



## Shelby Race Team and Opti 3 Parent Handbook



**SPONSORED TEAM** Shelby Race Team and the Opti 3 program will receive the full resources of boats, equipment and coaching offered by YSF. This is an invitation only team.

## STAFF

- Mary Morgan - Sailing Director/Head Coach
  - P: (609) 744-8366
  - E: [mary.morgan@ysfirc.org](mailto:mary.morgan@ysfirc.org)
- Stu Keiller - Executive Director
  - P: (410)703-8660
  - E: [stu.keiller@ysfirc.org](mailto:stu.keiller@ysfirc.org)
- Eleanor Dixon - Secretary
  - P: 772-492-3243
  - E: [eleanor.dixon@ysfirc.org](mailto:eleanor.dixon@ysfirc.org)

**GATE CODE** Please find in email

**TEAM MISSION** To encourage student-athletes to strive for excellence on the sailing race course as well as in the classroom. The Shelby Race Team and Opti 3 program emphasizes sportsmanship, teamwork, self-discipline, and personal character to produce outstanding citizens on and off the water.

**TEAM GOALS** The goal for The Shelby Race Teams and Opti 3 program is to practice, train and compete with the intensity required to win the Treasure Coast Series. This is to be accomplished while respecting the values and ethics of our sport. In order to accomplish these goals, YSF requires a strong commitment from individual sailors and parents alike.

## PRACTICE SCHEDULE

### Saturday: 12:30 - 4

- Arrival 12:30 at latest.
- Rigged and Ready no later than 1pm
- 1pm Chalk talk
- Off water at 3:30 pm
- Derigged/Debriefed and ready to go home no later than 4 p.m.

### Thursday: 3:30 - 6 p.m. (Please arrive before 4 pm for rigging if possible)

- Arrival.
- Rigged and Ready no later than 4pm
- 4pm Chalk talk
- Off water at 5:40pm
- Derigged/Debriefed and ready to go home no later than 6 pm

**ATTENDANCE POLICY** Attendance is crucial to a sailor's growth and development within the sport. Attendance will be taken at every class. We ask sailors to attend at least 80% of classes, or not miss more than 6 sailing sessions in a season. If you know your sailor will not be attending class on a particular date, please contact the coach so he can plan accordingly. If your sailor cannot meet this expectation, he or she will be removed from the roster so that we can accommodate a student on the waiting list.

**REQUIREMENTS REGARDING SAFETY** Safety is our primary concern here at YSF. Each safety boat is equipped with a radio and first aid kit. It is imperative that at the start of the program all medical forms be completed. The Coach will have these forms accessible at all times. In the case of a possible concussion, parents will be contacted immediately to bring your sailor to the hospital for an examination. We then ask that your sailor does not return to sailing for the proper recovery time of two weeks. Should the concussion be severe enough we will call an ambulance from the waterfront.

The Sailing Director and Coach will receive the weather forecast in the morning. If there is a forecast of possible thunderstorms, then the instructors will be advised to pay particular attention to the weather conditions. Instructors will cancel all water activities if they see or become aware of any lightning in the area. All kids will be advised to go immediately into the classroom.

In order to ensure the safety of the YSF Sailing Program, there are certain requirements for sailors:

- All sailors must pass a swim test.
- All sailors must wear closed toed shoes.
- All sailors must bring refillable water bottles.
- All registration/medical forms must be completed prior to the sailor's arrival.
- All sailors must wear a Coast Guard approved Personal Flotation Device (PFD – aka life jacket) at all times when on the water, which must be fastened and have a safety whistle attached. This life jacket (PFD) must be a brightly colored, Type III or better with no collar that can get caught on the boat rigging. Type V inflatable life jackets should NOT be used in this course. PFDs are sized by user's weight. Be sure to purchase the proper size! Please write your name on the life jacket. YSF has life jackets on hand to lend.
- All sailors are responsible for rigging and de-rigging their boats.
- All classes will begin on time. Sailors that arrive late may have to miss class.

**SWIM TEST** All sailors joining the YSF for the first time are required to take a swim test. We conduct the swim test at Leisure Square, 3705 16th St, Vero Beach, FL 32960. The swim test is mandatory and students must pass in order to sail with YSF. If you cannot make the scheduled dates or time, please contact your coach to set up an alternative swim test. If no accommodations can be made, the swim test will be conducted in the Indian River Lagoon.

