



Cabrillo Beach Yacht Club HIGH SCHOOL SAILING PROGRAM FALL SEMESTER 2014

General Information

Cabrillo Beach Yacht Club currently hosts three High School Teams. During the season, teams travel throughout California, participating in local SoCal Regattas plus five PCISA Regattas. The PCISA (Pacific Coast Intercollegiate Sailing Association) regattas are qualifiers for the Mallory Cup Regatta which is the National High School Sailing Championship. The SoCal events are stand-alone regattas that allow freshmen to Seniors and even 8th Graders to gain valuable racing experience. Palos Verdes High School, Peninsula High School, San Pedro High School and Port of Los Angeles High School are the teams presently sailing from Cabrillo Beach Yacht Club

Schedule

Each Sailing Team Practices twice a week, Team members are expected to attend all scheduled practices. Make up practices will be allowed. No mandatory practices will be held on school holidays.

- Palos Verdes High School: Mondays and Wednesdays 3:30-6:30
- Peninsula High School: Mondays and Wednesdays 3:30 – 6:30
- Port of Los Angeles High School: Tuesdays and Thursdays 3:30-6:30

*****Sailors participating in PCISA events will be required to practice on Tuesday / Thursday the two weeks prior to the event***

Copies of the regatta and practice schedule are on the CBYC Jr. Sailing website (www.CBYC.org/Jrsailing)

Prerequisites

No prior sailing experience is required. All levels of material will be covered, from basic sailing to advance racing techniques. Students must be confident swimmers. A swim test will be given on the first week of the Semester. No exceptions will be made to this requirement. A completed participation waiver and medical form must be on file.

Parents are expected to inform their children that proper self discipline is required while in the program. All sailors and parents will sign a Code of Conduct. Violations of safety or other program rules may result in disciplinary action including suspension or dismissal from the program without a refund. CBYC is committed to maintaining a safe and positive environment for its participants.

Fees

Sailing with Coaching is **\$550 per Semester** in addition to **\$57 for CBYC membership** (if not already a member, \$32 if already a member).

*Cost includes: Use of boats and facilities, both during practice and at regattas, coaching at practice and regattas.

Need based scholarships are available, upon written request to Cabrillo Beach Youth Sailing Club based on financial need. Scholarship Application can be found on the CBYC Jr. Sailing website (www.cbyc.org/jrsailing) **Scholarships are good for ONE Semester, and are due the first week of Sailing.**

The High School Sailing Program depends on parents to be involved. This is a great opportunity to spend quality time with your kids, inspire them and to be there as they mature as sailors, socially, and as confident individuals.

Our youth sailors have a great time participating in this program. Many return from year to year. We hope your child will join us for this safe and fun filled, learning experience. If you have any questions or concerns, please feel free to call.

Steven Natvig
310.519.1694 ext. 201



Cabrillo Beach Yacht Club
HIGH SCHOOL SAILING PROGRAM
FALL SEMESTER 2014

STUDENT REGISTRATION

Date _____

CBYC Junior Yes No

Total Semester Fee(s) Paid \$ _____

HIGH SCHOOL REPRESENTED: _____ **Graduation Year** _____

Preferred Class: Learn to sail Racing Team

Student Name: _____ Grade _____ Birth Date _____

Address _____
Street City State Zip

Student Cell: _____ Student E-Mail _____

PARENT/GUARDIAN:

Mother's Name _____

Mother's Cell _____ Business _____ Home _____

Mother's E-Mail _____

Ability to tow trailers: Yes No

Father's Name _____

Father's Cell _____ Business _____ Home _____

Father's E-Mail _____

Ability to tow trailers: Yes No

STUDENT INFORMATION:

Can participant swim approximately 50 yards in sailing clothes?

Yes No Not sure

Previous sailing experience:

How did you hear of the CBYC Sailing Program?

**Cabrillo Beach Yacht Club
HIGH SCHOOL SAILING PROGRAM**

Emergency Medical Release

Name _____ Birth Date _____ Sex _____
 Address _____ City _____ State _____ Zip _____

Do you have a history of, or do you currently have any physical limitations that might prevent you from fully participating in this course? Yes No

If yes, please specify _____

Do you have any learning disability that might prevent you from fully participating in this course? Yes No

If yes, please specify: _____

Please check those that apply and provide necessary information on reverse side of this form.

