



Junior Sailing Team

Handbook for Sailors and Parents

Letter From the Program Director

Sincerely,

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Purpose of Handbook

This handbook has been assembled to provide a guide for sailors and parents/guardians of sailors participating in the Grapevine Sailing Club's Junior Sailing Team (GSC-JST). The authors have attempted to describe how the program operates, what is expected of sailors, guidance for and expectations of parents, recommendations for gear and equipment, and much more. This handbook has information that is relevant to GSC-JST veterans and rookies alike.

A current version of this handbook will be available on the Grapevine Sailing Club's website www.grapevinesailingclub.com under the Junior Sailing section. We recommended that you keep a printed copy in a "Junior Sailing" binder for quick reference. This same binder could also be used to keep regatta Notice of Races, registration documentation, medical release form data, favorite places to stay, eat, etc.

About GSC-JST Program and Grapevine Community Sailing Education Fund (GCSEF)

The Grapevine Sailing Club's Junior Sailing Team is one of the strongest junior teams in the state of Texas. The team is made up of young boys and girls between the age of 7 and 19 that love the sport of sailing and want to get more experience on the water and in races. Many of the team members travel throughout the state competing in Texas Sailing Association regattas (www.tx sail.org) while others focus on events in North Texas sponsored by the Metroplex Sailing Association (www.metroplexsailing.org). Either way, they get experience, a chance to continue building their skills, and have fun. The team is mostly made up of former campers from the summer Learn to Sail Camp. A group of volunteers (team parents) supports the team in instruction and logistics. The sailors learn the sport and gain the confidence they need to participate in the racing events.

The team is a collaboration of the Grapevine Sailing Club www.grapevinesailingclub.com and GCSEF www.grapevinejuniorsailing.org. All of the teams participants are members of the Grapevine Sailing Club while GCSEF provides boats for use and instructional courses. By working together, the two organizations are able to provide support to junior sailors to help them achieve their sailing goals. Although you must be a member of the Grapevine Sailing Club to participate on the team, you are able to participate in GCSEF programs including their summer sailing camp without being a member of the Grapevine Sailing Club.

The GSC-JST is a collaboration of the Grapevine Sailing Club and the Grapevine Community Sailing Education Fund. All members of the team need to be members of GSC in order to participate in USSailing Events. Membership is nominal (\$25 per year for the 2008 year). GSC is the sponsoring club for GSC-JST while GCSEF which is a non-profit sailing education fund provides use of the boats, instructors and the summer learn to sail program.

GSC-JST coaches and instructors are responsible for providing a safe learning environment. Instructors follow a curriculum based on recommendations from US Sailing. Coaches and Instructors are responsible for monitoring student behavior while on the water at events. Coach responsibilities as well as travel rules and regulations for events away from GSC-JST are covered in Sections 7 and 8.

Mission and Goals of the Program

The mission of the Grapevine Sailing Club's Junior Program is to develop knowledgeable junior sailors in a safe and fun environment while instilling in them a love for the sport of sailing that will serve as a foundation for the future of our club and our sport.

Further, the Junior Program strives to:

- To foster seamanship, sailing and racing skills in a **safe and fun** environment
- To expose children and their families to the enjoyment and uniqueness of sailing
- To encourage growth in skill and competence through both individual and team participation
- To enable children to acquire, through the overall experiences of program activities, life-time values such as sportsmanship, consideration for others, teamwork, leadership, and self-reliance
- Develop and support programs to encourage older sailors to continue in sport of sailing
- Develop parental involvement that will support the various fleets and activities of the Youth Program.
- Promote Juniors attendance at all Junior activities and regattas.
- Represent the Grapevine Sailing Club in Events through out the state

Parental Involvement

Parent volunteers and adult volunteers are vitally important to the success of the Junior Sailing Team. Parents with sailors at all levels are highly encouraged to help. However, the level of involvement needed increases as sailors transition from basic sailing classes to racing teams. Areas to participate as a volunteer include: GSC-JST Junior Regatta support, boat/sailor transportation, work parties to repair and maintenance of boats and equipment, and Event/Class coordinators. Volunteering is a great way to get involved, meet other sailing parents, and participate in your child's activities outside the home.

GSC-JST Junior Regatta Support

The Junior Sailing Team hosts a major annual regattas, as well as clinics, and weekend races that vary year to year. These events require volunteers to help in a number of ways ranging from event organization, registration, race committee, parking management, food catering, boat measuring, safety officers, and other as needed functions. All are welcome regardless of sailing knowledge level.

GSC needs support for the following events:

- The Silly String Regatta is GSC-JST's annual Junior Regatta. This is a multi class regatta for Optimist, Lasers, and 420s that draws sailors from around the TSA region. This regatta is typically held in Mid May.
- Series Racing: GSC runs 4 series race events each year made up of racing during 6 weekends. The juniors participate in several of these events. We need volunteers to help with race committee and scoring.

Boat/Sailor Transportation

Our racing teams compete throughout the year in a number of events away from GSC-JST. Events range from one day local events to week long championship events in more distant locations.

