2019 - 2020
Parent/Sailor
Program Handbook

Contact:
Mary Trichter, Executive Director
Tel: 941.504.4236
Email: sarasotayouthsailing@gmail.com

Website:
http://www.sarasotayouthsailing.org

Mailing Address:
PO Box 2706
Sarasota, FL 34236

Physical Address:
1717 Ken Thompson Parkway Sarasota, FL 34236

SARASOTA YOUTH SAILING
2019-2020 PARENT/SAILOR PROGRAM HANDBOOK

Table of Contents

Mission Statement, History and Purpose of Sarasota Youth Sailing **2**

Boats we sail **3**

Description of Instructional & Racing Programs **3**
- Optimist (Green Fleet and Red, White and Blue Fleet) 3
- Laser 5
- Club 420 6
- High School Sailing 7
- O'Pen Skiff/BIC 8
- NACRA 15s 9
- Hobie Wave 9
- Adventure Watersports 10

For Parents **10**

Parental Involvement **11**
- SYS Regatta Support **11**

Boat Care Policy **15**

SYS Boat Usage Policy **15**

SYS Tuition and Fees Policy **16**

Race Team Travel Policy **16**
- Trailer Use Policy 17
- Sarasota Sailing Squadron Membership Policy 17

Instructors and Program Personnel **18**

Board of Directors **18**

Regatta Planning Information **18**

For Sailors **22**
- Sailor's Code of Conduct 23
- Disciplinary Actions 24

Mission Statement, History and Purpose of Sarasota Youth Sailing

Mission Statement

Sarasota Youth Sailing is a non-profit educational organization established to encourage youth sailors of Sarasota and Manatee Counties to experience the joy of sailing and to teach the essential elements of boat handling, seamanship, water safety skills and racing in a safe and fun environment. SYS promotes ethical behavior among its sailors and encourages the teaching of life-long lessons, which seek to build character, foster teamwork, and strengthen respect for self, others and the marine environment.

A Brief History

Sarasota Youth Sailing initially started with a Summer Camp Program. Since its beginning days, the summer program has grown with approximately 300 youths ages 8-18 attending each summer and over 200 sailors participating in its year-round programs. In the late 1980's, SYS Race Team was formed with sailors competing locally, regionally, and nationally sailing in Optimist, 420's and Lasers. There is also a year-round Recreational Program allowing sailors to chart their course on Sarasota Bay and enjoy sailing. SYS supports multiple fleets, which allows youths the opportunity to sail and develop their skills through a variety of boats.

Purpose of our Program

The program is designed to encourage youth sailors of Sarasota and Manatee Counties to experience the joy of sailing and to teach the essential elements of boat handling, seamanship, water safety skills and racing in a safe and fun environment. SYS promotes ethical behavior among its sailors and encourages the teaching of life-long lessons, which seek to build character, foster teamwork, and strengthen respect for self, others and the marine environment. Through its programs and policies, SYS seeks to support both serious competitors and recreational sailors at all levels of skill to create sailors who will enjoy and contribute to the sport of sailing for their entire lives. An appreciation and love of nature and the outdoors is a by-product of the program.

Boats we sail

All instruction is conducted in Optimists, Lasers, O'pen Skiffs, Nacra 15s and 420s. These five classes represent the standard for Junior/Youth racing in the United States. Between these five classes of boats we can structure curriculums to suit all ages (6-18) abilities and sizes.

Description of Instructional & Racing Programs

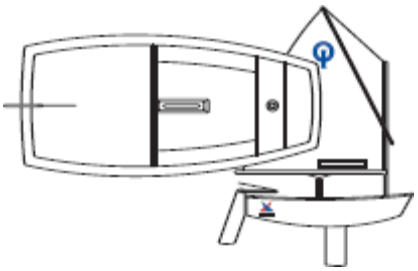
SYS provides a year-round program offering instruction and coaching for children and teens ages 6 -18 at all levels from beginning sailing through advanced racing. Regardless of age, we have introductory and follow up courses that will match students to other students that are close in age and in a boat that is appropriate to them in terms of physical size and strength.

Frequently, SYS, in conjunction with our venue the Sarasota Sailing Squadron, will offer the use of its facilities to run US Sailing Certification courses for instructors from around the country. All SYS instructors are US Sailing certified, or international equivalent, as well as certified in First Aid and CPR.

We follow US Sailing prescribed teaching methods.

Optimist (Green Fleet and Red, White and Blue Fleet)

The Optimist is the largest junior racing fleet in the world and is the international standard in junior instruction. The boats simplicity and stability make it ideal for teaching young beginners while the popularity of the Optimist class makes the boat extremely challenging for pre-teen racers. SYS owns 20 Optimist Training Prams and 25 Class legal (i.e. race able) 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 the 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 fleeters can be any age up to 15. A green fleet might have skippers as young as 6 and as old as 15, but sooner or later they'll move into either red, white or blue fleet depending on their age. Green fleet typically sails relatively close to shore and on short courses. Most regattas allow for green fleet sailors to be coached at any time including during a race.

