

Introduction to the Championship Optimist Fleet at CGSC

The Optimist is the world's most popular youth sailing trainer in existence with over 150,000 vessels registered with the class association. The Optimist is sailed in over 120 countries and it is one of only two dinghies approved by World Sailing exclusively for sailors under 16 years of age. At the London Olympics in 2012, 80% of all boat skippers were former Optimist sailors, most of them having reached international level in the Class.

So congratulations! You are part of a rich and great international tradition here at CGSC, and you have a lot to look forward to stepping into the competitive world of Optimist Racing. But first, what is the Championship Fleet at CGSC?

Red, White, and Blue Explained

Within the Optimist Circuit, the competitors are divided in Fleet Racing (more on that later) by age into three divisions. Sailors fall into the different fleets based on age, not skill level

White 10 years old or under

Blue 11 to 12 years old

Red 13 to 15 years old

In the United States the Optimist Class is overseen by the USODA (United States Optimist Dinghy Association) and they host sanctioned regattas all over the United States (*USODA Qualifiers*). Our ultimate goal in the CGSC Championship Optimist Fleet is to qualify for the World Championship one day. It is the highest honor an Optimist sailor can receive, and only 5 sailors are allowed into the Worlds per country. CGSC has the distinction of being the only club to send almost all the sailors representing the US two years in a row! (1984 and 1985 optimist worlds) so the potential for success in Optimist Racing is there.

USODA, TTQ and the National Team

There are always plenty of questions regarding how the USODA system works. Here is a handy guide to how USODA regattas work, why they matter, and how exactly to get to Team Trials.

>USODA Regattas

The United States Optimist Dinghy Association hosts several Championships and regattas throughout the year, around the country. Some examples are-

- Sunshine State Championship
- Valentine's Day Regatta
- Midwinter's

Each USODA-sanctioned event is a qualifying event for Team Trials which is an invitation-only event, and you can only register for a USODA event if you are a member of the class organization! As you can see, attending USODA regattas is absolutely required for those sailors wishing to compete at a high level.

>Team Trials and the Spring Team Qualifier (STQ)

TTQ, STQ, Trials, USODA, so much information! When talking about Team Trials, keep in mind that this is a very tough event to get invited into and as such it is a great honor for a sailor to make it to the regatta. Only the best 300 or so sailors ever make it to Trials each year and considering there are over 5,000 registered sailors in the United States, that is a great accomplishment. But how exactly do you get into Trials, much less the National Team?

Each USODA qualifier (with the exception of Nationals) invites the top-scoring 25% of the entire regatta, meaning that if there are 100 sailors registered in the regatta, the top 25 sailors in the Gold Fleet will receive an invitation to the regatta, assuming they are sailing with a USA number.

Team Trials is one of two regattas that the USODA uses to select the members of the International Teams who go on to represent the USA in different events such as

- IODA Europeans
- British Nationals
- IODA South Americans

The only other events the National Team members may be selected from is the Spring Team Qualifier and Nationals. The Spring Team Qualifier, along with Team Trials a focus for us in the CGSC Championship Fleet because they are the only regattas where members of the international teams may be selected from. Please read on to learn more about the three groups and their goals relating to Team Trials.

The Development Team

Modeled after the old USODA Development Team, the first group a sailor lands in after Green Fleet is the Development Team. This group is focused on four key points in order to facilitate the transition into the next championship fleet group –

1. Understanding the Sport
2. Developing a physical training regimen
3. Great boat handling
4. Learning to develop a process to reach goals as a sailing athlete

Sailors in this group will be learning the fundamentals of high-level opti sailing (understanding the sport) and working on creating good habits on and off the water that will allow them to reach their competitive goals. This championship fleet team is required to attend at least one USODA event a year in order to facilitate the transition into the larger championships.