The Junior Sailing Team has a number of multi-boat trailers (two inch hitch balls) capable of being towed by average size cars, SUVs, or trucks. We have purposely steered away from the monster trailers that require monster size vehicles to tow them. Some sailor's have personal trailers and some boats are transported on the roofs of cars. Work with the event/class coordinator to determine how your boat will get to and from the event site. Additionally, due to travel arrangements and other commitments, coach boats must occasionally be transported by parent volunteers.

When possible, the team trailer will be used to transport boats to events but individual sailors and their parents are responsible for ensuring the sailors' transportation needs to participate in these events.

Chaperoning

Events in which sailors stay overnight require 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 GSC-JST. It can be a significant time commitment but also a rewarding experience. Section 9 provides Chaperone guidelines.

Boats We Sail

All instructional sailing is conducted in Optimists, Lasers and 420s. These three classes represent the standard for Junior/Youth racing in the United States. In addition, we use Picos for our learn to sail program. This is a boat similar to a laser but with less sail area, and more forgiving sailing characteristics which makes it a great boat for beginning sailors. Between these four boats we can structure curriculums to suit all ages (7-18), abilities, and sizes.

Optimist

The Optimist is the largest junior racing fleet in the world and the international standard in junior instruction. The boat's 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. GSC-JST owns a fleet of 16 new Optimists to use for the summer program. Most racers who travel bring privately owned boats for practice and racing.

A skipper can race Optimists until December 31st in the year 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 for beginners. Green fleet sailors can be any age up to 15. A green fleet might have skippers who are as young as 6 and as old as 15, but sooner or later they'll move into either the red, white, or blue fleet depending on their age. Green fleet typically sails relatively close to shore and on short courses. Sailors may be coached at any time including during a race.

Skippers who are 10 or under sail in the white fleet; skippers who are 11 and 12 sail in the blue fleet; and skippers who are 13, 14, or 15 sail in the red fleet. In all fleets, the determining date is the skipper's age on the first day of the regatta. Skippers move up to blue fleet on their 11th birthday and red fleet on their 13th birthday. At most regattas, the red, blue, and white fleets all start at the same time and race on 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

Laser

The Laser is the single-handed option for sailors who are too big or too old to sail the Optimist. The Laser is an Olympic Class boat which keeps sailors sailing from beginner through the highest levels of sailing. The Laser can be rigged with three different sail

plans, providing great versatility across a wide range of sizes. Lasers are best suited to sailors 13 years of age or older, over 125 pounds, and focused on racing.

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 will debut 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 Laser Radial events, something that was not as prevalent even a couple of years ago.

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

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 spinnaker and trapeze. The boat is best suited for sailors 12-18 years of age and over 100 pounds. GSC-JST has a competitive Club 420s for use in the summer program.

420 skippers participating on the National traveling team are our most experienced 420 sailors. GCSEF can make one boat available to a team that wants to campaign the 420 at the regional or national level.

Additional information about the 420 Class Association is at www.club420.org

Collegiate 420 (High School Teams)

The Collegiate 420 is used for our High School sailing program in the spring and fall. The boat is the same as the club 420 with the exception that the trapeze and spinnaker gear is removed. Sailors enrolled in the High School sailing program use club owned boats and therefore, are not required to own their own boat. All GSC-JST 420s are used for High School Sailing to maximize on the water participation.

Pico

The Laser Pico is built for your family. The combination of an extremely durable rotomolded hull, spacious self-draining cockpit and a high boom means there is a tremendous amount of room aboard for children or a couple of adults. It is perfect for introducing your family to the sport of sailing.

The Pico can be enjoyed by all ages, abilities and is so versatile. You can sail with the mainsail or in the 'Pico Plus' configuration with a jib.

Although this boat is not used in racing, it has become a mainstay to teach juniors the basics of sailing at our sailing camp. When you see new-comers who have only sailed

for a matter of hours, sailing single-handed in heavy breeze with even bigger smiles, you know you are in a very special boat.

For Sailors

Sailing is a lifetime sport and pastime. Some of the friends and acquaintances you will make at GSC-JST 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 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 better 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 GSC, parents, host facilities, and coaches expect you to act while participating in GSC-JST sponsored programs. Appropriate behavior will allow you to become a well-rounded, self-confident sailor, and respected team member. GSC and GCSEF expects the highest level of sportsmanship, teamwork, fair play, and good behavior. As a participant in this program you represent GSC, 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. GSC and GCSEF Junior Sailing Team volunteers and coaches are primarily responsible for enforcing the rules and will take appropriate action as outlined in the enclosed Disciplinary Actions. While away from GSC-JST and under the supervision of a parent team leader, the responsibility for enforcing the rules lies with the parent team leader under advisement of Junior Sailing Team Director.

Every sailor in the GSC-JST Junior Sailing Team is required to read and provide a signature to signify that you understand and will abide by the Sailors Code of Conduct. Additionally, every sailor will sign the Disciplinary Actions to signify that they understand the consequences for not abiding with the rules and regulations. 7-1

Sailors Code of Conduct

I promise to maintain a positive attitude and to be responsible for my conduct at all times while participating in GSC-JST activities.

