly take a penalty or retire when they know they have broken a rule or file a protest when appropriate.

Guideline #2

Exemplary mariners always obey event regulations on and off the water.

Guideline #3

Exemplary mariners are organized, prepared, and always responsible for their own equipment.

Guideline #4

Mariners always show respect to fellow sailors and those helping to run regattas and programs.

Guidelines for Parents

Please support the Sailing Staff's decisions. The coaches and instructors have the best interests of your sailor and their team at heart.

Place winning in the context of fun, good sportsmanship and fair play. Emphasize performance goals rather than outcome goals.

Promote the total sport of sailing, not just racing.

As spectators, remain in designated areas and manage motorboats to the highest level of safety.

Remember that any coaching during a race is prohibited under the Racing Rules of Sailing.

Show respect for race officials and regatta rules.

Understand that they must uphold event regulations on and off the water

Be thoroughly acquainted with the racing rules, encourage adherence to those rules and teach not only the rules but also the procedures to be followed in the present process.

Assist all mariners to develop to their fullest potential.

Encourage mariners to be organized and responsible for their own equipment. Insist that sailors respect the property of others.

COMMUNICATION

The Sail Plus staff is committed to keeping an open line of communication with the student/athletes and their parents or legal guardian. We will do our best to address any concern or questions promptly through the correct means of communication. Please note that different types of communication are best for different situations. Mass communications and group information will most often be disseminated via email. Individual concerns and questions (even if they may concern the group) are best discussed through email, over the phone or in person.

Often, concerns can be easily addressed via email or phone first. Should calling not resolve the issue, pre-arranged meetings or conferences are often the best way to handle concerns. This allows parents and coaches to sit down, read the situation correctly, receive feedback, and to solve issues conclusively. Please schedule meetings or conferences ahead of time to avoid any conflicts with practice or other projects.

As part of our communications policy, WYC Sail Plus Program emphasizes that we are here to build robust and well-rounded athletes that can voice their concerns themselves. Please help encourage your student athlete to advocate for themselves directly with our teaching staff. We always welcome parent communication, but for the benefit of the athletes' growth self-advocacy should be their first line of communication. If a student feels uncomfortable talking to a staff member directly, try suggesting that they communicate through another WYC Sail Plus member.

Junior Program easy steps to good communication for the parent or legal guardian of a Student/Athlete:

Email or text messaging can be used to communicate straightforward issues like; my child is sick and cannot make practice, I would like to volunteer, can you please help me with registration, how much will the trip cost, etc. These means of communication should not be used to discuss personality conflicts, bullying or other potentially contentious issues.

If there are potentially contentious issues, the parent/guardian should call the program director and not use email or text messaging. A well-informed parent/guardian will support the instructor and their decisions; however, we want to hear from the parent/guardian immediately if there are concerns of unfair treatment, personality conflicts, bullying, etc.

If a phone call is not sufficient, a person to person meeting should be arranged with the instructor or Director.

HEALTH

The WYC Sail Plus program has in effect a complete Health Care Policy regarding the care of mildly ill sailors and the administration of emergency care. This policy is reviewed by all Junior Program staff and is available to all parents to review at their request.

SAFETY

In order to ensure the safety and learning of all WYC Sail Plus program participants, everyone must follow the program rules and procedures. WYC cannot tolerate any behavior that would jeopardize the safety of the participant, other campers, instructors, or other members of the community. We reserve the right to dismiss any child from the program, without refund, for failure to comply with our rules, policies and procedures.

FIRE DRILLS

Fire drills shall be held within the first 24 hours of the beginning of each session. Fire drills will be held once per session, which equates to twice per season.

Fire Evacuation Plan

In case of a fire emergency on land, all students will proceed to the flag pole to receive further instructions. The Program Director will call 911 and instructors will be in charge of making sure all students are accounted for. In case of a fire emergency on the water, all students will be taken away from the burning boat, brought to land and the instructors will make sure everyone is accounted for. The program director will call 911 and the Harbor Master will be notified. An entry into the incident log will be made once the situation is secure. This fire evacuation plan has been approved by the local fire department.

DISASTER PLAN

In case of a natural disaster all students will be brought off the water and accounted for. Students will then walk up to the Wessagussett Elementary School escorted by instructors. The local police will be contacted. Parents will be notified and will pick the students up at Wessagussett Elementary where parents will sign each student out. Students and instructors will also follow the Wessagussett Yacht Club Hurricane plan.