CGSC White

Once a sailor has demonstrated the ability to compete at a higher level and begin to progress in results and in physical ability, the sailor will be promoted to the CGSC White Team. The term comes from the club burgee which is white lettering on a Royal Blue burgee. This Team is for sailors who have decided that Opti racing is for them and they want to work towards achieving success on the Opti Circuit. This group will be primarily focused on qualifying for the USODA Team Trials which is the premier event in US

Opti sailing where the US National Team will be selected from the top achieving sailors. Sailors in this team are REQUIRED to A) Own their own boat and B) Attend all USODA qualifiers in the state of Florida.

CGSC Blue

The CGSC Blue team is for sailors who are absolutely dedicated to their sport and demonstrate it in their behavior, dedication to their physical training and on-the-water training. These sailors are able to operate at a higher training level and the coaching will meet their needs. This team is NOT for sailors who do not put in 110% each and every day they are sailing. As such, their training regimen and equipment requirements are different, as are the requirements for being in this group. ONLY the top performing sailors across all aspects (results, TTQ status, physical ability, behavior, etc) will be invited into this team. The goal for this team is to place onto the International Teams, and eventually onto the National Team.

So what about Practices?

The key to improving in anything, but especially sailing, is PRACTICE PRACTICE PRACTICE! That is why it is important to attend every time we have practice. RWB Optis Practices Wednesdays (3:30-6:00 PM) Saturdays (9 AM-5 PM) and Sundays (10 AM-5 PM). We understand it might be difficult to get to the club during the week, but for us to help your sailor do their best in CGSC Sailing, Saturday and Sunday practices are mandatory. Of course, if there is a family emergency, a prearranged trip or other extenuating circumstances or events we understand. However, it cannot be stressed enough that it only hurts the sailor if they miss most of their practice days. Attendance will be recorded and will be considered in sailor progress and promotion into the next group.

Before Practice

The most important part of sailing is your preparation. There is saying that goes “Early is on time, on time is late” and we think it’s crucial to success in RWB. Arriving early allows a sailor to rig their boat properly and on time, get changed and be ready for the day’s activities.

We will teach your Opti Sailor how to prepare their boat and how to race. It is up to you to prepare against the wind and weather, so we have compiled a list of required equipment for RWB Racing:

Required Equipment

1. USCG Approved Type 3 Lifejacket
2. Sailing Shoes
3. Gloves
4. Spray Top
5. Spray Pants
6. Refillable Water Bottle
7. Hat
8. Sunglasses
9. Waterproof watch with timer function
10. Copy of Racing Rules of Sailing 2017-2020
11. Tape Measure 16'
12. Sun Protection (Buff/Sunscreen)

Sailors must bring their equipment to every practice, as the weather changes on a daily basis and if it is windy, the cold wind and water will put kids at risk of hypothermia. Lack of sun protection and water can also put a sailor at risk of dehydration, so it is very important to bring both each and every time they go sailing.

We suggest other equipment that helps a sailor be more comfortable out on the water, please take a look at our Guide to Gear for more information on how to dress in different conditions

What do they do at Practice?

Each day sailors will work on a different topic and practice different skills. Our focus in RWB is preparing them for the high level of competition they will experience in the Red White Blue Fleets, so they will be working on 3 key skill areas: Technical, Tactical, and Physical.

1. Technical
 1. Tacking and Gybing
 2. Sailing by the Lee
 3. Upwind and Downwind Technique
 4. Mark Rounding
 5. Starting Line
 6. Sail Trim
 7. Rigging your Boat
2. Tactical
 1. Wind Awareness
 1. Shifts
 2. Puffs and Lulls
 2. Course Awareness
 1. Tide and Current
 2. Left vs Right Side
 3. The Start
 3. The Rules
3. Physical
 1. Swimming
 2. Jogging
 3. Bodyweight Training
 1. Pushups, Pullups, Wall Sits, Crunches
 4. Soccer

So as you can see, they will be learning a lot of things over the next 16 weeks. Over those weeks, kids are bound to be kids and we want everyone to be safe and have fun, so we have set out a Code of Conduct that we expect every sailor to abide by.