Take a minute and think about the person that you admire the most. Are they sportsmanlike? Odds are that they are. Remember that everyone respects those who are good sports, not just good *at* sports. Follow these guidelines without fail, and your teammates and competitors will grow to respect you.

- I will be considerate in victory and defeat. It's easy to be a good winner – only true sportsmen maintain their composure when things don't go their way.
- I will treat my team members, coaches, competitors, regatta officials, hosts and all others with respect, regardless of gender or abilities. I understand that I may expect similar treatment from others.
- I will help and encourage others. A kind word or lending hand goes a long way.
- I will be polite and thank race officials, event organizers and other sailors. Remember that 99% of them have volunteered their free time to help **you!**
- I will not be the loud one – do not swear at, intimidate or harass anyone including your teammates.

“YOU HAVEN'T WON THE RACE, IF IN WINNING YOU HAVE LOST THE RESPECT OF YOUR COMPETITORS” – PAUL ELVSTROM, 4 TIME OLYMPIC GOLD MEDALLIST

In addition to being a good sport, you promise to follow these rules and regulations and any other rules given by my coach:

- I will be organized, be prepared, and be responsible for your own equipment and actions.
- I will obey event and host club rules, on and off the water. You represent your Club at all times
- I will not use, or tolerate the use by other team members, of alcohol, tobacco, or non-prescribed drugs.
- I will maintain appropriate behavior towards opposite gender team members, and will not tolerate unseemly conduct by other team members.
- I will respect the property of others, neither damaging or borrowing another's property without permission, nor tolerating such behavior by other team members. Borrowing anything without prior permission from the owner is stealing, and therefore prohibited.

- 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 another sailor is in danger.
- I will not abuse my teammates, whether verbally, physically, or emotionally, nor tolerate such conduct in others, understanding that every team member has a right to enjoy their participation. I understand that swearing, in any context, is unacceptable behavior.
- I will attend practices and clinics and will notify a coach if I cannot.
- I will strive to listen and learn from my coaches.
- I will be responsible at all times for the transportation, safe storage, maintenance, and setup of my boat and other equipment.
- I will behave and dress at all times in a manner consistent with the high standards expected of my team, of my country, and of myself.
- I will have my boat rigged by the scheduled start time for both practice and regattas.
- Each student is responsible for her own belongings. All personal belongings should be labeled with your name (life jackets, gym bags, bailing buckets, etc) HYC is not responsible for loss or damage to personal property of the student.
- Students are responsible for damage done to GSC and GCSEF property or the property of another student.
- No littering, anywhere

Disciplinary Actions

GSC and GCSEF employs a zero tolerance policy with regards to prohibited activities during program hours, on program premises and during travel events. This includes the use of illegal drugs, alcohol, tobacco, inappropriate use of controlled substances, and the carrying of firearms. Violation of the zero tolerance policy could result in immediate dismissal from the GSC-JST program. There will be no refunds or pro-ration of fees for suspensions or expulsions in connection with misconduct.

The GSC-JST Sailing Team Director (The president of GCSEF), GCSEF or GSC Board members, staff, and coaches are responsible for enforcing certain rules and may discipline GSC-JST 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 the GSC-JST Disciplinary Action contained herein. In all cases the decision of the GCESG President or GSC Commodore is final. The guidelines are as follow:

- Level 1 Infractions - Disciplined at coach 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 directions after repeated (more than two) warnings.

Level 3 Infractions:

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

Level 4 Infractions:

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

I have read the Code of Conduct and pledge to abide by them. I have also read and understand the Disciplinary Action and agree to abide by any rulings.

Sailors Signature _____ Date: _____

Parent/Guardian Signature _____ Date: _____

Sail Team Policy

The Travel Team Policy extends to any GSC-JST Junior Sailing Team Sailor who participates in an event under the supervision of a GSC-JST coach or parent team leader away from GSC-JST premises. This includes single day regattas/events to local area clubs. The same general rules apply for all - from Opti Green Fleeter Sailors to High School Seniors.

Participating in events away from GSC-JST is both fun and very 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 even for 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 GSC-JST on trips, you are responsible for your actions. You must continue to abide by the Sailors Code of Conduct.

Other recommendations

Your enjoyment while away from the comfortable confines of your home is often a reflection of your organization and planning. Whether traveling with your parent/guardian or a chaperone, you should learn to be self-supportive. Here are a few tips:

- Keep a readily accessible list of emergency contact phone numbers
- Carry your medical insurance information
- Pack your sailing and non-sailing clothing according to your destination.
- Bring your lifejacket
- Is your boat properly packed to be transported?
- Carry a toolkit and spare parts as necessary
- It is easy to leave equipment behind. Before departing (daily and on the last day) from the event location ensure you can account for all of your gear and belongings.
- Remember – it is the Sailors responsibility to have their clothes ready, boats ready and all equipment. Do not leave this to your parents.

For Parents

It is hoped that this handbook is helping you understand the full scope of the Junior Sailing Program at GSC and the divisions of responsibility between sailors, coaches, parents, and the 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, the GSC-JST program 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 upon the level your sailor is participating at.