SIGN-IN/OUT PROCEDURE

When parents drop children off, they will park at the parking lot off North Street and walk with their child to the Club. Each student must be signed in by a parent or legal guardian. Only those approved for self-dismissal may sign themselves in each morning. Parents will pick students up from the Clubhouse and those that are not approved for self-dismissal will remain at the Clubhouse until signed out by a parent. A parent-designated individual must be

identified in writing on the registration form, or on a form available from the head instructor. Alternatively, the form can be downloaded from the WYC Sail Plus Website

ATTENDANCE

Policy **REQUIRES** parents to inform WYC Sail Plus program staff if their child is not attending a scheduled class. Please call Jim Bennette at 781-367-8204 before the class meets. A reasonable effort will be made by the staff to contact parents if a child does not show up for a scheduled class when a parent has not called. This will help maximize the students' time on the water with their instructors, who would otherwise be waiting for absent sailors to arrive.

WYC Instructors are responsible for mariners during class time only. The WYC Sail Plus is mandated to operate under very specific State Camp Regulations. For this reason, at the end of each class, sailors may only be released to a parent or a parent-designated individual. A parent designated individual must be identified in writing using a form available from the WYC Sail Plus link on the WYC web site. WYC is required to enforce the regulation regarding end-of-class pick-ups. Please understand and respect this requirement, being sure that that you or a parent-designated individual pick your child(ren) up **PROMPTLY**.

EQUIPMENT

Life Jackets (PFDs) - Every sailor in the Program must provide and properly wear an appropriate U.S. Coast Guard approved TYPE III PFD at all times while on the water and docks. The jacket must be in good condition, fit properly (too big is as bad as too small), and have an attached whistle. Jackets should be made of a bright color, and be well labeled with the mariner's name.

Shoes – Closed Toe, rubber soled shoes are required at all times including, on the docks and in the boats. Open toe Tevas or sandals are **NOT** accepted, as the straps get tangled in the boats, and toes are not protected.

Water – Please bring a water bottle to class each day, labeled with your name.

Sun Protection - Sunglasses, hats, sunscreen (SPF 15 or higher), Long sleeve shirts are strongly recommended for all mariners.

Swim suit

Windbreaker/rain jacket or spray top

Towel

Other items that mariners may find handy at times

Long sleeve top/sun cover up

Change of clothes

Backpack or gear bag to carry stuff

Ziploc bags to store both dry and wet things

Items that may be more of a distraction than of any use- don't bring them

IPods, radios, or other electronic toys

Skateboards, scooters, roller blades etc.

Water pistols, water balloons etc.

Extra money, jewelry or other valuables

Cell phones: Please instruct your mariner not to text or call while attending the program unless it is an emergency. Mariners will not be permitted to bring cell phones on the water.

SAFETY REQUIREMENTS TO SAIL IN THE PROGRAM

Swim Test - Comfort *in the water* is a fundamental part of safe sailing. All mariners, regardless of age or number of years in the Program, are required to take a swim test. Mariners must be able to swim 75 feet and tread water for one minute WITHOUT buoyancy aids. Swimmers are then asked to put on their life jackets while in the water to test buoyancy. The test will take place on the first day of class.

Medical Form – No child will be allowed to sail without a current medical form on file including an up-to-date immunization record, a physical performed within the last 24 months and a signed medical release form. This is a State regulation as well as a Club requirement

VOLUNTEERS

The WYC Sail Plus program welcomes volunteers at many of its events. Per Massachusetts state law, “No person can be employed or volunteer at a camp until the operator has obtained, reviewed and made a determination concerning all background information.”

If you are interested in volunteering with the WYC Sail Plus, kindly contact Program director Jim Bennette office with your driver's license to complete paperwork for a CORI/background check. Please be sure to do this in advance of your scheduled volunteer time to allow for processing time.

SELECTION OF JUNIOR INSTRUCTORS

At the end of the season, several of our mariners are selected for Junior Instructor positions for the following year. Criteria for selection include: a positive level of participation throughout the summer, willingness to help younger sailors, less-talented sailors, and the staff, and sailing performance. A prospective Junior Instructor must be 16 years old to be considered for the position.

A committee composed of the instructors, the Program Director and the Program Chair interviews any interested candidates. This will take place the first week of August. The committee then chooses the Junior Instructors from that group. It is generally a one-year position, in the hope that many of our sailors can benefit from the experience; however, some Junior Instructors who are interested in racing for the Club will continue for several years as junior instructors.

