



# Seattle Yacht Club Junior Race Team

## 2014 Race Team Registration

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This registration packet is a brief outline of the Seattle Yacht Club Junior Race Team and the regatta schedule for the upcoming season. The first page is for you to keep, please review this information and add the regatta dates to your calendar. The SYC Race Team Google calendar (can be found through [www.seattleyachtclub.org](http://www.seattleyachtclub.org)) is the best place to check for up to date practice days/times, regattas, schedules, and other events. The second page briefly outlines sailor/parent responsibilities and benefits; this is for both the sailor and parent to read, fill out, and return to the Race Team Coach along with payment.

### **Race Team Practices**

The Seattle Yacht Club Race Team practices on Shilshole Bay. Although attendance is not mandatory, sailors are expected to attend as many practices as possible. Coaching is also available on an individual or small group basis in order to get specific groups up to speed. Please refer to season schedules on the website for more details on the dates and times for these practices. During the summer season the team practices on weekdays; during the late fall, winter, and early spring the team practices on the weekends. Please check the Race Team calendar (can be found through [www.seattleyachtclub.org](http://www.seattleyachtclub.org)).

Site: Dinghy dock, North end of Shilshole Bay Marina, W Dock  
Boats: 420, 29er, Laser, Laser Radial, Laser 4.7, Opti

### **Team Workouts**

When conditions do not permit sailing we will use the practice time to work out. Sailors should bring running shoes and workout clothes to every practice. The focus for these will be teaching good workout technique for sailing.

### **Northwest Youth Racing Circuit (NWYRC.org)**

The local organizing body of regattas is the Northwest Youth Racing Circuit. This circuit is comprised of regattas hosted by local clubs in Washington, Oregon, and British Columbia. These regattas are open to sailors of all skill levels. The series runs from the early spring through the fall. All NWYRC events are supported by the SYC Race Team.

<u>Event</u>	<u>Date(s)</u>	<u>Host/Location</u>
Kitten Cup	April 26-27	RVYC - Vancouver, BC
WSC Regatta (formerly Van Lake)	June 21-22	WSC - Portland, OR
Opti Gorge	June 28-29	CGRA - Cascade Locks, OR
WIND Regatta (No Opti)	July 5-6	CGRA - Cascade Locks, OR
Bellingham Youth Regatta	August 9-10	BYC - Bellingham, WA
McCurdy Cup*	August 16-17	SSP - Seattle, WA
NW Junior Olympics	August 23-24	SYC (Shilshole Bay) - Seattle, WA
Johnny Adams Memorial Regatta (JAM)	September 6-7	PMYC - Port Madison, WA
Octoberfest	September 27-28	SSP - Seattle, WA

\*McCurdy Cup is not scored as part of the NWYRC.

More information about this circuit and individual regattas is available at [NWYRC.org](http://NWYRC.org).

### **Northwest Interscholastic Sailing (aka High School Sailing)**

This year we will continue to support high school sailing by providing practices at SYC two times a week during the spring season from March until early May. This will include coaching at some local events. Please check [www.nwisa.org](http://www.nwisa.org) for the most up-to-date event schedule. This program is open to all kids from 7<sup>th</sup>- 12<sup>th</sup> grade and does not require that your school to form a team. We will mix and match sailors from all schools. Opti sailors are welcome to practice, but may not meet the grade requirement to race at events.

### **Other Coach Supported Regattas in 2014**

These events, which are outside the NWYRC, will also have a coach present to support SYC Race Team Sailors.

<b>Event</b>	<b>Dates</b>	<b>Host/Location</b>
Laser Midwinters West	March 28-30	RYC - Richmond, CA
Opti Heavy Weather	June 20-22	St.FYC - San Francisco, CA
USODA Nationals	July 24-27	CYC - Marina del Rey, CA
Laser Canadian Championship	July 25-27	RVYC - Vancouver, BC
Pumpkin Bowl	October 18-19	WVYC - West Vancouver, BC

### **Tuesday Night Sailing - Introduction to Race Team**

This weekly event for SYC members and their guests is also open to members of the Race Team. Race Team members are highly encouraged participate. All of the club's boats are available for use, and informal races are held. This is a great place for those new to racing to gain confidence, time on the water, and transition to Race Team sailing. Younger sailors are encouraged to pair up with parents or older Race Team members!

Site: SYC, Portage Bay

Dates: Tuesdays, June 17<sup>th</sup> – August 26<sup>th</sup>

Time: 5:00pm – 7:30pm

Boats: Laser, Opti, V15, 420

### **CYC Shilshole Thursday Night Race Series**

We encourage all race team sailors to participate in weeknight racing at Corinthian YC. This is run at Shilshole on Thursday evenings from April through September. This series is open to most fleets; CYC will provide a start for a class with five or more boats. You must register with CYC to race this series. More information about this race series is available at: [www.cycseattle.org](http://www.cycseattle.org)

### **US Sailing Junior Events**

In addition to regattas held in the Northwest, members of the Race Team often travel across the country to other competitions sponsored by US Sailing. These regattas tend to include national championships such as US Junior Championships and US Youth Championships. The US Youth Championship is a selective regatta with entry determined by resume. Each spring, sailors submit applications in hopes of attending this prestigious event. SYC has consistently sent Race Team Members to this event.