Children learn behavior from many different people – coaches, teachers, other adults and peers. But the people they learn from most are their parents. Your child soaks up on not only what you say, but what you don't say. Non-verbal messages – like the look of disgust or disappointment, often speak louder than words. Here are some ways to handle appropriate attitudes and behaviors when you're at your daughter or son's regattas:

- Encourage all the sailors
- Control your emotions in frustrating situations.
- Congratulate the opponents when they win.
- Show support, interest and enthusiasm for your child at all times.
- It is especially critical to model good sportsmanship for your child.

As well as helping your child, you can help your child's coach by:

- Don't advise the coach on how to do their job.
- Don't coach your child during the regatta.
- Provide your child with proper equipment and encourage its correct use.
- Thank the coaches, race committee and other volunteers when the event is over.
- Let your child know you support their participation in the sport by volunteering your time to help with events. Help when asked to do so. You might be needed to help raise money, tow a trailer, run races, keep score, set up for a party, prepare lunches, or even assist the coach!

How to be a Winning Parent

Paraphrased excerpts from “A Parent’s Guide for Winning in the Youth Sports Game” by Dr. Goldberg

Parents are a vital and important part of the coach-athlete-parent team. If you do your job correctly and play YOUR position well, then your child will learn the sport of sailing faster, perform better, really have fun and have his self-esteem enhanced as a result. His sailing experience will serve as a positive model for him to follow as he approaches other

If you want your child to come out of sailing a winner (feeling good about themselves, and having a healthy attitude towards sailing), then they need your help. The following are a list of useful guidelines and strategies for you.

1. Your child should never be taught to view his opponent as the “bad guy”, the enemy or someone to be hated and “destroyed”. Do not model this attitude!!! Instead talk to and make friends with parents of your child’s opponents. Root for great performances and good sailing, not just for the winner.
2. Encourage your child to compete against themselves. The ultimate goal of the sailing experience is to challenge oneself and continually improve. Unfortunately, judging improvement by winning and losing is both an unfair and inaccurate measure. Winning in sports is about doing the best YOU can do, SEPARATE from the outcome or the performance of your opponent.
3. Do not define success and failure in terms of winning and losing. A corollary to No. 2, one of the main purposes of the youth sailing experience is to develop sportsmanship, have fun and skill acquisition and mastery. When a child sails to his or her potential and loses, it is criminal to focus on the outcome and become critical. If a child sails his or her very best and loses, you need to help them feel like a winner. Help your child to make this important distinction between success and failure and winning and losing.
4. It is a proven principle of peak performance that the more fun an athlete is having, the more they will learn and the better their performance will be. Fun must be present for peak performance to happen at every level of sailing – from youth regattas to world class competition. If your child is not having fun – investigate. What is keeping them from having fun? Is the coaching, is it pressure, or is it YOU?
5. Whose goal is it? No. 4 sometimes leads us to this very important question. Why is your child participating in sailing? Are they doing it because they want to, or because of you? Are they planning because they don’t want to disappoint you, because they know how important sailing is to you, and are their goals and aspirations yours or theirs? It is quite normal and healthy to want your child to excel and be as successful as possible. But you cannot make this happen by pressuring them with your expectations. If they have their own goals and reasons

- for participating, they will be FAR more motivated to excel and therefore far more successful.
6. Your child is not their performance – Love them unconditionally. Do not equate your child's self-worth and lovability with their performance.
 7. Remember the importance of self-esteem in all your interactions with your child. Sailors of all ages and levels perform in direct relationship to how they feel about themselves. When your child's environment boosts their self-esteem, they learn faster, enjoy themselves more, and perform better under competitive pressure. Make your child feel good about themselves and you've given them a gift that lasts a lifetime.
 8. Give your child the gift of failure. If you really want your child to be as happy and as successful as possible in everything that they do, teach them how to fail. The most successful people in and out of sailing do two things differently than everyone else. First, they are more willing to take risks and therefore fail more frequently. Second, they use their failures in a positive way as a source of motivation and feedback to improve. Fear of failure or humiliation causes one to be tentative and non-active. In fact, most performance blocks and poor performances are a direct result of the athlete being preoccupied with failing or messing up. Teach your child how to view setbacks, mistakes, and risk-taking positively and you'll have given them the key to a lifetime of success. Failure is the perfect stepping stone to success.
 9. Stress the process, (skill acquisition, mastery and having fun), not outcome. When athletes choke under pressure and perform far below their potential, a very common cause of this is a focus on the outcome of the performance, i.e. win/lose instead of the process. In any peak performance, the athlete is totally oblivious to the outcome and instead is completely absorbed in the here and now of the actual performance. An outcome focus will usually distract and tighten up the athlete insuring a bad performance. If you truly want your child to win, help get his focus away from how important the contest is and have them focus on the task at hand. Supportive parents de-emphasize winning and instead stress learning the skills and playing the game.
 10. Teach your child to have a perspective on the sports experience. The fact that it's just a game frequently gets lost in translation.

Parents need to help their children develop realistic expectations about themselves, their abilities and how they sailed without robbing the child of their dreams.