The swim test is as follows: swimming fifty yards, treading water for five minutes, and putting a life jacket on while treading water.

**CLASS LOCATION** We have a classroom where classes are conducted at the beginning stages of the sailing process. We will use the classroom during rain/bad weather, and in the case that the wind is too strong for beginner sailors or the boat itself. The class will meet and end in the classroom unless otherwise specified.

When we begin to sail our classroom is then on the water. This on-the-water classroom is usually located on the east side of the channel and south of the 17<sup>th</sup> Street Bridge. If a sailor decides to sail away from a course or drill, they may be putting the class in danger and asked to not sail for the rest of class or at the following practice. This is for the safety of the class as a whole.

**CODE OF CONDUCT** Sailors are expected to listen to instructors and coaches while on YSF property. There is a zero tolerance policy for any kind of bullying or physical abuse. If there are any issues, the sailor will be written up and the incident will be brought to the parent's attention. We have

a two strike policy. If your sailor is written up a second time they will be asked to leave the program and re-evaluation to return to the program will be considered at a later date.

**COMMUNICATION** The coach will communicate directly with the parents via email. This is the main form of communication; however, for more urgent matters, please call or text.

**SPECIAL INSTRUCTION** It is YSF's mission to provide to the Shelby Race Team and Opti 3 program the highest quality of coaching. With that comes an additional day of sailing, and clinics run by world class sailors. We do not ask for additional fees to cover these costs, we simply ask for participation, especially on the days that we have a guest coach. Please be aware of this and make your best attempt to always have your sailor at practice/regattas. Lack of participation may jeopardize a sailor's position on the team.

**PARENT RESPONSIBILITIES** While parental involvement is essential to the success of this program, no parent shall assume a coaching role and shall at no time be involved with coaching decisions regarding practices and regattas. Among the many activities where parents are expected to participate are:

- Serve as needed when requested by coach to be a land based and/or water based volunteer
- Team/Parent Communication
- Trailer boats to away regattas
- Assist with supervision at away regattas as needed
- Driver/chaperone duty on away Regattas
- Assist in carpooling to and from team practice and events
- Shall assist with loading and unloading boats that travel to regattas
- Shall participate in the annual Rock The Boat fundraiser

**STUDENT TRANSPORTATION** All transportation is the responsibility of each individual student and their parents. YSF does provide a bus to help transport students from school on Thursdays after practice. All transportation needs should be communicated with the coach, and she will work with the Transportation Director to do her best to accommodate all needs. Carpooling is recommended but is the responsibility of each student family to make their own arrangements and plans. Team Parents are encouraged to assist with the communications amongst the student families with respect to carpooling.

Transportation will be provided to all events. Do not let this discourage you from attending, parent support is crucial to sailor's development.

**BOAT TRANSPORTATION** Team Parent(s) shall identify those who can pull a trailer to and from the regattas and amongst the other Team Parent(s) identify who will be responsible on a per regatta basis to transport the trailer. Loading and unloading trailers with boats shall be the responsibility of the sailors with help from their parents. This should not become a burden to the Team Parent(s) as sailors and families MUST support and participate with the task of loading and unloading trailers.

### **STUDENT ATHLETE RESPONSIBILITIES:**

It is the role of each Student enrolled in Shelby Race Team to:

- Arrive on time!
- Listen to the coach to be a team player and work cooperatively with all instructors and peers.
- Follow US Sailing Code of Conduct and Ethics Guidelines

- Always treat all YSF boats, facilities, grounds and the Indian River with the utmost respect and care always showing a respect and appreciation for what has been entrusted to the program for its use and benefit.
- After every practice, perform proper maintenance and storage procedures for caring for the boats.
- Clean up the areas where practice and meetings occurred.
- Follow all of the rules and regulations of the YSF as posted and instructed by the staff
- Load and unload boats at the regattas
- Participate in the responsibility of boat maintenance as requested by the coach including but not limited to, washing and waxing personal chartered boats

**REQUIRED GEAR** Sailors must bring the following items to class everyday:

- Sailing clothes (bathing suit, shorts, rash guard-clothes that can get wet)
- Closed toe water friendly shoes – NO bare feet or Flip flops!
- Life Jacket (PFD) USCG approved type 3 – No buoyancy aids or inflatables
- Foul weather gear (we will sail in a variety of conditions, including rain)
- Water bottle
- Sunblock (applied before arriving to sailing and extra for reapplication)
- Additional Items that are suggested (hat, sunglasses, change of clothes, towel)

**Label all belongings! Lost, misplaced or stolen articles are not the responsibility of the YSF**

There is a lost and found in the classroom throughout the season. If your sailor loses something and does not reclaim it before the last class, it will either be thrown away or donated to Goodwill.