After moving out of green fleet, skippers who are 10 or under sail in white fleet. Skippers who are 11 and 12 sail in blue fleet and skippers 13 and older 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, the red, blue and white fleets all start at the same time and race the same course. Coaching for the red/white/blue fleets is permissible before and after, but not during individual races. Coaches can observe the racing from designated areas and provide feedback to the sailors at the completion of the race(s) observed.

The class website is www.USODA.org.

Costs for boat, and equipment

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

Race Ready Optimist with sails and dolly	$4,000
Sail	$ 500
Spars (Mast, Boom, Sprit Pole)	$ 300
Rudder	$ 325
Daggerboard	$ 350
Tiller Extension	$ 50
Dolly	$ 300

Optimist Green Fleet

Prerequisite: Optimist Level 2 or Sailing Director's approval

Green Fleet Racing builds on the skills learned to improve boat handling as well as introduce sailors to the Optimist Dinghy in a racing environment. Sailors work on boat control, developing boat speed, maneuvering, and sailing around a course. They practice all the points of sail by tacking, jibing, and rounding marks. As the year progresses, sailors learn more about rules of the road and are introduced to racing, learning how to start and complete a race.

Sailors receive on-shore chalk talks in preparation for on-the-water drills. As sailor's skill levels develop, sailors may be encouraged to participate in area regattas. Here the 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 more than one session during the summer is recommended. In addition, sailors at the Green Fleet level are provided the opportunity to compete in area regattas.

Focus:

- Parts of the Boat
- Knots/Lines
- Rigging/De-Rigging
- Casting-off/Landing
- Starting/Stopping
- Safety
- Upwind/Downwind Sailing
- Tacking/Jibing
- Getting out of Irons
- Man Overboard Recovery
- Having Fun
- Wind Direction
- Points of Sail
- Sail Trim
- Basic Rules of the Road

Optimist RWB (Red, White and Blue)
Prerequisite: Optimist Green Racing and Sailing Director's Approval

Optimist Red, White and Blue (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-the-water drills are a regular part of instruction. Sailors will be video taped on the water during practice and will follow up on land with their coach and teammates.

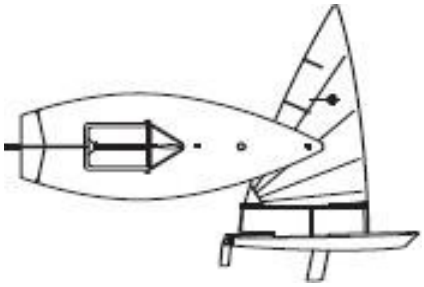
Private boat ownership is *required* and sailors at the RWB level are provided the opportunity to compete in regional and national regattas. In such cases, parental support is mandatory for participation.

Focus:

- Refining sailing and racing skills
- Improving sail trim, boat speed, tactics, and strategy
- Tuning the Optimist
- Dinghy for speed
- Team-work and leadership within the Sailing Program
- Having Fun
- Understanding and applying the racing rules
- Competing in local and away regattas
- Safety

Laser

The laser is the single-handed option for sailors who are too big or too old to sail the Optimist. The laser can be configured with three different sail plans, providing great versatility across a wide range of sizes. Lasers are best suited to sailors 13 and older and over 100 pounds. All participants in SYS's laser program must supply their own boat.



Lasers are one of the fastest growing one-design classes in North America and the primary single-handed boat used in youth sailing events. In 2008, the Laser Radial debuted as the Women's single-handed event at the Olympics. Because of this, a number of young women are now sailing in the Radial. It is not atypical to see a significant number of female sailors at a laser event, whereas a few years ago that was not the norm.

Many SYS sailors also choose to sail a Laser 4.7, a smaller version of the laser radial that makes the transition from optimists to lasers easier.

Additional information about the Laser Class Association is available at www.nalaser.org.

Costs for boat, and equipment

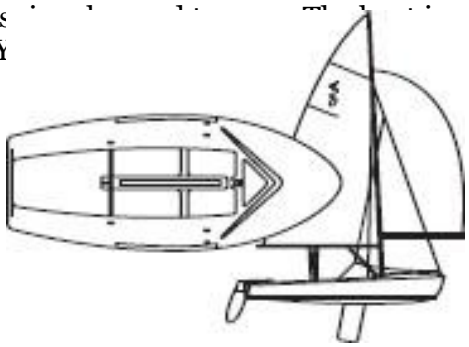
We find it helpful for sailors and their families to understand the costs associated with their boats and why it is so important to treat equipment with care.

Race Ready Laser with sails and dolly	$7,000
Sail	$ 600
Spars	$ 300
Rudder	$ 475
Daggerboard	$ 400
Tiller Extension	$ 160
Dolly	$ 500

Laser Racing is designed for all sailors 13-18 who are a minimum of 100 pounds and have an interest in racing. All participants in SYS's laser program must supply their own boat. Coaches will teach boat- handling, tactics and physical fitness while stressing the importance of sportsmanship. Classes will focus on perfecting the process involved in sailboat racing. This team participates in many regattas and parental support is required.

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 having a s
best suited for sailors 12-18 years of age and over 100 pounds. SY
used for both our year round sailors and our summer program.