Junior Instructors receive free tuition to the Program, uniforms, and lunch from the snack bar. They are expected to teach a total of five sessions per week. It is a full ten-week commitment. Junior Instructors will require a Safe Boating Certificate. We understand that Junior Instructors have other athletic and academic commitments and in an effort to accommodate as many sailors as possible, the Program Director will allow a Junior Instructor one week off during the season as long as the Junior Instructor notifies the Program Director in a timely manner.

PRIVATE LESSON POLICY

\$55 per hour for Race Team Coaches

\$45 per hour for Sr. Instructors

Private Lessons are available to WYC Sail Plus Members. These lessons are designed to enhance a sailor's skills through individualized instruction. Private lessons cost \$55 per hour for Race Team Coaches and \$45 per hour for Sr. Instructors. Please fill out the form online and you will be contacted by the coach/instructor to arrange a time and date for the lesson.

To schedule a private lesson, please complete the online form.
(Note that requests are monitored between June 27 and August 19.)

+Sailor must be part of a WYC Family membership or taking WYC Sail Plus classes in order to sign up for private instruction.

RACING OPPORTUNITIES AT WYC

Annual Wacky Race

The Wacky Race will be held (Friday, July 22,2016). The race is focused on having as much fun on the water as possible,

Tuesday night racing, and Saturday Racing

Mariners are welcome to participate in Club fleet racing. Crew is often needed, and arrangements can be made informally at the Club. Put your name on the bulletin board if you are interested in a slot.

WYC JUNIOR REGATTA

Date: August 18, 2016

Race Committee Chair: The Program Director

Sailor Eligibility: This is an invitational regatta.

Boat Eligibility: 420, Laser, Laser Radial, Optimist ,N10

Registration: Pre-registration must be completed online by August 14, 2016. Due to the popular nature of the WYC junior regatta, it is most important for those sailors wishing to participate to reserve their spot in a timely manner. There is no registration by paper/fax.

Borrowed Boat Assignment: A lottery will be held to choose club owned boats for use in the WYC Junior Regatta and Quincy Bay Race week regatta.Boats will be awarded for the entire regatta. The lottery will be a blind numerical draw, conducted by the Program Director. There is no fee for a borrowed boat for the WYC Junior Regatta. Program Director reserves the right to assign boats using her discretion.

LUNCH

Mariners should bring lunch with them every day

Eating will be done at the designated area only.

NOTE: FRIDAY Sailor's Gam! Lunch option with nominal charge Burgers/Hotdogs.

12:00 noon to 1:00PM (lunch hour). A Gam is when ships socially get together at sea.

COMMENTS, SUGGESTIONS & ISSUES

Please remember that the WYC Sail Plus Program is the responsibility of volunteers; we try our best and your constructive input can help make the Program a greater success.

We are always trying to improve the Program. We welcome all compliments, suggestions, criticisms, and complaints. Problems need to be addressed as early as possible. Complaints or suggestions should be made, or at least followed up, in writing. Having comments in writing helps us to address the issue fully. Your comments should be addressed to the Sail Plus Committee Chair

Bring your day-to-day concerns about classes, racing, or teaching methods to the Program Director. Please understand, our instructors have been directed to walk away from any "conversation" that they feel becomes inappropriate or uncivil in nature, and to report the incident to the Program Director and Chair. It is difficult for our instructors if anyone tries to address the needs of any one sailor during class time. This takes away from the group. Please try to address your personal concerns when the instructor or Program Director does not have other duties.

WYC Sail Plus Health Care Policy – June 2016

ILLNESS OR INJURY

Any mariner complaining of mild medical discomfort or injury shall be escorted back to the Clubhouse.

The staff shall assist the sailor until the discomfort ceases.

A parent or emergency contact will be notified if the discomfort continues or of an injury.

No medication will be administered by WYC Staff. Medications such as Epi-pen and asthma inhalers may be self-administered by sailors if, and only if, permission is documented on the medical release form signed by parents.

The emergency 911 system is in effect.

Daily health supervision

All mariners attending class will be expected to be healthy. If a student is not healthy at the time of arrival he/she will be assessed by the Program Director under the supervision of the health care consultant (if necessary). If the child is deemed to be healthy enough to sail and is not posing a risk to other students he/she will be allowed to participate, otherwise he/she will be sent home.

In the event of a minor injury, an instructor will administer first aid and the incident will be entered into the medical log.

Physical Examinations by Physician and Certificate of Immunization

Every camper is to provide to the camp the following, prepared and signed by a licensed health care provider:

A health history;

A report of a physical examination conducted during the preceding 24 months; and

A certificate of immunization.