Chronic Ailments:

- Asthma or other respiratory problems
- Circulatory or heart problems
- Diabetes or Hypoglycemia
- Epilepsy
- Hemophilia
- Other

Allergies:

- Insect bites
- Bee stings
- Foods
- Drugs
- Other

Current medication or pertinent information _____

Physician Name _____ Phone # _____

Date of last physical exam _____ Date of last tetanus vaccination _____

Insurance Carrier _____ Policy No. _____

Emergency Contact*:	Phone#	Phone #2	Phone #3	Relationship

* Authorised to pick up Student from CBYC

CONSENT FOR TREATMENT

I, the undersigned, do hereby authorize and consent to any x-ray examination, anesthetic, medical or surgical diagnosis or procedure rendered under the general or specific supervision of any member of the medical staff or of a dentist licensed under the provisions of the Education Law and/or Public Health Law of the State of California and on the staff of any hospital holding a current operating certificate issued by the Department of Health of the State of California. It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power to render care with the aforementioned physician in the exercise of his/her best judgment may deem advisable. It is understood that effort shall be made to contact the above people prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if any of these people can not be reached

Parent / Guardian Signature _____ Date _____

PHOTO RELEASE

I, _____ grant permission to Cabrillo Beach Yacht Club (CBYC) and the Cabrillo Beach Youth Sailing Foundation and organizations they are affiliated with to use both mine and my child's likeness(es), photographic image(s) and our name(s) in it's educational, promotional, and publicity communications and materials free of charge. I do not limit this use to conclude at a specific time of date.

Yes No

Signature of Student or Parent/ Guardian (if student is a minor) Date



**Cabrillo Beach Yacht Club
Cabrillo Beach Youth Sailing Club
HIGH SCHOOL SAILING PROGRAM**

**Assumption of Risk
Liability Waiver, Release and Indemnification Agreement**

Please Read Carefully

1. I, the undersigned, am a parent having legal custody/ person having legal custody or guardian of the following minor:

2. I wish to voluntarily involve the above minor in the Cabrillo Beach Yacht Club Youth Sailing Program activities. In consideration of the minor's participation in this voluntary recreational activity and use of CBYC/CBYSC equipment, I acknowledge and agree as follows:

3. To the fullest extent permitted by law, I promise not to sue, I forever release and agree to indemnify and hold harmless CBYC/CBYSC from and against any and all claims, damages, liabilities, losses, costs and expenses including attorney fees, for personal injury to the minor or any other person and/or loss of any property, arising from the minor's participation in the sailing program and shore side activities and any active or passive negligence of CBYC/CBYSC, such as negligent rescue.

4. I represent that the minor is in good health, is able to undertake sailing activities, and can swim well enough in the event his/her boat capsizes to avoid any resulting danger. I further represent that the minor is capable of comprehending instruction, following directions and observing proper safety precautions. I agree to abide by the decisions of the CBYC/CBYSC Board of Directors if he/she finds it necessary to discipline or dismiss the minor for lack of attention misbehavior or failure to follow safety precautions.

5. For the purpose of the Agreement, CBYC/CBYSC shall include its directors, officers, employees, agents, and committee persons of any of them. If any term of this Agreement is held invalid, the remaining terms shall continue in full force and effect. This Agreement shall survive the termination of the minor's participation in CBYC/CBYSC Youth Sailing Program activities.

By signing below, I certify that I have carefully read and fully understand this agreement. I am aware that this is a broad release of liabilities and indemnity agreement and I sign of my own free will without any inducement or assurance of any kind.

Signature of Parent/Legal Guardian

Dated



Cabrillo Beach Yacht Club
HIGH SCHOOL SAILING PROGRAM

Sailor Code of Conduct

I promise to maintain a positive attitude and to be responsible for my conduct at all times while participating in Cabrillo Beach Yacht Club Junior Program activities and will follow these rules and regulations and any other rules given by my coach:

- I will treat my team members, coaches, competitors, regatta officials, hosts and all others with respect, regardless of race, religion, gender, or abilities. I understand that I may expect similar treatment from others
- I understand Unsportsmanlike conduct on or off the water will not be tolerated, I will encourage good sportsmanship from fellow sailors, coaches and parents.
- I will never leave my training site or lodgings without first obtaining my coach's or host's personal permission. I understand that it is not permissible to have another person convey a member that I am leaving, that I am solely and personally responsible for obtaining prior consent.
- I understand that I am required to wear a life jacket on the water and on the docks.
- Shoes must be worn at all times.
- I understand that the grounds, buildings, trailers, coach boats and equipment are the property of CBYC, or are private property of other sailors. I will treat this property with respect and will not damage, harm or abuse this property, or use it against its intended purpose. I will not pirate the boats of others, or use gear or equipment of others without permission. I will be responsible for damages to other people's property or club owned property incurred by my abuse or negligence.
- 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.
- Boat hoists are only to be operated by members of the club 16 years or older, younger participants should stay clear of hoists.
- Club boats may only be used with prior permission of an instructor, club manager or club dock master.
- Youth sailors may not invite outsiders to use CBYC's clubhouse, dry storage yard or equipment without their presence.
- Youth sailors are not permitted to play with knives or guns of any kind, or objects of any nature that could endanger or harm another person.
- I will behave and dress at all times in a manner consistent with the high standards expected of my yacht club, team, of my country, and of myself
- I will not use, or tolerate the use by other team members, of alcohol, tobacco, or non-prescribed drugs, understanding that a drug-free environment is needed in order to achieve individual and team success
- I will follow the fundamental rules of fair sailing and display good sportsmanship on the water all times.