The Collegiate 420 is used for the high school program in the spring and fall. The boat is the same as the club 420 with the exception being that the trapeze and spinnaker are not used. Sailors enrolled in the High School Sailing program use club owned boats and therefore, are not required to own their own boat.

Additional information can be found at www.club420.org.

Additional information about high school sailing can be found at www.highschoolsailingusa.org.

Costs for boat, and equipment

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

Race Ready C420 with sails and dolly	$10,000
Sails(Main, Jib and Spinnaker) approx.	$ 1,200
Dolly	$ 550
Lines	$ 174
Rigging (Blocks, Halyards,Forestay, etc.)	$ 22-79
Boom	$ 368
Spinnaker Pole	$ 200
Drain Plug	$ 8
Tiller with Extension	$ 200
Centerboard	$ 400
Rudder Complete	$ 500

The 420 race team is designed for sailors between the ages of 12-18 and are interested in learning to race. During the year,, teamwork and sportsmanship will be emphasized while practicing skills necessary to become proficient racers. Practices focus on perfecting the process involved with sailboat racing. Students develop an understanding of how to work as part of a team. Practice will focus on proper sail trim, using a spinnaker, as well as advanced racing techniques.

- Teamwork Terminology
- Introduction of Jib
- Proper sail trim
- Tacking/Gybing
- Using a spinnaker
- Safety
- Having Fun

High School Sailing

Requirement: Currently enrolled in 8th grade or above to participate in regattas. No prerequisite to participate in practices.

High School sailing closely parallels the collegiate sailing format. For fleet racing, teams are divided into A and B divisions comprised of different skippers and crews for each division. A team may substitute sailors as long as the prescribed substitutions are followed. Courses tend to be relatively short emphasizing starts and tactics. Teams also participate in Team Racing events where each team fields three boats to sail against three boats from another team. In team racing teammates work together to outmaneuver the other team so that their combined race scores are better than the other team's combined scores.

SARASOTA YOUTH SAILING
2019-2020 PARENT/SAILOR PROGRAM HANDBOOK

Teams training at SYS are part of the South Atlantic Interscholastic Sailing Association (SAISA) District. Teams participate in a number of regattas throughout the season which runs from September to May.

Sailors from the following schools currently sail as members of the Sarasota Youth Sailing: Sarasota, Riverview, Pineview, Sarasota Military Academy, Manatee, Braden River, and St. Stephens High School. Most members of these high schools are also full time members of either SYS's Laser or 420 program. *There is no requirement for a sailor to be a part of a high school to sail in a high school practice.*

<u>O'Pen Skiff/BIC</u>

O'pen BIC celebrated its 10th birthday in 2016, along witl specifically for juniors, our little dinghy has blown a big close to the new-generation skiff concept, very fast and v responsive, with an up-to-date versatile rig, the O'pe maximum fun while helping them learn the skills an performance equipment. Hundreds of sailing clubs arour a new, fun way of teaching sailing to appeal to youngsters

<u>Costs for boat, and equipment</u>

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

Race Ready O'Pen BIC with sails and dolly	$3,500
Sail	$ 500
Mast	$ 300
Rudder	$ 450
Daggerboard	$ 350
Rigging (Mainsheet Block, Rudder Mount)	$ 15 - 50

NACRA 15s

In early 2015, World Sailing announced that they were looking for a new youth multihull for the ISAF Youth World Championships. The Nacra 15 was confirmed as the new Youth World Championships class. The Nacra 15 is a mini version of the Olympic Nacra 17, creating a pathway towards the Olympics

Race Ready Nacra 15 with sails and wheels	$18,750
Sails	$ 3,800
Mast	$ 3,200
Rudders (each)	$ 550
Daggerboards	$ 1,150
Rigging (Mainsheet Block, Rudder Mount)	$ 100+

Hobie Wave

The Hobie Wave is an easy- to-sail, easy-to-rig speedster that will have you smiling. Fun and exciting for the juniors while forgiving enough for the newly initiated, the Hobie Wave is the ideal must-go-sailing-now catamaran.

Its symmetrically shaped hulls and keel design provide lift while eliminating the need for daggerboards, and its rotomolded polyethylene construction is nearly indestructible. A large, fully-battened, boomless mainsail is powerful in the light stuff, but is designed to reduce power in an unexpected gust.

Race Ready Hobie Wave	$ 6,200
Sail	$ 1,100
Mast	$ 800
Rudders (each)	$ 450
Rigging (Standing and Running)	$ 150

Adventure Watersports

Participants will have fun learning about sailing, kayaking, fishing, and so much more with this after school option! The participants will sail on Hobie Waves and Open Skiffs (Bics). They will also kayak and fish while exploring and learning about marine science and beautiful Sarasota Bay. This offering is more geared towards recreational sailors and youth who are interested in learning about the sport of sailing and our marine waters.

For Parents

It is hoped that this handbook helps you to understand the full scope of Sarasota Youth Sailing and the divisions of responsibility between sailors, coaches, parents and other individuals that make all of this happen.