Sailor Code Of Conduct

Coconut Grove Sailing Club has an elite Optimist and Laser dinghy racing program for young sailors. The goal of the program is to develop outstanding sailors; maintain the safety of all participants at all times; promote ethical behavior; and teach life-long lessons about character, teamwork, and respect for others.

Participation in the Coconut Grove Sailing Club's youth sailing program is a privilege. To participate in the program, youth sailors are expected to meet the following expectations. Failure to meet these expectations can be grounds for discipline, including being sent home from a practice or event, suspension, or termination from the youth sailing program.

Safety

Maintaining the physical safety of sailors, coaches, and others is the top priority of the Coconut Grove Sailing Club Youth Sailing Program.

- Follow all safety procedures and instructions given by race officials, regatta hosts, and other responsible adults.
- Provide assistance if another person is in danger. Notify a coach or other responsible adult if you think another sailor is in danger.
- Always wear a personal flotation device while on the water.
- Do not leave Coconut Grove Sailing Club or the site of an event without first obtaining personal permission from a coach, parent or event host. Sailors are personally responsible for obtaining prior consent from a responsible adult; it is not permissible to have another person convey a message that you are leaving.
- Travel to away events and regattas with a responsible adult, other than a coach, who is responsible for you when you are not on the water or at the venue.

Sportsmanship

Sailors should respect the values and rules of the sport of sailing, and remember that they are members of a team.

- Compete ethically within the Racing Rules of Sailing and other applicable rules governing the sport of sailing.
- Demonstrate principles of good sportsmanship. Act gracefully when you win and lose: do not gloat when you win, and do not sulk when you lose.
- Follow the direction and authority of coaches and responsible adults. Accept constructive criticism from coaches. Do not talk back to coaches or team leaders.
- Support your teammates at practices and regattas. Do not only think about yourself and your own performance. Attend as many practices as possible, and show up and depart at the appointed times with all of your equipment.
- Behave and dress at all times in a manner consistent with the high standards expected of youth sailors at Coconut Grove Sailing Club.
- Remember that you are an ambassador of the Coconut Grove Sailing Club. It is a privilege to be a member of the Coconut Grove Sailing Club Youth Sailing Team. Never act in a way which would be embarrassing or detrimental to the Coconut Grove Sailing Club.

Respect for Others

Sailors are expected to act in a respectful way toward others at all times.

- Set a good personal example for everyone supporting the principles of honesty, integrity and good sportsmanship.
- Respect the property of others. Do not use another person's property without permission, steal or damage another person's property. Do not use hoists, sailboats or any equipment of the Club without the knowledge, permission or direction of the coaches.
- Treat other sailors, coaches, regatta officials, parents, hosts and all others with respect, regardless of race, religion, gender, national origins, culture, sexual orientation, disabilities or abilities.
- Do not engage in verbal, physical or emotional abuse of anyone, and do not tolerate such conduct by others. Do not use profane, insulting, harassing, humiliating or otherwise offensive language. Swearing is prohibited.
- Do not physically fight, hit, or inappropriately touch other sailors.
- Resolve the disputes with other sailors in civil and respectful manner. If you cannot resolve the dispute directly with the other sailor, go first to coaches and then to the club managers with any problems or questions.
- Do not tolerate or engage in bullying. Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance, and which is repeated or has the potential to be repeated over time, for the purpose of socially excluding, diminishing, or isolating the targeted person. Work with sailors, coaches, parents and other Club personnel to address potential incidents of bullying.
- Do not tolerate or engage in hazing activities involving persons associated with the Youth Sailing Program. Hazing is any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional or physical harm, regardless of that person's willingness to participate.

Drugs/Alcohol

A drug-free environment is necessary in order to achieve individual and team success.

- Do not use alcohol, tobacco, or drugs not prescribed to you.
- Do not tolerate the use of alcohol, tobacco or non-prescribed drugs by other team members at the Club or at regattas.

Regattas: The Long and the Short of It

To represent your club, your state, your country is the highest honor an athlete can bestow on themselves, so to say that the point of RWB is to race is an understatement. Regattas are a fun learning experience not just for the sailor, but also for the family. To test their skill and have their family and friends cheer them on is an exciting event and it really should be experienced by all who compete in Optimist Sailing.