Personal Gear

Every sailor needs a lifejacket that is sized properly and fits comfortably. There are jackets specifically designed for sailing that provide the proper flexibility and are Coast Guard approved. Please make sure that they are coast guard approved. This is a requirement by the TSA, USSailing and Coast Guard. The remaining personal gear depends upon the season, the class of boat sailed, and the level at which your child is sailing. Appendix C of this handbook contains a matrix recommending which and what kind of gear is needed for the various levels.

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

Swim Check

Every child participating in a summer session must demonstrate that their lifejacket fits appropriately and are comfortable swimming.

Activities at Sail Camp

A typical day at GSC-JST 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.

If your child is in one of our summer session introductory or intermediate classes, your part is minimal. Please ensure your child arrives on time, is prepared to learn, and ready to have a good time. At the prescribed end of the session ensure arrangements have been made for your child to get to their proper destination. GSC-JST does not provide babysitting services before or after class.

All students registered in a 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. Personal boats may be stored at Scott's Landing during the time they are registered in a Junior Sailing Team subject to paying the appropriate storage fees to Scott's Laning. Neither GSC nor GCSEF have any storage except for boats owned by GCSEF. All sailors who charter a club boat are responsible for ensuring the club boat is properly maintained and race ready. Should there be equipment problems beyond the student's ability to repair, they should bring it to the attention of the coaching staff immediately.

Parents must constantly communicate with their sailor 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 harsh 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 freshwater at the end of each sailing day.

All boat owners are responsible for ensuring their boat is properly stored. Some Lasers and Optimists are stowed on racks or trailers. Instructors and classmates are available to assist sailors stow their boats on the racks. However, ultimately it is the parent's/sailors' responsibility to ensure that boats are properly placed in/on the rack or trailers. All boats MUST be tied down.

GSC-JST is not responsible for damage to boats that take flight during high winds, thunderstorms, flooding, or other acts of Mother Nature.

Events Away from GSC-JST

There are a number of regattas and events the GSC-JST participates in throughout the year requiring travel. Some are relatively close to home and essentially consist of a day trip. Others can be many miles away.

Teams practice at GSC-JST when not participating in regattas. At the beginning of each season (Spring, Summer, and Fall) a schedule of the regattas planned for participation is determined by the coaching staff with some input from parents. It is highly recommended that sailors and parents determine which events they desire to participate in. It would be nice if all sailors could participate in every event, but we recognize that this is not always possible.

Team Coordinator

Parents are responsible for organizing transportation to and from events to include sailors, boats, gear, and sometimes coach boats, as well as lodging, food, drinks, etc. The best way to do this is for a couple of parents to take the lead as team coordinator. Other parents work with the coordinator to cover all of the logistical bases. The team coordinator does not need to travel to each event if other parents share the load by volunteering to be chaperones and coordinators for individual trips. Team coordinators are required for all of the summer traveling teams, the fall and spring Optimist teams and the fall and spring high school teams. The sooner this individual can be identified the better for all, as making arrangements for most regattas/events should be accomplished well in advance.

Team Liaison

Team liaisons are members of the GCSEF Board of Directors that have volunteered to assist and mentor parent team coordinators for each of the TSA and Texas Sailing Events. The team liaison is the individual that represents the Junior Sailing Team and the person that parent coordinators can use to help coordinate events with other teams to include social and team building activities, sailor lodging and transportation, boat transportation, and generally tap into their experience and knowledge of the program. The lion's share of

the work still lies with the parent coordinators but the team liaisons will be available to assist. Especially in the case of the Green Fleet sailors, the liaison will be a mentor to help the parents of future traveling team sailors develop the skills and knowledge to one day step into the role of a traveling team parent coordinator.

Boat Transportation

Our sailor's boats get to and from regatta sites by various means. The Junior Sailing Team has a number of multi-boat trailers (two inch hitch balls) capable of being towed by average size cars, SUVs, or trucks. We have purposely steered away from the monster trailers that require monster size vehicles to tow them. Some sailors have personal trailers for their boats and some transport their boats on the roofs of their cars.

Parent coordinators are highly encouraged to work with team liaisons to ensure the right boats get to the right place and are returned in time for the next event or practice. A boat may go to an event on one trailer but come home on another. It all depends on the team's schedule, which regattas your sailor is participating in, drivers, and a number of other factors. It is not uncommon for one or more of the trailers to be parked in New England for a few weeks during and/or between regattas.

Lodging

Lodging is the single most costly aspect of traveling. There are a number of options as to where team members can stay. Hotels are the most convenient and the most expensive. Camping can be an option for short stays and some clubs even permit camping on location. Calling on a favor from friends and relatives that live near the event location to provide "floor space" is also an option. Parents are requested to work with the team coordinator to work out the arrangements. If a parent travels with their sailor, they are not required to stay in the same place as the team, but it tends to simplify the logistics if they do. If also a chaperone, you must be in the same place as those you are responsible for.

Regatta Pre-Registering

When you determine which events your sailor will be participating in, it is advisable to determine if there is a cut-off date for registration and if there is a reduced entry fee for early registration. The major events typically have websites established that provide the details. Work with the team coordinator early in the season and plan ahead.