Competitive sailing teaches self-confidence, decision making, teamwork, sportsmanship, tactical thinking, organization and sometimes humility. Sailors at any age never stop learning; there is always something to do to get better. Because of this, SYS strives to push responsibility as appropriate to the sailors, but we need parental support to achieve the complete objective.

What do you as a parent need to know (and do)? The answer varies depending on the specific curriculum your sailor is participating in. Generally, the more advanced and the more traveling your child does, the more there is to know and do. However, there are a few things that every sailor either needs, or should be able to demonstrate.

Personal Gear

Every sailor needs a life jacket that is sized properly and fits comfortably. There are jackets specifically for sailing that provide the proper flexibility and are Coast Guard approved. The remaining personal gear depends upon the season, and location, that your child is sailing in. Specific information about types of gear are available later on in this handbook.

All personal gear should be labeled (name or sail number) with a permanent marker.

Swim Check

Every child who sails at SYS must demonstrate that their life jacket fits appropriately and are comfortable swimming.

Activities at SYS

A typical day at SYS for all curriculums (including High School Sailing) starts with an onshore brief to discuss the agenda and lesson objectives. After rigging boats the students launch and learn/practice the skills and objectives of the day. After students return to shore, they de-rig their boats and participate in a debriefing session. Please be sure your child arrives on time, is prepared to learn, and ready to have a good time.

Parental Involvement

As our program depends on the support from parents, all parents are required to volunteer at least 8 hours each session. There is an 'opt out' payment option of $160. Options include serving on a committee which helps address a specific area of concern within the program. Fleet parent coordinators will contact team parents ask for their assistance in planning events, and in many cases

will ask a parent to take the lead on a specific regatta or committee. Please give generously of your time so that the workload can be divided and everyone involved will have a positive experience at SYS.

Parent volunteers and "Friends of SARASOTA YOUTH SAILING" are vitally important to the success of the Junior 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 racing teams. There are several committees within SYS which help. Areas to participate as a volunteer include: Sarasota (i.e. Home) Regatta support, boat/sailor transportation, chaperoning travel teams, work parties to repair and maintain SYS equipment and facilities, fundraising and "team parent."

SYS Regatta Support

SYS, and our facility the Sarasota Sailing Squadron, hosts a number of annual regattas, clinics and major class regattas that vary year to year. These events require volunteers to help in a number of ways ranging from event organization, registration, sponsorship coordination, scoring, race committee, parking management, food catering, safety officers and others as needed functions. All are welcome regard- less of sailing knowledge level.

The *Labor Day Regatta* is the fall kick-off event for the year round race circuit and the premier annual event hosted by the Sarasota Sailing Squadron. This is a multi class regatta for Optimists, Lasers and 420s that draws sailors from all over Florida.

Sailfest is SARASOTA YOUTH SAILING's big annual fundraiser. While not a regatta, the event does draw people from all over the community and helps raise the funds to keep the program functioning. A formal (but fun) event, the event allows the community to get exposure to our program. The event features a catered dinner, dancing and music, and a fantastic silent auction.

Boat/Sailor Transportation

Our racing teams compete throughout the year in a number of events away from SYS. Events range from one day local events to weeklong championships in more distant locations. SYS Coaches will only transport children or equipment to events if they personally choose to do so. SYS does not arrange for the transportation of children or equipment for individuals. Each family is ultimately responsible for getting their boat, and sailor to an event. Therefore, it is incumbent upon parents to organize and facilitate our junior sailors' transportation needs to participate in these events.

Chaperoning

Events in which sailors stay overnight requires adult chaperones. Chaperoning is a big responsibility but an absolute requirement to ensure our sailors have an adult to provide supervision, logistical support, safe transportation, and to show them by example how to represent SYS. It can be a significant time commitment but also a rewarding experience. SYS does not assume responsibility for any chaperoning needs.

Work Parties

In order to make sure that all facilities and equipment are maintained, junior sailors, parents, and anyone else interested in supporting the junior program are asked to participate. The need for work parties will be listed on the calendar with one occurring about every 2-3 months or as need be.

Other Activities

Prior to the start of the year round program, a year round sailor orientation is held. Meet the Director, some of the instructors and coaches, other parents and get the scuttlebutt regarding the program first hand.

As our program depends on the support from parents, all parents are asked to help with some aspect of the program over the course of the year. One option is to serve on a committee which helps address a specific area of concern within the program. Team parents will contact team parents ask for their assistance in planning events, and in many cases will ask a parent to take the lead on a specific regatta or committee. Please give generously of your time so that the workload can be divided and everyone involved will have a positive experience at SYS.

Team Parents:

Each Junior Sailing Fleet (Optimist Green, Optimist RWB, Lasers, 420s, High School) will be assigned a Team Parent, whose responsibilities include:

- In conjunction with the Director and team coach, management of regatta participation for their assigned fleet.
- Email reminders to fleet sailors concerning regatta schedules and registration information for upcoming regattas.
- Assist with finding hotels/housing locations for events.
- Assist with finding people to transport boats via towing.
- Bringing ideas and suggestions to the Director and coach.

Parent Volunteers:

The Committees:

Family Support: Communication between families. Each Fleet/parent coordinator will be on this committee. They also are responsible for regatta logistics.