OCT 27th through 28th	Halloween Howler	Coconut Grove Sailing Club
NOV 10th	Naples Cup	Naples Community Sailing Center

through 11th		
NOV 21st through 24th	USODA Midwinter Championship*	Southern Yacht Club
DEC 1st through 2nd	Junior Olympic Festival	US Sailing Center Martin County
DEC 27th through 30th	Orange Bowl International Youth Regatta	Coral Reef Yacht Club

We have selected 5 regattas to place on the Fall 2018 calendar. The best way to get better at sailing is to test your skills against other, more skillful sailors. They say that you learn more at one regatta than you do in a month of sailing, therefore it is only better for the sailor to attend as many regattas as possible. Our Halloween Howler is the only regatta the club hosts exclusively for our youth sailing program, therefore we are asking this year that all of our team attend.

My First Away Regatta

Out of town regattas are great opportunities for our sailors to expand their skills and share great experiences with their families. To get the most out of these activities advanced planning and commitment from both sailors and parents will be required. Look at the schedule and decide which regattas you plan to attend. Ask your coach any questions that can help you make a decision.

If I plan to go, what do I need to do?

5. Go to the Coconut Grove Sailing Club Youth Sailing page and register online with the Club first so that we know you will be attending this event. Try to register early so we can coordinate as a team.
6. Go to the web site of the host regatta (link is on the Calendar of Events) and download the Notice of Regatta. You can then register for this regatta on-line or print out forms to register by mail. Be sure to note any deadlines and try to register early. Print any pertinent registration forms to bring to the regatta for backup.
- a. If this is your first time registering for a regatta, be sure to also register with the sanctioning body (US Sailing, USODA, etc.)
7. Hotel reservations. CGSC tries to reserve a block of rooms at a convenient hotel very close to the event. We ask that you use this service because firstly, the team stays together which makes it easier for the coaches to work with the sailors, and secondly, arrangements will be made for each booking to receive the best rate possible not only for you but for our coaches which will be a direct savings to all of us. Only a limited number of rooms will be available so book early.

What about my boat and gear?

If you plan to put your boat on the trailer, please let your coach know. Prior to the regatta the coach will announce a time for loading hulls, usually at the last practice before the regatta.

GREEN SAILORS that use club boats: boats, sails, and blades will be assigned to you for each regatta. In order to get this equipment to the regatta, you must inform the team you are going by registering for the event on the Coconut Grove Sailing Club web site calendar. Otherwise there will be no equipment for your sailor to sail with. It is imperative to register early with the team coordinator.

OPTI SAILORS are responsible for taking their own sail, spars, blades, life jacket and dolly with them. They will not be taken on the trailer or coach boat.

LASER SAILORS are responsible to load your own boat. The laser trailer can accommodate your spars, blades and dolly. In all cases, you load your boat at your own risk. CGSC will not be responsible for damages, theft or other loss. Loading your boat on the trailer is your acknowledgment of this waiver of liability.

What else do I need to bring?

8. Sailing gear (life vest, whistle, gloves, foul weather gear, tools, tape, sun glasses, towels, water bottle, suntan lotion, hat, tape measure.....)
9. For each regatta, a parent/parents will be designated to supply water and snacks for the coach boats. The cost will be divided equally based on the number of sailors.

What next?

Drive yourselves to the regatta. Check in, get a good night's sleep and be at the regatta venue early, normally 8 a.m. or earlier. Print out and keep with you a Notice of Race or the Sailing Instructions for the regatta, as it contains most of the information you will need for times and locations at the venue. We will firm that up on the Sunday before we go. Make contact with your coach or other sailors to check for any last minute issues or changes.