Medical Releases

Along with regatta registration most events sponsoring junior sailing also require a medical release and contact information form. It is strongly recommended that your sailor carry a laminated sheet in their sailing bag that details insurance information, blood type, emergency contacts, etc. If for some reason mailed/faxed paperwork does not reach its proper destination, your sailor will have all the information needed to fill one out on site

(with your permission, the chaperone can then sign it in your place). Enclosed in Appendix D is an information form that can be cut out and laminated for this purpose.

Traveling Costs

Sailors/Parents are responsible for paying all traveling costs incurred by the sailor. This includes their share of gas, and tolls for the trailer, your child's lodging, meals, drinks, incidentals, regatta fees, regatta souvenirs, and so on. The sailor should be prepared to cover the cost of meals and incidentals. At the completion of the trip the Team Coordinator that provided boat transportation will detail these expenses and "bill" the sailor. Parents need to ensure that these bills are promptly paid as the Team Coordinator should not be burdened with credit card expenses for your sailor. The coordinator has already donated a significant amount of their time and paid their share of the lodging cost in order for your sailor to participate. Please be respectful of this.

Association Memberships/Fees

There are a few associations/organizations that your sailor should, and in some case must, join. The cost of joining is not great and the benefits to your sailor and the sailing community are wide spread. The recommended associations to join are: Your sailors class (of boat) organization and US Sailing.

Each of the 420, Laser, and Optimist classes have organizations to establish and maintain national standards/rules for the class that adhere to or are complementary to international standards and rules, facilitate class championships and events, and provide overall organization for the class. Class dues provide for the operation and administration of these associations. Sailors participating in championship events must belong to the class association. Although not mandatory for sailors participating in club or local events, it is highly recommended that they do join. One benefit of membership is quarterly newsletters that provided regatta results, tips, rules changes, schedules, and a number of other informational items. In the case of the North American Laser class, junior memberships are available with reduced annual dues. Here are the links: www.club420.org , www.nalaser.org , and www.USODA.org

US SAILING is the National Governing Body (NGB) for the sport of sailing and sailboat racing in the United States. US SAILING's mission is to encourage participation and promote excellence in sailing and sailboat racing in the United States. A member-based non-profit organization, US SAILING accomplishes its mission through volunteers and member organizations, supported by an administrative staff. The list of programs and services provided by US SAILING are too numerous to list in this handbook. Please visit the website at www.uGSC-JSTiling.org. Participation in the Chesapeake Bay area Junior Olympic Festival requires membership with US SAILING. If you have more than one sailor in your immediate family you may be eligible for a family membership, which significantly reduces the per sailor cost.

Personal equipment and gear

Personal equipment and gear required varies with the curriculum you are enrolled in. As a general rule the more advanced and the more seasons you sail, the more you will need. Personal gear for summer sessions is minimal. Equipment and gear for traveling teams and Winter/Spring sailing can be significant. Sailing gear tends to be quite specialized and sometimes costly. Therefore, when you purchase new gear, buy quality gear that will be durable and permit use for multiple seasons. Items like gloves wear out quickly and are easily lost so you might want to carry a spare pair. *Label all of your gear with a permanent marker!. Your gear will look a lot like other sailor's items.*

Although GCSEF makes boat available to help sailors get into the sport in a low cost manner, this gear is of club level or introductory racing. As sailors advance and move up, they will need to purchase their own boat. Whether you buy a new one or a used one is a decision you need to make with your parents. There are a lot of quality used boats available so talk to other sailors and parents and shop around before buying especially if this is your first year on the racing team. The GCSEF Board Members can also be a valuable resource during the decision making process.

When purchasing your boat don't forget about a dolly. Waterfront space is becoming less available and sailing clubs do not always have grassy areas in which to set up and rig your boat. A dolly will protect the bottom of your boat and ease the process of launching. Trailers are optional, as are covers. However, a good set of covers will protect your boat while traveling as well as provide UV protection when being stored. Often a used boat will already come with these and other extras.

Appendix C provides a check list of equipment for the regatta or event. Although GCSEF may be providing the boats and equipment, it is the Sailors and their parents responsibility to insure that all gear is loaded on the team trailer and available at the event.

Frequently Asked Questions

For Opti Racers

Who should be in Green Fleet?

Green fleet is a special fleet for beginner Optimist racers at any age up to 15. Green fleet might have skippers who are as young as 6 and as old as 15, but sooner or later they'll move into their appropriate red, white, or blue fleet. Green fleet typically sails relatively close to shore and on short courses. Sailors may be coached at any time including during a race.

When should my child move out of Green Fleet?

Sailors should be encouraged to move up when they feel comfortable with their basic boat handling skills in a racing environment and understand the basic rules of racing. Sailors that consistently finish near the top of the fleet should move out of green fleet to provide themselves with greater challenges and make way for new green fleters. If unsure, consult with your sailor's coach.

What are the age splits for Red, White, and Blue Optimist fleets?

White fleet is for skippers who are 10 or under.

Blue fleet is for skippers who are 11 or 12.