**BOAT CHARTER** Shelby Race Team participants will be assigned a boat for the season that they, and they alone will be responsible for. It is the sailor's responsibility to check the condition of their boat before and after practice to help with the ongoing maintenance of the hulls, rigging, center boards, rudders, lines, sails, dollies and trailers for practice and regattas.

All concerns should be immediately brought to the coach's attention and all repairs should be done with the guidance of coaches or volunteers, unless otherwise instructed.

## **PROGRAM COSTS**

Shelby:

Participation Fee Spring 2020: \$350

Payment schedule:               \$175 due February 15<sup>th</sup>  
   \$175 due March 15<sup>th</sup>

Opti 3:

Participation Fee Spring 2020: \$150

Payment Schedule:               \$75 due February 15<sup>th</sup>  
   \$75 due February 15<sup>th</sup>

**REFUNDS** A very expensive sport is being made affordable to all. It takes everyone's registration fee in order to keep the costs low. Therefore, there will be no refunds. No exceptions.

**FINANCIAL ASSISTANCE** While fees are necessary for the continuation of YSF's labor-intensive and equipment-intensive programs, as a 501(c)(3) non-profit organization, we do not want to exclude anyone on the basis of ability to pay. Scholarships are available and confidential. Please contact Executive Director Stu Keiller for more information.

**FUNDRAISING AND VOLUNTEERING** The costs for the sailboats, travel trailers, safety boats, fuel, boat maintenance, special coaching, all associated equipment and the coaching salaries are not fully covered by the participation fees. It is our goal to make sailing affordable. For us to be successful at this we require all students to be actively involved in the fundraising and volunteer efforts to offset the short fall. As a family every student who enrolls in the Shelby program, regardless of their financial means, shall participate in the fundraising efforts.

Please mark your calendar. **Rock the Boat is on March 18th** at 5pm. We will leave YSF at 4pm to sail/power to the moorings for a sailing demonstration. All Shelby sailors are required to attend.

**RELEASE OF STUDENT INFORMATION** The mission of Youth Sailing Foundation of Indian River County, Inc. is to provide Indian River County with educational, recreational, and competitive sailing programs for all ages in a fun and safe environment. We believe sailing has the ability to help young sailors develop into independent and confident adults. We also believe that through the sport of sailing, children can learn to focus, helping to better improve their grades in school. With your permission we can track your sailor's performance to see if sailing is in fact a contributing factor to success in the classroom. This information will be kept strictly confidential. It is important data we need for many of the grant applications we write, and helps to keep our costs at bay. While we cannot say definitively that a causative correlation exists between YSF sailing programs and improved academic performance, with your permission enabling us to begin tracking our students, we hopefully can confirm that our sailors as group perform better than their peer group as a whole.

The attached release form is routinely utilized by local non-profits such as Boys & Girls Club, Gifford Youth Achievement Center, Youth Guidance, and Dasie Hope. Please complete the top section with your student's information (including student ID#), sign where indicated, and return to the YSF coach or office as soon as possible.

**REGATTAS** Regattas are a great opportunity for sailors to see the results of what they have been practicing towards. All sailors should plan on attending regattas. If your sailor has never participated in a regatta please talk to the coach to make sure they are ready for the event prior to registering.

Every sailing regatta has a Notice of Race (NOR) that goes out prior to the start of the event with information on what to expect, how to register, cost of registration, boats that will be raced, guidelines illustrating the condition of the boat prior to racing, and various rules that should be followed while on the grounds and while racing. On the days leading up to the event and sometimes the day of the event there are Sailing Instructions (SI's) that are handed out illustrating what rules are in place, what the course will be, and how many races the sailors should expect. On the day of the event there will be a Skippers Meeting where the sailors meet with the Race Committee to go through the SI's to make sure all the racers understand the courses. At this time sailors are usually given a weather/postponement update, and are walked through some quirks of the racing area. It is imperative that prior to attending and sailing a regatta, sailors go through the proper steps of reading

the NOR, SI's, and are in attendance at the Skippers meeting. This ensures full preparedness prior to the start of the first race.