Regatta Day

10. Get to the Regatta site early.
11. Bring your gear bag, sail and blades and anything you need as you will not have time to go back to your room.
12. You need to find the Group. Look for the Club Trailer.
13. Unload your boat from the trailer. This is a team effort. Please help each other load and unload boats and equipment. It does not matter what place your boat ends up on the trailer on the way there or the way back. First come, first served.
14. Have your sailor rig his/her boat.
15. While your sailor is rigging his/her boat or before, go to the registration table and finalize your registration.
16. After the sailor rigs his/her boat have the coach check it. This can only happen if you are ready early.

Team Meeting

17. The coach will call a team meeting prior to the skippers meeting.
18. At this time the coach will review the Sailing Instructions and update the sailors.

Launching and Recovery

19. Parents should stay around to help the sailors launch. CGSC prides itself in helping not only team members but any other sailor who needs assistance in launching.
20. Parents should arrive early at the end of the sailing day (usually 3 or 4) to help sailors and boats back on to land.
21. Store boats for the night as directed (sometimes upside down, sometimes in a secured area.)

Afternoon and Evening

Every regatta is a little different. We usually try to have some type of activity as a Group. It could be dinner out, dinner at the hotel pool (pizza or something), Bowling, Go-Kart racing.... We will pass the word around in the afternoon. Attendance is not mandatory but we find that it adds to the experience for both sailors and their families. The cost is split evenly with those who participate if we eat as a group. The coach will give the kids a curfew and a time to be rigged and ready to sail in the morning.

After the Last Race

22. Bring your boat back to the trailer and load your boat yourself.
23. All sailors and families should help each other.
24. Usually we will have the kids stay and attend the trophy presentations, even if they haven't won anything If you have them, have your child wear the sailing team blue polo shirts.

Parent Helpers

25. We usually need a parent that will help put waters and snacks on the coach boats each morning of the regatta. That parent is usually a volunteer, but if we don't get one, someone will be assigned.
26. We will need volunteers to help launch and retrieve coach boats.
27. We will need volunteers to tow the Club Opti trailer and also coach boats (usually 2 or 3 boats).

General Information

Lunch for the kids is usually provided by the regatta hosts and the cost is usually included in your registration. If your son or daughter has special dietary needs or requests, please bring these items along with you. Parents are ultimately responsible for their registration for the regatta and the hotel accommodations. We also want to remind you that you are responsible for your child's behavior at all times. Additional information concerning regattas can be found on the CGSC website, the website of the regatta host and by calling your coach. DO NOT PROCRASTINATE on organizing your sailors for out of town events. The earlier you prepare, the smoother and easier these events will be for all concerned.

Conduct Policies for Regatta Attendance

As you can see there is plenty to do, but please do not forget that at a regatta you are representing Coconut Grove Sailing Club and must act accordingly (Sailors especially!)

28. Calendar away regattas, clinics and events in advance.
29. Each sailor is responsible to be ready to go WITH ALL NECESSARY CLOTHING, EQUIPMENT, REGISTRATION, FEES, IDENTIFICATION, AND REQUIRED MATERIALS at least fifteen (15) minutes before the appointed time for leaving.
30. Each sailor is to be supervised by a Responsible Adult at away regattas, clinics and events. This is the CGSC rule and CGSC takes no responsibility for sailors who violate this rule, although no sanction will be imposed if, at a minimum, each sailor is supervised by an adult over the age of 21 that accepts this responsibility at away regattas, clinics and events. A Responsible Adult shall be a parent or family member of the age of 25 of a CGSC sailor who has accepted responsibility for the sailor in advance and so notified the coach or team leader. No Responsible Adult shall be responsible for more than six (6) sailors. The Responsible Adult shall be solely responsible for the sailors except when in the charge of the coach or team leader. The coach or team leader shall only be responsible for the sailors from the designated arrival time at the venue until the designated departure time from the venue.
31. When appropriate, CGSC shall designate a team leader for away regattas and events. In such circumstances, the team leader shall assist the coach with logistics, discipline and other situations that may arise. Sailors shall obey the directives of the team leader.
32. Parents must assist in towing sailboat and coach boat trailers to away regattas, clinics and events.
33. Sailors do not drive themselves or other sailors or tow equipment to away regattas, clinics and events.
34. Sailors stay only at accommodations approved by the CGSC coach and supervised by a Responsible Adult on the premises.
35. Sailors only stay in rooms of sailors of the same sex.
36. Sailors do not room with coaches, assistant coaches, regatta organizers or adults other than their parents or an adult designated by the sailor's parents.
37. Sailors are responsible for the condition of and agree to pay for damages to all CGSC, borrowed or rented boats and equipment from the moment they receive possession of it in connection with an away regatta, clinic or event.
38. Sailors are bound by the CGSC Code of Conduct in connection with their participation in any away regattas, clinics or events, whether participated in by a CGSC coach or not.
39. Unless directed otherwise by a CGSC coach, team leader or Director of Youth Sailing, any sailor who withdraws or is taken out of competition shall leave the site of the competition under the direct supervision of the parent or Responsible Adult.
40. The Rules of Conduct apply to sailor's conduct going to, during the actual event, through evenings and lay days, and coming back from any away regattas, clinics or events.
41. Sailors and their supervisors are responsible to promptly pay all debts related to registration, food, housing and all other costs associated with participation in any away regattas, clinics or events.