Red fleet is for skippers who are 13, 14, or 15.

In all fleets, the determining date is the skipper's age on the first day of the regatta not the skipper's age at the end of the current year. Skippers move up to blue fleet on their 11th birthday and red fleet on their 13th birthday.

For All Racers

Does my child need his/her own boat?

Yes, children need access to their own boat. Boats are the equipment used to learn to sail. Without the proper equipment, a child cannot be expected to progress properly. Sharing does not allow each child to move at their own pace and fully develop their skills. In shared situations, one child usually becomes the leader and the other the follower. This is counter to the goal of developing self-confidence and independence.

Buying a boat is a large financial commitment when my child may not stay with the program.

GCSEF can provide boats for charter. These are good quality starter boats for any fleet including the Optimist and Laser. We also have a high quality 420. These may be chartered for the year or event. GCSEF provides all boats for camp.

You may also buy a new or used boat. Used boats are usually in demand. Trying to find a good used boat in the summer is difficult. Historically, Optimists and Lasers depreciate \$200-400 per year depending on age and condition. If the child decides that sailing is not for him or her, the boat can be sold with a minimum loss of value.

I am an experienced racer. Can I coach my child at regattas?

If your sailor is participating in an event with a GSC-JST provided coach, we highly recommended that you leave the coaching to them. Let them do their job without undue influences. If a coach is not present and you desire to coach, you must follow the coaching rules as stipulated in the NOR. Be cognizant that your experience level will be

very different than that of a young sailor. Keep it positive regardless of race outcomes and limit your input to a few things at a time to avoid information overload.

With the exception of the Optimist Green Fleet, coaching for all junior sailing is only 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. Coaching for Optimist Green Fleeter sailors may occur at anytime including during the race.

Are private lessons available?

We currently do not offer private lessons but this may change in the future. Please. Contact the GCSEF President for more information.

All the summer activities are during the week and I can't get my child to GSC.

Use the Parents email list to arrange carpools to help alleviate the hassle.

We do not always get information about GSC-JST activities.

Communication is one of the biggest challenges in a volunteer organization like GSC. We try to post all activities online and e-mail a newsletter (Monthly from March through October). Please check that GSC has an up to date e-mail address for everyone.

Does a sailor have to join their boat's class association?

Sailors participating in championship events must belong to the class association. Although not mandatory for sailors participating in club or local events, it is highly recommended that they do join. The cost of joining is not great and in doing so support is provided for the operation and administration of the association. Class associations exist to establish and maintain national standards/rules for the class that adhere to or are complementary to international standards and rules, facilitate class championships and events, and provide overall organization for the class.

One benefit of membership is quarterly newsletters that provided regatta results, tips, rules changes, schedules, and a number of other informational items.

Why should I join US SAILING?

We highly recommend that all sailors, regardless of age that race at any level, be members of US SAILING. This organization has been chosen by Congress to be the National Governing Board (NGB) for the sport of sailing and sailboat racing in the United States. Their mission is to encourage participation and promote excellence in sailing and sailboat racing in the U.S. Please visit www.uGSC-JSTiling.org for more information.

There are some major regattas that require membership with US SAILING. Others offer a discount in regatta fees to current members. US SAILING offers a family membership that provides for a significantly reduced cost on a per sailor basis.

Can I launch my personal boat at GSC?

Personal boats used for observing or regatta support during a regatta can generally be launched from GSC. At all other times, only GSC members are permitted to use the launching facilities. There are several boat ramps in the local area available for public use.

Do I have to be a member of GSC?

You need to be a member to participate in the racing events, but you do not need to be a member to participate in the summer sailing camps. However, GSC members receive a discount on tuition, the ability to register prior to opening up classes to the public and receive priority for class registration over non-members. If you have more than one child participating or your child sails either all summer and/or in other seasons, the tuition discount may offset the cost of the membership. GSC-JST membership also provides many other benefits. Contact the GSC Commodore or GCSEF President to inquire about your particular situation.

What is a GSC Junior Membership and what benefits does it provide?

A Junior Membership is a special class of membership. Junior members are permitted the privileges of an adult membership including participation in sailing and social activities of the club. Juniors members may not vote or hold office.

Appendix A – Instructors

See the GSC-JST Junior Website <http://www.Grapevinesailingclub.com>

Appendix B – Medical / Emergency Contact Form

It is strongly recommended that your sailor carry a laminated sheet in their sailing bag that provides Medical and Emergency Contact information. Use this form or make your own. Most events request that you provide a copy of the following form.

MEDICAL CONSENT FORM and *LIABILITY RELEASE AGREEMENT*

NAME OF PARTICIPANT:

AGE: _____

NAME OF PARENT/GUARDIAN (printed):

HOME ADDRESS: _____

TELEPHONE NO: _____ CELL PHONE: _____

In the event of accident, injury or illness involving any child of mine (specifically including my child named above as the "Participant") or me or my spouse while in, on, or about the premises of a Texas Sailing Association ("TSA") member yacht club (the "Club") (which includes the [*name of Host Yacht/Sailing Club*]) or while participating in any activity sponsored by or under the auspices of said Club under circumstances where I am physically unable to consent or am not present,

1. I hereby voluntarily authorize and consent to the furnishing to myself, my spouse, or any child of mine of such medical care, attention, and treatment by any hospital, physician or dentist as such hospital, physician or dentist may deem necessary or advisable, including any x-ray examination, anesthetic, medical, or surgical diagnosis or procedure.
2. I authorize any adult associated with the activity to consent to such medical care, attention and treatment.
3. I agree to pay the reasonable cost of such medical care, attention or treatment and to indemnify and hold free and harmless of and from any and all liability for such cost the assisting adult, the Club, TSA and the officers, employees and members of said organizations.