Signature of Parent/Guardian

Signature of Participant

Date

**DISCIPLINARY ACTION AND CONFLICT RESOLUTION
WILL BE DETERMINED IN ORDER
AS FOLLOWS**

1. The instructor and student will work to resolve the issue. (to allow our sailors to learn personal responsibility, they must communicate with instructors and work to resolve all issues on this level) Depending on severity of the conflict or issue, student may be excused from practice.
2. If an issue is unresolved or continued abuse of the rules will result in a conference with the Head Instructor, parent(s) or legal guardian and student.
3. If a problem continues after step one and two, the acting Jr. Committee Chair as head of the Junior Sailing Program or a member of the Board of Directors will meet with the sailor and parent(s) to take appropriate action. The parents may appeal to the CBYC Commodore if they disagree with the action taken.

Please note that since the student and the coach are the only two people who work together on a daily basis, both should be included in all communications. Remember that sailing time, level and position placement are at the **sole** responsibility and discretion of the coach.

Signature of Parent/Guardian

Signature of Participant

Date

PARENT / GUARDIAN AGREEMENT

I understand that my son/daughter _____ must behave responsibly while participating and traveling with the high school sailing program. I understand that my son/daughter has agreed to the rules outlined in the sailor code of conduct and disciplinary action and conflict resolution forms. **I have read and understand these rules.**

I understand that if my son/daughter does not behave responsibly while traveling and participation in a high school team event, I may be called to bring them home. Additional consequences may be that they are withdrawn from the regatta, suspended from the sailing team. I understand that my son/ daughter is representing their high school, disciplinary action may be taken by the school.

All members of the team pay dues at the beginning of each semester. For each away regatta, the participating sailors will pay for a portion for the regatta expenses. Sailors will be responsible for lodging, travel and meals.

Parent / Guardian Name

Cell Phone

Home Phone

Signature of Parent/Guardian

Date

NOTES TO PARENTS

Students are expected to come to practice prepared to sail every day, "I forgot my sailing clothes" is not a good excuse to get out of practice.

Though they many wear them to school, jeans are not advisable to sail in, both because they get very heavy/ cold when wet and because they are not stretchy enough to correctly move about in the boat. Please encourage your sailors not to wear them.

Recommended clothing is:

Girls:

Tops:

t-shirts, warm up shirts, rash guards, spray jackets, wool, fleece or any other quick drying materials and warm clothing for the upper body (note: though cotton is great in the summer and breathes well, it is cold!).

Bottoms:

stretch pants, khakis, warm up pants, board shorts, bibs or any quick drying materials that are easy to move around in.
For regattas in northern California wetsuits are highly advisable.

Guys:

Tops:

t-shirts, warm up shirts, rash guards, spray jackets, wool, fleece or any other quick drying materials and warm clothing for the upper body (note: though cotton is great in the summer and breathes well, it is cold!).

Bottoms:

khakis, warm up pants, board shorts, bibs or any quick drying materials that are easy to move around in.
For regattas in northern California wetsuits are highly advisable.

It is highly recommended that all participants own their own life jackets. To ensure that they fit correctly and allow other newer participants to wear the club's lifejackets as needed.

Parents need to provide sunglasses, visors or hats, sunscreen and water/ sports drinks for their children to both high school and regattas. PLEASE emphasize the necessity to wear sun screen and to drink liquids.

Mark all of your child's equipment with their name. CBYC assumes no responsibility for loss or damage to any participant's property.

After capsizing all participants are entitled to take showers at the club and get warmed up so a change of clothes and an extra towel are highly recommended.

Other recommendations: snacks for after practice, gloves (workout gloves, sailing gloves, biking gloves all work).

No one will be allowed to leave practice until all boats are de-rigged and put away please emphasize to your sailors how important it is to take responsibility for their team as a whole.