Event Planning: Plans all events, both on and off the water including Sailfest and any other larger, or social events that arise.

Donations/Sponsorships: Gathers sponsorships and donations for SYS. This could be in the form of ads in programs, regatta sponsors, event sponsors, etc. Corporate and private sponsorships/donations are necessary. This includes working on all branding as it pertains to clothing and equipment.

Grant Writing: Responsible for researching, writing and acquiring grant funds.

Public Relations/ Advertising: Contacts all local media for events, regattas, articles of success, sailor accomplishments, etc. Helps with organizing the collateral for the program.

Community Outreach: This committee will work with local organizations to have their groups participate in sailing. Boys and Girls Clubs, Brothers and Sisters Doing the Right Thing, school programs, YMCA, etc. This should be geared toward youth who would not otherwise have the opportunity to sail.

Equipment and grounds: Will oversee the upkeep of equipment and grounds maintenance. This committee will work with the Director to help maintain equipment and they will work with the Sarasota Sailing Squadron to maintain the grounds.

If you have a vocation or avocation that involved a sailing/boating skill or an experience that would be of interest to our students (guest lecturer, demonstration, etc.), we would love to hear from you. Please

be sure to contact the Director at 941.504.4236 .

Children's sports are supposed to be fun – for the *children*. Unfortunately, many parents, fans and coaches don't realize their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults. That is why the National Youth Sports Safety Foundation (NYSSF), a non-profit educational organization dedicated to promoting the healthy development of youth in sports, in conjunction with the Massachusetts Governor's Committee on Physical Fitness and Sports, convened a consensus meeting with representatives from more than thirty sports, medical, educational and professional organizations to create a Code of Conduct for parents and spectators to abide by at every game. The NYSSF Code of Conduct can also be found at www.nyssf.org. Parents, fans and coaches who follow this simple code can help reinforce what sports are all about… BEING FUN FOR EVERYONE.

Boat Care Policy

All students 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 club boat are responsible for ensuring the club boat is properly maintained and race ready. Should there be equipment problems, they should bring it to the attention of the coaching staff immediately. Any damage to equipment incurred during the charter is the responsibility of the boat user to repair at their own expense. Any sailors on the Optimist RWB or Laser teams must supply their own boat. The high school teams will use SYS 420s and will be 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 we use are very durable. However, sailboats are used in a relatively hard environment (wind, salt water, ultraviolet sun rays) and from time to time equipment must be replaced. Boats that are constantly in a state of disrepair will limit your sailor's ability to improve and enjoy the experience. It is no fun to be doing well in a race and breakdown. One way to limit unwanted corrosion is to wash the boat down with fresh water at the end of each sailing day.

All boat owners are responsible for ensuring their boat is properly stored. Some Lasers and Optimist are stowed on racks. Instructors and classmates are available to assist sailors in properly stowing their equipment. However, ultimately it is the parent's/sailor's responsibility to ensure that boats are properly placed in/on racks. Because the Squadron grounds are shared by multiple people and groups, it's imperative sailors return their boats to their designated spot at the conclusion of each practice or event. **Sailors who have not rented storage space from the Squadron are prohibited from keeping their equipment on Squadron grounds.**

SYS Boat Usage Policy

Registered SYS participants are never permitted to use any SYS coach boats, SYS Race Team boat or any other SYS boat without contacting both the Executive Director and the Assistant Director for approval.

Charter fees must be paid prior to use.

Use of SYS boats will never be granted unless an approved SYS coach/employee is on site; or on the water.

SYS participants not on the multihull team are never permitted to be on the multihull boats without approved SYS coach on the water, or on site.

Non SYS individuals are never permitted to be on any SYS boats without permission from SYS Executive Director or Assistant Director, and with the signed waivers in place.

SYS Executive Director and Assistant Director have full authority to deny requests

Approved SYS boat charters must adhere to SYS wind limitations.

Failure to comply with SYS policy could result in probation and/or removal from the team.

SYS Tuition and Fees Policy

Regatta fees are paid when a sailor is signed up on the Race Team google sheet and registered for the regatta. If the sailor chooses not to attend the regatta, he/she is still responsible for the fees.

Tuition and tuition arrangements must be paid prior to the first practice. If a family is experiencing a hardship, or has a special circumstance, the family should contact the SYS Executive Director.

Failure to comply with SYS policy could result in probation and/or removal from the team.

Race Team Travel Policy

The Race Team Travel policy extends to any SYS Sailor who participates in an event under the supervision of a SYS coach or parent team leader away from SYS premises. This includes single day regattas/ events to local area clubs. The same general rules apply for all– from Optimist Green Fleeters to High School Seniors.

Participating in events away from SYS is both fun and beneficial to improving your overall sailing skill level. It teaches organization and boat transportation care, it provides greater competitive challenges and promotes team camaraderie. However, it is a privilege that must be treated as such. The planning and logistics for even a single day can be significant. Someone has to transport boats, coach boats, equipment, sailors, personal gear, food, drinks and other items needed for extended stays. Your participation requires not only yourself but coaches, parent volunteers, and chaperones for overnight trips.