Every camper prior to attending camp has to provide to the camp:

A current medical history which lists allergies, required medications and any health conditions or impairments which may affect the individual's activities while attending the camp. The medical history shall be signed by a parent or guardian, or by a licensed health

SAIL PLUS PERPETUAL AWARDS of 2016 (TBA)

SAIL PLUS ANNUAL AWARDS

Instructor's Trophy The WYC Sail Plus Instructors give this trophy to anyone for any reason.

Sail Plus Program Mentor Trophy The Mentor Award recognizes a person who creates or provides a significant opportunity for WYC Sail Plus participants to sail or race outside of the Program's curriculum.

Mentor Award was: This award is given at the discretion of the Sail Plus Committee to the WYC member who does the most to advance the skills and enthusiasm of our future racers while welcoming young crew on his or her boat during summer series races.

THE SAIL PLUS COMMITTEE

The fundamental oversight of the program is the responsibility of Sail Plus Committee, of which at least two members will not currently be parents of instructors or students enrolled in the Program. Furthermore any parent of a child currently before the board for any reason, be it employment, awards or a disciplinary action, shall excuse himself from the discussion. In addition, experienced professional leadership will be sought out to fill the position of Program Director. No program can thrive without the continued committed help and involvement of parents. The Sail Plus Committee is deliberately a large one, providing a broad cross-section of perspectives and opinions on policies and plans. The Committee will meet monthly throughout the year. All interested members are invited to attend the Sail Plus Committee meetings. Please contact the Committee Chair for the meeting times and locations.

REGATTA EQUIPMENT LIST

The following Equipment List is helpful to check against when preparing for a regatta:

Label EVERYTHING with a permanent marker, your clothing, boat parts, boat cover, dolly, dolly wheels.....EVERYTHING

For the Boat:

Sails Knife
 Spars Duct tape
 Lines Bailer with a line attached
 Blades Dolly
 Life jacket Protest Flag
 Extra sail ties Zip lock to hold race instructions

For the Sailor:

Hat Shoes or hiking boots
 Sunglasses Spray top
 Sun block Spray Pants (opt)

Water bottle Shortie wet suit
 Snacks Bathing suit
 Rule book Watch with count down timer
 Hiking shorts (opt.) Polar fleece sweatshirt or long underwear (warm when wet)
 Gloves

Things to check

Airbags
 Bridle preventer
 Bow line – 36 feet long with a bowline at the end
 Boom Preventer
 2 Bailers attached with bungee

A Few recommended dinghy gear Vendors

West Marine, Braintree
 Monaghan's Marine, Weymouth

WYC Sail Plus Program emergency Contact Number
 Jim Bennette 781-367-8204

The following Regatta Agreement is necessary for regatta participation.

WYC Sail Plus Regatta Agreement 2016

The success of our program is dependent on the positive attitude of all participants – junior sailors, instructors and especially, parents. Parents are expected to support instructors in their efforts as positive role models for our junior sailors. Please be courteous to instructors. Any complaints and concerns should be brought to the attention of our Program Director or a member of the Junior Committee. While traveling to other clubs, please do not forget you are representing ALL members of WYC.

Parents must transport junior sailors and equipment when traveling to events/regattas. Without parental involvement your child will not be able to attend events. All junior sailors are expected to load necessary equipment for individual events they are scheduled to sail.

Instructors are not permitted to drive junior sailors on roads/highways. Coaches are not responsible for supervising or chaperoning sailors at regattas. They are responsible for coaching only. A parent or designated guardian with written consent must be on hand at the event in case of emergency.

Junior sailors not permitted to drive club owned trailers or equipment on roads/highways.

COMMUNICATION IS ESSENTIAL - Parents and instructors must coordinate assignment of transportation of sailors and equipment to and from events. Please check weekly with instructors to confirm which event(s) each sailor is scheduled to attend. Email and cell phones are the easiest tools for communicating transportation logistics.

All regatta information is online. Check online for regatta listings and registrations including deadlines, fees, directions and phone numbers of host clubs.

Many events are mid-week, as well as, on weekends – plan your time off accordingly – look ahead – and get involved early on. Leave lots of extra travel time – expect the unexpected with kids and boats. Early registration for events eliminates late fees. No sympathy for those claiming to be unaware!

A successful season is dependent on your involvement as a Volunteer!!

Rules/guidelines as stated in “WYC Sail Plus Handbook” apply to all participants- junior sailors, instructors and parents.

This agreement form can be printed from the WYC website and must be signed by parents and sailors and returned to the coach prior to regatta participation.