In addition to paying proper attention to all this information, sailors should consider being a member of US Sailing. US Sailing membership sends updates on events happening within the Sailing Community and is required for all US Level 1 instructors. One of the many perks included with membership is the Racing Rules of Sailing. This book provides them with all imperative information that they need before getting on a racecourse. We spend time covering these rules in class, but sailors should spend time on their own learning these rules as well. Membership to US Sailing can be found at: <https://www.ussailing.org/>

Finckh is another great recourse to use at home to learn the Racing Rules of Sailing (RRS). It is a Dutch video game and a recourse that we sometimes use in class on rainy days. Please see the website: <http://www.finckh.org/>

The following guidelines illustrate what to expect from each regatta series. They are to help sailors and parents understand the progression of regattas and what they should be working towards:

#### Florida East Coast Series:

This series is set with the goal to “bring OPTI sailors together for fun, consistent racing and comradery. All skill levels, including novice sailors are welcome. The emphasis will be on seamanship, sportsmanship, and fun.” If your sailor is new to the team, they should be working towards attending these events. They usually run around \$20 in cost and there are 5 every season between Melbourne and Palm Beach. To register for these events, sailors need to go the Florida East Coast Series website. Please do so at least two weeks in advance to avoid having to pay a late fee and so the coach can plan for the event accordingly. There is an overall series trophy handed out at the end of the season. This series is great for first time racers, and those prepping for higher standards of competition alike. Here at YSF we strongly encourage all sailors to participate in the FEC Series. Please visit the website for more information: <https://www.floridaeastcoastseries.com/>

#### USODA and JO REGATTAS:

Opti sailors that are ready for the step up above Florida East Coast Series should plan to attend USODA and JO events. These events are usually two day events and have a Green Fleet for first time competitors and a Championship fleet consisting of Red White and Blue Fleets. White is for 10 and under, Blue is for 11 and 12 year olds and Red is for any sailor 13 to 15. After the age of 15 sailors age out of the opti. Trophies are handed out to the top competitors of each fleet. Please consult the coach before signing up for these regattas to discuss what fleet to compete in. Registration should be submitted at least a month in advance to attend these regattas and fees are usually upwards of \$100. In addition sailors usually need to be a member of the governing body of the opti class, United States Optimist Dinghy Association (USODA) prior to competing. Calendars and more information regarding these events can be found at the USODA website: <https://www.usoda.org/> and for more information on Junior Olympics (JO's) please go to the US Sailing website click on competition and find Junior Olympics under the Youth section: <https://www.ussailing.org/competition/youth-sailing/junior-olympic-sailing-festival/>

## Spring 2020 Regatta Schedule

2/8 – 2/9	Valentine's Day Regatta	St. Petersburg FL
2/16/2020	FECS	Palm Beach Sailing Club
2/29 - 3/1	Buccuneer Blast	Upper Keys
3/7 - 3/8	Sunshine States	USSCMC
23-Mar	Rock The Boat	
3/28 - 3/29	Sarasota SailFest	Sarasota
5-Apr	FECS	YSFIRC
19-Apr	FECS	USSCMC
3-May	FECS	Melbourne YC

## Full Spring Schedule:

Date	Event	Location
16-Jan	Practice	YSF
18-Jan	Practice	YSF
23-Jan	Practice	YSF
25-Jan	Practice	YSF
30-Jan	Practice	YSF
1-Feb	Practice	YSF
6-Feb	Practice	YSF
8Feb - 9Feb	Valentines Day Regatta	St. Petersburg
13-Feb	Practice	YSF
15-Feb	Practice	YSF
16-Feb	FECS #1	Palm Beach
20-Feb	Practice	YSF
22-Feb	Practice	YSF
29-Feb	Buccuneer Blast	Upper Keys
5-Mar	Practice	YSF
7Mar - 8Mar	Sunshine States	USSCMC
12-Mar	Practice	YSF
14-Mar	Practice	YSF
19-Mar	Practice	YSF
21-Mar	Practice	YSF
23-Mar	Rock the Boat	Quail Valley River Club
28Mar - 29 Mar	Sarasota Sailfest	Sarasota
2-Apr	Practice	YSF
4-Apr	Practice	YSF
5-Apr	FECS #2	YSF
9-Apr	Practice	YSF
16-Apr	Practice	YSF
18-Apr	Practice	YSF
19-Apr	FECS #3	USSCMC
23-Apr	Practice	YSF
25-Apr	Practice	YSF
3-May	FECS #4	MelbourneYC