When representing SYS on trips, you are responsible for your own actions. You must continue to abide by the Sailors Code of Conduct. To amplify this overarching Code, additional guidelines have been developed that are particular to expanded behavior while traveling with SYS junior program. These policies are:

- All sailors are responsible for getting their own boat to the event. Trailers are available for use, but it is the responsibility of the parent and sailors, to transport their boat to an event.
- All sailors are responsible for tying down their boats and equipment on trailers and car roof tops.
- While a SYS coach may assist, it is ultimately the sailor's responsibility.
- During sailing activities, sailors are under the supervision of coaches. Sailors are under the supervision of chaperones and/or parents/guardians at all other times.
- Sailors are required to stay with the team at all times, including the ride to and from the event unless the parent or guardian has made other travel arrangements prior to the trip and necessary for the welfare and reputation of the team.
- Curfews set by chaperones must be adhered to; they are for the protection of the sailors and necessary for the welfare and reputation of the team.
- All bags and belongings are subject to inspection

Trailer Use Policy

SYS trailers will be available for transporting boats to and from regattas. Availability of the trailers

depends upon parent participation. Only SYS parents and licensed sailors may tow program trailers. Parents of sailors who need a trailer space are asked to sign up to tow trailers to and from regattas on a rotating basis. Each sailor, with the assistance of his/her parent as needed, is responsible for loading and off-loading of his/her child's boat. Instructors are busy assisting sailors with rigging, strategy & tactics at these events. They are not responsible for loading and unloading boats.

Sailors will be given berths on trailers on a first registered and paid basis for each event. Providing there are parent volunteers to drive. However, since we have a limited capacity on the trailers, we ask those parents who are able to transport Optimists themselves (i.e. on car roofs) do so and allow other sailors the opportunity to sign up for the trailers. Sign-up sheets will be posted on SYS website (google doc) several days prior to the event, so alternative or additional arrangements can be made, if necessary. Sailors on the list must have a ride to and from the regatta unless other arrangements are made and approved by instructors and/or parents.

If a sailor signs up for a trailer or trailer berth but will not use it, he/she must remove their name from the list and notify the Director. Sailors who fail to do this will be denied future trailer privileges for a period of two (2) months. Sailors whose boats are repeatedly not properly secured may be subject to non-eligibility for trailer transport.

You must remove your child's boat from the trailer within three (3) days of its return to SYS as the trailer may be headed to another regattas.

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 THE SARASOTA YOUTH SAILING. BOAT OWNERS 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 drivers.

Sarasota Sailing Squadron Membership Policy

The Sarasota Youth Sailing and the Sarasota Sailing Squadron share a very symbiotic relationship. The Squadron provides SYS with free storage for all of our equipment, arguably the best venue in Florida, and a direct annual donation which is applied towards both operational costs as well as scholarships for our sailors.

In exchange, SYS has committed to provide the Squadron with an influx of new memberships, provided by those sailors who are consistently on the Squadron grounds. To facilitate this agreement, all families, starting after 1st year of Optimist Green Fleet, are required to join the Sarasota Sailing Squadron after having been enrolled in SYS for one session (August to December or January to May).

There are many advantages to joining the Squadron. Members can rent a boat and locker spaces for personal equipment. Additionally, there are a large number of social and sailing opportunities that are open to all Squadron members.

Instructors and Program Personnel

A team of carefully selected instructors will lead every class offered by the Sarasota Youth Sailing Program under the supervision of the Executive Director and the Head Coach. Specific instructors are assigned to each team, or class (See "Description of Instructional Programs"). Your child will meet his/her respective instructor(s) on the first day of class they are signed up to participate in, and they can expect to be taught by the same coach/instructor throughout the duration of their time with the program.

On occasion SYS will have guest coaches when the normal coach/instructor has a scheduling conflict, however those instructors will follow lesson plans left by the normal coach to assure continuity in practices. All of the instructors and coaches that are employed by the Sarasota Youth Sailing have completed a US Sailing Level 1 Instructor Certification course and are certified in CPR and First Aid.

Board of Directors

Mike Kramer - President, sarasotayouthsailingpresident@gmail.com

Tim Thurman - Treasurer, sarasotayouthsailingbilling@gmail.com

Nicole Wheeler - Secretary, syssecretary@gmail.com

The board of directors consists of a mix of parents, those with significant sailing knowledge and expertise, and business professionals who all collaborate to provide the proper director for the program.

Regatta Planning Information

In this section you'll find a list of each of the major venues that host events in Florida. Included is contact information for the venue. As you travel to these venues, please let us or your team know of any tips or suggestions you have for the next year's planning.