Parents Signature: _____

Racers Signature: _____

WYC Sail Plus Handbook Agreement

With our signatures below, we attest that we received, read and understand the 2015 WYC Sailing Plus Handbook. Further, we agree to comply with all guidelines and policies as outlined in the handbook.

Junior Mariner Signature _____

Date _____

Print Name _____

Parent/Guardian Signature _____

Date _____

Print name _____

Please sign and return this page to the Program Director on the first day of class

WYC Sail Plus Frequently Asked Questions

- Can I add additional weeks? What if I have to change the enrollment dates?
Yes!! Weeks can be added depending on availability and advance notice is strongly encouraged. We do our best to give preference to students already enrolled in classes for additional future sessions.. If enrollment dates need to be changed for any reason, please contact the WYC Office as soon as possible.
- Where do we meet?
Meet at the front gate of the club
- Where are the classes held?
WYC yacht club Wessagussett rd, North Weymouth.

- How are the instructors organized?
There is a Senior Instructor in charge of each level of instruction. There are a number of Junior Instructors and Junior Assistant Instructors who assist the Senior Instructors.
- Are there non-sailing activities?
Yes! Daily Mariners will participate in a variety of maritime activities including paddle boarding, kayaking, fishing, boat maintenance, swimming, and more
Every week special guests will come to the program to present special maritime programs
- Are there any requirements other than age?
Swim test
Shoes
PFD
- Does the WYC offer sailing lessons for adults or parents?
Yes, private lessons can be arranged. Please call for details.
- What about inclement weather?
On rainy days, if it isn't too windy, sailing classes will be held on the water. It is essential that students bring rain gear and be prepared to sail. In the case of thunderstorm, the decision will be made by the Program Director if the children will sail. Classes will be held on land if they do not sail. There is no refund if students have class on land due to inclement weather.
- What if my child is going to be absent?
Please call the WYC Sailing Plus director Jim Bennette at 781-367-8204 BEFORE the start of class as we take attendance.
- Will classes on July 4, 2016 be rescheduled?
All Classes will be held on Tuesday July 5, 2016.
- Who should I contact with questions?
Please contact Jim Bennette at 781-367-8204
- What is your refund policy?
Current refund & cancellation policies are noted on the application.
- Is WYC Membership required to enroll my child in the sailing program?
No. The sailing program is open to ALL children aged 8-16 as long as they are 8 years old on or before June 1.
- What can my child expect from the program besides learning to sail?
To Have Fun!
To Be Safe!

There Will Be a Swim Check: A swim check is given to all students on their first day of class. This will consist of a 10 yard swim and 3 minutes of treading water and is overseen by our certified lifeguards. Students must pass the swim check to participate. The goal of the swim test is to assess the comfort of the student in the water.

There Will Be Weather Changes: Sailing in different weather conditions is an integral part of the learning experience and many classes are conducted in the rain - students are expected to attend classes and be dressed appropriately for the weather.

- **How Can I Help My Child Have A Good Experience with the Sailing Program?**

Easy - be involved and supportive! You will know right away if your child enjoys sailing (or not).

Ask them what they have learned.

Have them show you the new skills they are learning.

Ask your young sailor to explain terms they use and to demonstrate the knots they've learned. Sailing has a vernacular all its own: "What does stern mean?" "What is port tack?" "What drills did you do today" Ask them, "did you have fun?"

Encourage them to practice their skills when they are on and off the water.

Your asking reinforces what they've learned, and if you're interested, they'll be interested.

- **What Else Can I Do or Need to Know?**

We are a Camp:

Our rules & regulations are in place for a reason so we ask for your patience & cooperation.

Parent/guardians may request verification of background checks, copies of health care and discipline policies as well as procedures for filing grievances from the WYC Sailing Plus Office.

Communication:

We only know about issues, concerns, compliments, expectation, etc. if we know about them – please do not hesitate to talk to the Camp/Program Director after class. We value all communication.

Arriving to Class/Dropping Off Students:

Please confirm student's arrival/departure with a Sailing Plus Senior Instructor before leaving the premises.

Plan to arrive at least 10 minutes early.

Questions About Moving Up:

While we constantly encourage students to advance, there are necessary skills that need to be mastered first. We understand that every child learns at their own pace so we do not have a predetermined amount of time set for each level.

Students are responsible for their own advancement by demonstrating required skills & confidence on and off of the water to their instructor(s).

Students & parents will be notified of class advancement and all questions about placement/advancement are to be directed to the Program Director AFTER class.

Missing Class/Absence/Tardiness:

If your child is going to be absent from a class for ANY reason, or needs to arrive late/leave early, the WYC Sailing Plus program must be notified in advance of class session.