It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if the undersigned cannot be reached.

ALTERNATIVE PERSONS TO CONTACT:

NAME	RELATIONSHIP	PHONE NUMBERS
		(Including Mobile Phone Number)

PRIMARY CARE PHYSICIAN:

NAME	PHONE NUMBER
------	--------------

ATTACH COPY OF HEALTH INSURANCE CARD, OR COMPLETE THE FOLLOWING:

HEALTH INSURANCE CARRIER	INSURANCE ID NO.	NAME	OF
INSURED			

PHONE NO. FOR VERIFICATION	CLAIMS MAILING ADDRESS
----------------------------	------------------------

I agree that a photocopy of this consent or a copy sent by facsimile may be accepted by any health care providers.

This consent shall be valid for one (1) year from the date of signing.

SIGNATURE OF PARENT/GUARDIAN

DATE

LIABILITY RELEASE AGREEMENT

IN CONSIDERATION OF ACCEPTANCE OF MY CHILD'S REGISTRATION TO PARTICIPATE IN THE REGATTA AND, RECOGNIZING THE RISKS ASSOCIATED WITH THE SPORT OF SAILING, THE UNDERSIGNED HEREBY WAIVES ALL CLAIMS FOR PERSONAL INJURY AND PROPERTY DAMAGE AND HEREBY RELEASES THE TEXAS SAILING ASSOCIATION, THE HOST CLUBS AND ALL OF THEIR DIRECTORS, OFFICERS, MEMBERS, EMPLOYEES, AND THE REGATTA VOLUNTEERS AND SPONSORS, OF AND FROM ANY AND ALL CLAIMS AND LIABILITIES OF WHATEVER KIND, INCLUDING THOSE OF NEGLIGENCE AND GROSS NEGLIGENCE, WHICH I OR MY CHILD MIGHT HAVE, ARISING OUT OF MY CHILD'S PARTICIPATION IN THE REGATTA AND ALL ACTIVITIES RELATING THERETO.

Parent or Guardian's Signature: _____

Date: _____

Appendix C – Junior Sailing Team Perpetual Trophies

Boat and Equipment

- | | |
|------------------------------------|---|
| <input type="checkbox"/> Boat(s) | <input type="checkbox"/> Boat Spars (Sprit Pole, Mast, Boom) |
| <input type="checkbox"/> Blades | <input type="checkbox"/> PFD |
| <input type="checkbox"/> Bailer | <input type="checkbox"/> Sails |
| <input type="checkbox"/> Air Pump | <input type="checkbox"/> Air Bags (Optis) |
| <input type="checkbox"/> Sail ties | <input type="checkbox"/> Running Rigging (Vang, Outhaul, Halyard, Main Sheet) |
| <input type="checkbox"/> Painter | <input type="checkbox"/> Mast Clamp (Optis) |

On the Water

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Plastic Cups | <input type="checkbox"/> Ice and Water |
| <input type="checkbox"/> Snacks | |

Clothing

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Swim Suits | <input type="checkbox"/> Rash Guards |
| <input type="checkbox"/> Spray Top | <input type="checkbox"/> Spray bibs |
| <input type="checkbox"/> Gloves | <input type="checkbox"/> Hat |
| <input type="checkbox"/> Sun Glasses | <input type="checkbox"/> Sun Screen |
| <input type="checkbox"/> Towels | <input type="checkbox"/> Team Shirt |
| <input type="checkbox"/> Water Shoes | <input type="checkbox"/> Booties |
| <input type="checkbox"/> Hiking Pants | <input type="checkbox"/> Wet Suite |
| <input type="checkbox"/> Off Water changes | |

Other Stuff

- | | |
|---|---|
| <input type="checkbox"/> Towels | <input type="checkbox"/> Lawn Chairs |
| <input type="checkbox"/> Snacks | <input type="checkbox"/> Check Book |
| <input type="checkbox"/> Map | <input type="checkbox"/> Registration Forms |
| <input type="checkbox"/> Ice Chest | <input type="checkbox"/> Leatherman |
| <input type="checkbox"/> Eye Glasses | <input type="checkbox"/> First Aid Kit |
| <input type="checkbox"/> Notice of Races Sailing Instructions | |
| <input type="checkbox"/> Rules of Racing | |

Appendix D – Regatta NORs and Sailing Instructions

This Appendix may be used to file upcoming Notice of Regattas and other regatta planning information. Samples of the NOR and Sailing Instructions can be found at:

www.TXSAIL.org under Youth Program and Forms