



DC SAIL

INSPIRING MINDS THROUGH MARITIME EDUCATIONAL EXPERIENCES

DC Sail
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August 2015

Dear Parents and Athletes:

Welcome to the DC Sail High School Sailing Program!

For those who are unfamiliar with DC Sail, our mission is to promote and sustain affordable, educational, recreational and competitive sailing programs for all ages in a fun and safe environment.

This ten week course is subsidized by DC Sail, requiring a **\$485 registration**. Need-based scholarships are available. This registration fee includes a 6-month DC Sail Basic Membership, which enables team-members to have access to DC Sail's boats and other programs through the off season months.

Parent involvement is crucial to the success of our high school teams. We will need parental help in the areas of fundraising for new equipment, transportation to away varsity and junior varsity regattas, and support at our home regattas. At the pre-season meeting, we will ask that each team nominates a parent who is willing to be the main contact person on that team. This season's pre-season meeting will be held on Tuesday, August 25, 2015 at 6:00 PM, hosted at the Harbor Patrol Office located on the waterfront (550 Water Street SW, Washington, DC.)

The number of spots available with our program is limited. Both online registration and completion of the following pages, along with payment are required to complete the registration process. Deadline is August 28, 2015.

We look forward to working with parents and sailors!

Contact:

Daniel Levy, Head Coach
danlevyuf@gmail.com

Abigail White, Head Coach
Abigail.White50@gmail.com

Traci Mead, Director of Business Operations, DC Sail
tmead@dcsail.org

Best,

Daniel Levy & Abigail White, Head Coaches

High School Sailing – Fall 2015

Rules & Regulations

Program Participation Checklist

Sailors:

Like any other JV/Varsity team we use practice time to teach and enhance skills. We expect the following out of our DC Sail sailors.

Attitude - demonstrate a positive, cooperative, and sportsmanlike attitude

Boat Skill - demonstrate competence and safety

Attendance – miss no more than 3 practices in the season**

Tardiness - tardy no more than 3 practices in a 3-week period (school dismissal time considered)

Attendance

- Sailors will attend each practice.
- Sailors should arrive on time to each practice.
- A sailor is considered “on time” if he is standing on the dock, dressed and ready by 4:00 pm.
- Sailors, and parents, are expected to communicate any anticipated absence and make arrangements for make up practices.

General Policies

- To ensure safety, sailors must follow the instructions of the coaches at all times.
- Good manners and sportsmanship are expected at all times.
- Appropriate language must be used at all times.
- Forms and registration fees must be completed prior to attending practice.
- The coaches make the final determination as to qualification to participate on a daily basis.

On-the-Boat Policies

- Coast Guard-approved Personal Flotation Device (PFD) must be worn at all times on the water and at other times as directed by the coaches (provided by DC Sail).
- Sailors will rig and sail their boats to and from the practice area in an orderly fashion.
- Sailors will return boats and equipment to proper storage areas and alert coaches immediately of any discrepancies or broken equipment.

Gangplank/Wharf Marina Policies

- Sailors must speak at an appropriate volume when inside the property of Gangplank Marina.
- The premises of Cantina Marina are off-limits to any DC Sail High School Racer

Clothing Requirements

- PFD provided by DC Sail must be worn when on the boats.
- Shoes must be worn at all times (water boots are best).
- Dry or wet suit w/spray top required when wind + water temperature is less than 120° F.
- Appropriate sailing clothing/gear shall be worn at all times.

Transportation

- Transportation to and from the practice is the responsibility of the parent / student.
- Transportation for out-of-town events is the responsibility of the parent / student.
- Head Coaches will help coordinate a carpool and phone list.

Insurance

- Students are covered under NMHF insurance when on NMHF property.
- Students must be covered by their schools when traveling and participating in regattas and/or practices not held on NMHF premises.

**We understand that extenuating circumstances can occur, and we will work with the families to make accommodations.



High School Sailing – Fall 2015 Registration Form

Sailor's Name: _____
(Student) First Last

Address: _____
(Mailing) Number and Street

City State Zip

Phone: _____
Home Cell

Email: _____

School: _____

Grade: _____ **Date of Birth:** _____

Parent Name: _____
(Parent) First Last

Address: _____
(Mailing) Number and Street

City State Zip

Phone: _____
Home /Work Cell

Email: _____

Emergency Contact: _____

Relationship: _____ **Phone:** _____

Program Cost: \$485.00 per student paid before the first day of practice – All paperwork and payments are due no later than August 28, 2015.

Payment can be made by check payable to NMHF. Need-Based Financial Assistance available upon request.

As the parent or guardian of the above named student I am aware of the requirements and expectations of the NMHF High School Program. I understand that I am responsible for my child's transportation to and from the sailing center and that I am responsible for my child during all after-school hours that sailing practice is not being held. The above named child has my expressed permission to participate in the High School Sailing Program at the National Maritime Heritage Foundation – Washington, DC.