CORAL REEF YACHT CLUB

Events Sailed at Venue: *Orange Bowl*

Address: 2484 S. Bayshore Drive, Coconut Grove/Miami, Florida 33133

Main office #: (305) 858-1733

Website: http://www.coralreefyachtclub.org

CLEARWATER SAILING CENTER
Events Sailed at Venue: *Clearwater Challenge, SAISA Laser Qualifiers, Clark Mills Regatta, Laser Mid-Winter Easts*
Address: 1001 Gulf Blvd Clearwater, FL 33767
Main office #: (727) 517-7776 /(727) 489-2355
Website: http://www.clearwatercommunitysailing.org

DAVIS ISLAND YACHT CLUB
Events Sailed at Venue: *Thanksgiving Regatta, Schools Out*
Address: 1315 Severn Ave. Tampa, FL 33606
Main office #: (813) 251-1158 Website: http://www.diyc.org/

EDISON SAILING CENTER
Events Sailed at Venue: *Beach Romp, Gulf Coast Laser Championships*
Address: 15880 Summerlin Rd, #300-175, Ft Myers, FL 33908
Main office #: (239) 454-5114
Website: http://www.edisonsailingcenter.org/

LAKE EUSTIS SAILING CLUB
Events Sailed at Venue: *Florida Inland Lake Championship*
Address: 1310 North County Road, Eustis, FL 32726
Main office #: None
Website: http://www.lakeeustissailingclub.org/

LAUDERDALE YACHT CLUB
Events Sailed at Venue: *Boomerang Regatta*
Address: *1725 S.E. 12th Street, Ft. Lauderdale, FL 33316*
Main office #: (954) 524-5500
Website: *http://www.lyc.org/*

MIAMI YACHT CLUB
Events Sailed at Venue:
Address: 1001 MacArthur Causeway, Miami, FL 33132
Main office #: 305-377-9877
Website: http://www.miamiyachtclub.net

MOUNT DORA YACHT CLUB (MOUNT DORA)
Events Sailed at Venue:
Address: 351 W. Fourth Ave., Mt. Dora
Main office #: (352) 383-3188
Website: http://www.mountdorayachtclub.com

ST. PETERSBURG YACHT CLUB (ST. PETERSBURG)
Events Sailed at Venue: Bruce Watters Opti Regatta, USODA SouthEast Team Race Championships, Valentine's Day Regatta, Allison Jolly Regatta
Address: 11 Central Ave, St Petersburg Main office #: 727.822.3873 Website: http://www.spyc.org

UNIVERSITY OF SOUTH FLORIDA (ST. PETERSBURG)
Events Sailed at Venue*: High School Great Oaks Qualifiers, 2009 High School Nationals*
Address: 140 7th Ave S, St. Petersburg

US SAILING CENTER– MIAMI (MIAMI)
Events Sailed at Venue: *Miami Ocean Classes Regatta (OCR)*
Address: 2476 S Bayshore Dr, Miami
Main office #: 305-854-1058
Website: http://www.usscmiami.org

VENICE YOUTH BOATING ASSOCIATION (VENICE)
Events Sailed at Venue: Venetian Cup
Address: 1330 Tarpon Center Dr Venice
Website: http://www.veniceyouthboating.com
Typically sailors drive back and forth to the venue

US SAILING CENTER– MARTIN COUNTY (JENSEN BEACH)
Events Sailed at Venue: US Sailing Junior Olympic Festival, Club 420 Mid-Winters
Address: 1955 NE Indian River Dr, Jensen Beach
Main office #: 772-334-8085 Website: http://www.usscmc.org

SARASOTA YOUTH SAILING
2019-2020 PARENT/SAILOR PROGRAM HANDBOOK

SARASOTA YOUTH SAILING has customized the NYSSF Code of Conduct for our program, and asks all parents/guardians of SYS Junior Sailors to read and sign this document.

I, parent/guardian of_____(sailor's name)_agree:

1. I will not force my child to participate in sailing.
2. I will remember that children participate to have fun and that sailing is for 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 SYS 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, and by demonstrating positive support for all sailors, coaches, officials and spectators at every regatta, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, sailor, or parent.
7. I will teach my child to sail by the rules and to resolve conflicts in a Corinthian manner.
8. I will demand that my child treat other sailors, coaches, officials and spectators with respect regard- less of race, creed, color, sex or ability.
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.
10. I will praise my child for competing fairly and trying hard, and 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 emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize regattas and competition in the lower age groups.
13. I will promote the emotional and physical well-being of the sailors ahead of any personal desire I may have for my child to win.
14. I will respect the officials and their authority during regattas and will never question, discuss, or confront coaches at the regatta and will take time to speak with coaches at an agreed upon time and place.
15. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
16. I will refrain from coaching my child or other players during regattas and practices unless I am one of the official coaches of the team.
17. I will not allow the use of inappropriate language by my child or any other child in my care.
18. I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to, the following:
    - Verbal warning by Executive Director or Member of SYS Board of Directors
    - Written warning
    - Parental regatta suspension with written documentation of incident kept on file by organizations involved
    - Parental season suspension

Parent's Signature:_____Date: _____

Parent's Printed Name: _____

For Sailors

Sailing is a lifetime sport and pastime. Some of the friends and acquaintances you will make at SYS and

places visited such as yacht clubs and other sailing venues will turn into lifelong friendships. How you act towards these individuals will have a lasting impact. You need to recognize that sailing is a privilege and you are being provided with a fun and fulfilling opportunity. To make the most of this experience, we ask that you follow these guidelines:

- Sail for the fun and the love of the sport. Enjoy yourself. Work hard to improve your skills.
- Listen, ask questions, and watch others to see how you can improve your skills. Learn teamwork, sportsmanship, discipline, confidence and self-control.
- Be a team player—get along with others.
- Appreciate the contribution each person makes to the learning environment. Learn the rules and play by them.
- Always be a good sport and set a positive example for others.