The US Junior Championships are made up of five regattas and categorized by the number of sailors per boat: Triple Handed (Sears), Double Handed (Bemis), Single Handed (Smythe), Women's Double Handed (Ida Lewis), and Women's Single Handed (Leiter). More information about these events can be found online at: [www.ussailing.org](http://www.ussailing.org).

### **Charter Boats**

SYC Optis, Lasers, 420s, and 29ers are available for charter to all members of the Race Team. These boats will help new sailors get into the sport. However, we recommend that all sailors eventually buy their own boats once they know which path they will follow. There are a limited number of boats available, and they will be chartered on a first come, first serve basis. Email the coach to arrange a boat.

# Seattle Yacht Club Junior Race Team

## Description of Responsibilities and Benefits

### Sailor and Parent Responsibilities

1. The overall goal is to have FUN while improving, and to be respectful of others in a competitive environment.
2. Sailors need to be 'serious' about having fun with sailing and improving their racing and seamanship skills.
3. Respect and loyalty towards Race Team coaches and other team members is required. Parents of sailors must be positive with regards to Race Team coaches and all instructors.
4. Together with parents/guardians, sailors should coordinate transportation to NWYRC and Race Team supported regattas and practices. This will be a shared responsibility between the Race Team Coach and the Parent Group. The Race Team Parent Group (RTPG) will be responsible for logistics and regatta support for each circuit event.
5. Participation in a fundraising event
6. While competing as a member of the SYC Junior Race Team, team members must recognize that they are representing SYC and its Junior Program. Team members are expected to conduct themselves with the highest degree of sportsmanship, courtesy, and responsibility, serving as ambassadors for SYC and its Junior Programs.

### Race Team Member Benefits

1. Coaching at approximately 75 scheduled practices, individual or small group coaching when necessary.
2. Coaching for NWYRC events and other selected regattas. Race Team Coach will provide basic information and facilitate access to local and regional clinics.
3. Team Race practices in preparation for McCurdy Cup, High School practices, and many events during the Spring NWISA season.
4. Invitation to SYC Tuesday Night Sailing.
5. Access to SYC equipment including SYC dock space, double-handed boats, SYC Jr. Clubhouse facilities, trailers, and coaches.
6. Access to Race Team boat charter program.
7. SYC Race Team gear and eligibility for year-end Race Team participation awards.
8. The fun, support, friendships, and camaraderie that develop from being a part of a nationally-competitive sailing team.

I have read and will support this agreement.

Sailor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# 2014 Seattle Yacht Club Race Team Registration

You may not participate in any Race Team activities until this form is completed and returned to the coach.

**Sailor's Name:** \_\_\_\_\_ **Birth Date:** \_\_\_\_\_ **School/Grade:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Sailor's phone #:** \_\_\_\_\_ **Sailor's email:** \_\_\_\_\_

**Mother's Name:** \_\_\_\_\_ **Home #:** \_\_\_\_\_ **Work/Cell #:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Father's Name:** \_\_\_\_\_ **Home #:** \_\_\_\_\_ **Work/Cell #:** \_\_\_\_\_

**Email:** \_\_\_\_\_

Please send Race Team e-mails to:  Sailor  Mom's e-mail  Dad's e-mail  All

**Clothing Size** (Check One) **Adult Sizes:** Extra Small  Small  Medium  Large  Extra Large   
**Youth Sizes:** Small  Medium  Large

## EMERGENCY CONTACT

**NAME:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_ **RELATIONSHIP:** \_\_\_\_\_

**FAMILY DOCTOR:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

## Release of Liability and Hold Harmless Agreement:

I am the parent or legal guardian of \_\_\_\_\_, a minor ("Child"). To induce the Seattle Yacht Club, its employees, agents, insurers, members, trustees and officers (herein after collectively and individually referred to as "SYC") to permit Child to enroll and participate in SYC's junior sailing programs and related SYC activities, **I hereby release SYC and agree to hold SYC harmless from any and all claims for injuries to Child or damages suffered by Child as a result of negligence of SYC and accept full responsibility of the cost of treatment for any injury suffered by Child while participating in SYC programs or in transit to or from SYC.** I acknowledge that there is risk of injury inherent in sailing and accept the risk on behalf of the Child. I represent that I am authorized by every other person standing in a similar relation to Child to make this agreement on his or her behalf. The term of this agreement shall be one year, unless earlier terminated by written notice to SYC, except that it shall not expire or terminate as to occurrences while it is in effect.

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Yearly Payment Information:

**Check One:** SYC Junior Member: \$1000 \_\_\_\_\_ Non-Member: \$1200 \_\_\_\_\_

**Payment Method:** Paid in Full: Check\_\_ or Member # \_\_\_\_\_ Monthly Statements: \_\_\_\_\_

- Race team dues **apply for a one year period** from March 1<sup>st</sup> to February 28<sup>th</sup>. **Fees are annual and by signing the registration you agree to pay total amount.** If you join the team mid-year, the fee will be pro-rated accordingly.
- *You have the option to create a monthly recurring charge on a credit card. You can choose to pay the entire amount at once, or pay the annual fee in 12 installments. **The Race Team is an annual membership commitment, and may not be turned off and on during the year.** If, for some reason, you choose not to participate before the year is over, you are still responsible for the remaining amount.*