Signed: _____ **Date:** _____
Parent or Guardian Signature

Signed: _____ **Date:** _____
Student (sign if 18 or older)



High School Sailing – Fall 2015 Authorization and Consent to Medical Treatment of Minor

I, the undersigned parent or guardian of _____, a minor, do hereby consent to any emergency X-Ray, medical, or surgical treatment or hospital care which is deemed appropriate by, and is to be rendered to my child under the general or special supervision of any physician or surgeon licensed under the provisions of the Medical Practice Act.

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 on the part of the aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which the aforementioned physician in the exercise of his best judgment may deem advisable; and neither said agents or organizations involved assumes any financial responsibility for exercising this action.

This authorization is given pursuant to the provisions of the Civil Code for the District of Columbia.

Family Doctor: _____
Name Phone

Persons to contact in emergency:

I. _____
Name Phone

I. _____
Name Phone

Existing medical or learning problems:

Known Allergies (e.g. bee stings):

Health Insurance Policy Holder: _____

Social Security Number: _____

Plan and Group Number: _____

This authorization shall remain effective until revoked in writing.

Signature: _____
(Parent or Legal Guardian)

Address: _____

City: _____ State: _____ Zip: _____

Mother's Phone: _____
Home Work Cell

Father's Phone: _____
Home Work Cell



High School Sailing – Fall 2015 Student Code of Conduct

Please read the following provisions carefully. Both the student and a parent or guardian are required to sign below and return to NMHF.

The primary goal of the National Maritime Heritage Foundation High School Sailing Program is to train young men and women in the basic and advanced skills of sailing, seamanship, and competitive sailboat racing. Safe boat handling skills and good sportsmanship are important aspects of the program. To achieve these goals, NMHF requires all students to follow these rules:

GENERAL SAFETY

1. A Coast Guard-approved PERSONAL FLOATATION DEVICE (PFD) must be worn properly secured at all times when in boats and at other times as directed.
2. Students should wear clothing appropriate for prevailing weather conditions. Suitable footwear must be worn at all times. Open-toed footwear is not acceptable.
3. No glass containers are allowed anywhere on the grounds of NMHF or in the boats.

BEHAVIOR

1. Sportsmanlike conduct is expected of students at all times, on and off the water. Foul language, disruptive behavior, or disrespectful comments or gestures will not be tolerated.
2. No running, pushing, or unauthorized swimming is permitted.
3. Piers, ramps, and electric hoists are to be used only for their specified purposes.
4. Students will return boats and equipment to proper storage areas as soon as possible upon completion of the day's activities. All personal gear and items will be properly secured and the dock and ramp areas will be kept clean, neat and free from obstructions.
5. Student will not tamper with, use or borrow equipment or other items that do not belong to them. Unauthorized use of another's property constitutes theft.
6. Students must recognize that we are guests of the Gangplank Marina
7. Use of alcohol, drugs, and other banned substances is strictly forbidden.

STUDENT AGREEMENT:

I understand that in entering this sailing course I agree to obey all program rules as set forth by the program staff, that I will use utmost care in the use of boats and equipment, and that I will not engage in any horseplay or their disruptive behavior. I understand that failure to attend regularly, arrive promptly, and abide by the rules here set forth may result in my suspension or expulsion from the program.

Student Signature

Date

GUARDIAN'S AGREEMENT:

I understand the contents of this statement and agree to see to it that our child adheres to the program rules. I agree to assume the obligation for the expenses of repair and/or replacement of club/program equipment that is attributable to my child's reckless or irresponsible behavior. I agree to make an appointment for a parent-instructor conference, if requested.

Parent/Guardian Signature

Date



High School Sailing – Fall 2015
CONFIDENTIAL – Scholarship Application Form
(To be completed by parent or legal guardian)

Program Participant: _____

Parent or Legal Guardian: _____

Address: _____

City State Zip

Telephone: _____

Email: _____

Program: _____ High School Sailing Spring 2015 Tuition = \$100 for Season

In order for the Program Participant to be eligible to receive a NMHF Scholarship, your **annual household gross** income for the previous calendar year must not exceed \$50,000. Please attach copies of the following documents as proof of eligibility (Note: *Applications received without attached documentation will not be considered. All Scholarship Application Forms are kept strictly confidential*):

- a) Completed and signed IRS Form 1040, 1040A, 1040EZ or other tax form. (2014)
- b) IRS Form W-2 issued by Parent or Guardian's Employer. (2014)
- c) Last Pay Statement showing gross income paid to Parent or Guardian.

I understand that financial support by the National Maritime Heritage Foundation (NMHF) of my child's participation in no way implies endorsement or a guarantee of safety on behalf of any sail training program. I understand that activities on the water carry some risk, and that I have examined the operations of the NMHF to the degree that I am comfortable in bearing responsibility for that risk.

Parent/Legal Guardian Signature _____

Date ____ / ____ / ____

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