The Sailor's Code of Conduct has been developed to let you, the sailors, know how the SARASOTA YOUTH SAILING, parents, host facilities, and coaches expect you to act while participating in SYS sponsored programs. 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 the SARASOTA YOUTH SAILING, your parents and your family. Your behavior, on and off the water, should be to maintain this level of sportsmanship and conduct, and make teammates proud to be a part of our program.

Associated with the Code of Conduct are guidelines for Disciplinary Action to be enforced should a sailor fail to act as agreed upon. SARASOTA YOUTH SAILING Staff are primarily responsible for enforcing the rules and will take appropriate actions as outlined in the enclosed Disciplinary Actions. While away from SYS and under the supervision of a parent team leader, the responsibility for enforcing the rules lies with the parent team leader under the advisement of the Sailing Director.

Every sailor in SYS is required to read and provide a signature to signify that you understand and will abide by the Sailor's Code of Conduct. Additionally, every sailor will sign the Disciplinary Actions to signify that they understand the consequences for not abiding by the rules and regulations.

SARASOTA YOUTH SAILING
2019-2020 PARENT/SAILOR PROGRAM HANDBOOK

Sailor's Code of Conduct

I promise to maintain a positive attitude and to be responsible for my conduct at all times while participating in SARASOTA YOUTH SAILING activities and will follow these rules and regulations and any other rules given by my coach:

1. I will not use or tolerate the use by other teammates, alcohol, drugs, tobacco or non-prescribed drugs, understanding 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, damaging, destroying or borrowing another's property without permission, nor tolerating such behavior by other teammates. This extends to the property of SARASOTA YOUTH SAILING.
3. I will treat other sailors, instructors, club staff and members, race officers and umpires with respect, regardless of race, religion, gender or abilities. I understand that I may expect similar treatment from others.
4. I will follow all safety procedures given by my coaches and other responsible adults, understanding the paramount importance of safety. I will notify a coach or other responsible adult if I feel that- other sailor is in danger.
5. I will refrain from using inappropriate or profane language.
6. I will attend every practice possible and will notify my coach if I cannot.
7. I will encourage good sportsmanship from fellow sailors, coaches and parents.
8. I will not abuse my teammates, whether verbally, physically, or emotionally, nor tolerate such con- duct in others, understanding that every team member has a right to enjoy their participation. I understand that swearing, in any context, is unacceptable behavior.
9. I will strive to listen and learn from my coaches.
10. I will be responsible at all times for the transportation, safe storage, maintenance, and setup of my boat and other equipment.
11. I will behave and dress at all times in a manner consistent with the high standards expected of my team, of my program, and of myself.
12. I will demonstrate teamwork, helpfulness, and cooperative behavior.

Sailor's Signature:_____Date: _____

Sailor's Printed Name: _____

Parent's Signature:_____Date: _____

Parent's Printed Name: _____

Disciplinary Actions

SARASOTA YOUTH SAILING employs a zero-tolerance policy with regards to prohibited activities during program hours on program premise and during travel events. This includes the use of illegal drugs, alcohol, tobacco and inappropriate use of controlled substances. Violation of the zero-tolerance policy could result in immediate dismissal from the program. There will be no refunds or proration of fees for suspensions or expulsions in connection with misconduct.

SYS Executive Director, staff and coaches are responsible for enforcing certain rules and may discipline SYS participants when rules are broken at practices or while coaching at regattas. When a sailor is under the supervision of a parent team leader, the parent team leader has been provided guidelines to enforce rules and regulations consistent with SYS Disciplinary Actions contained herein. In all cases, the decision of SYS Executive Director is final. The guidelines are as follows:

Level 1 Infractions—Disciplined at coach's discretion and may include limiting practice time, isolation exercises or other testing.

Level 2 Infractions—Review for suspension from one or more future program days.
Level 3 Infractions—Possible removal from practice and review for expulsion.

Level 4 Infractions—Removal from practice and review for expulsion.

Level 1 Infractions:

- Failure to obey coaches' instructions.
- Failure to display good sportsmanship including foul language.

Level 2 Infractions:

- Failure to obey coaches' direction after repeated (more than two) warnings.

Level 3 Infractions:

- Purposely damaging or destroying property of others.
- Repeated incidents of member unbecoming a member of SYS.
- Lying to Judges or Jury about Racing Rules of Sailing violations.
- Behavior or conduct which reflects poorly on SYS. These behaviors could include but are not limited to: Bad treatment of or talking back to Judges, coaches, regatta officials, hosts, team members, parents, or other competitors.

Level 4 Infractions:

- Stealing.
- Using drugs, alcohol, tobacco, or non-prescribed drugs.

Sailor's Signature:_____Date: _____

Sailor's Printed Name: _____

Parent's Signature:_____Date: _____

Parent's Printed Name: _____