For Parents

Coconut Grove Sailing Club has an elite Optimist and Laser dingy racing program for young sailors. The goal of the program is to develop outstanding sailors; maintain the safety of all participants at all times; promote ethical behavior; and teach life-long lessons about character, teamwork, and respect for others. Participation in the Coconut Grove Sailing Club youth sailing program is a privilege. The youth sailing program can only be successful if everyone – coaches, sailors and parents – works

together in pursuit of these goals. The Club has developed Codes of Conduct for coaches, sailors and parents so that everyone has common expectations. The Club has the following expectations of parents of youth sailors:

Understand Your Role

Every person in the program has a role. Each person in the program must understand and respect the roles of different participants.

- Sailors are the competitors responsible for their own efforts, behavior and success. Since parents are not the competitors, they should encourage their children's independence as it relates to sailing rather than assisting them directly. For example, parents should avoid rigging children's boats, because that is part of the learning experience.
- Coaches are athletic trainers and educators who are primarily responsible for teaching the children how to sail. While parents provide critical guidance and are ultimately responsible for their children, parents must allow the coaches to do their jobs. Parents should support the coaches in tactical decisions and management of sailors competing in regattas. For instance, while spectating during regattas, parents normally should stay away from their sailors so they have time to seek the advice of coaches; not give sailors food or drink that will hurt the sailors' ability to perform; and generally set a positive tone for the children.
- Parents provide support for their children and the program. Parents essentially are partners with the Club in running the program. The program cannot function without engaged parents.

Safety

Maintaining the physical safety of sailors, coaches, and others is the top priority of the Coconut Grove Sailing Club youth sailing program.

- Assume responsibility for the safety of your children and other sailors.
- Follow all safety procedures and instructions given by race officials, regatta hosts, and other responsible adults. Provide assistance if another person is in danger.

Respect for Others

Parents are critical role models for sailors, and must conduct themselves as such.

- Set a good personal example for everyone supporting the principles of honesty, integrity and good sportsmanship.
- Respect the property of others. Do not use another person's property without permission, steal or damage another person's property.
- Treat sailors, coaches, regatta officials, parents, hosts and all others with respect, regardless of race, religion, gender, national origins, culture, sexual orientation, disabilities or abilities.
- Do not engage in verbal, physical or emotional abuse of anyone, and do not tolerate such conduct by others.
- Avoid the use of profane, insulting, harassing, humiliating or otherwise offensive language in the presence of sailors or coaches. Never use such language in communications with coaches. Mistreatment of coaches is grounds for removal from the program.

Respect for the Sport

Parents should respect the values and rules of the sport, and teach those values to all sailors in the program.

- Teach sailors to compete ethically within the Racing Rules of Sailing and other applicable rules governing the sport of sailing. Do not teach sailors to violate the Racing Rules of Sailing.
- Do not be a source of outside help that would cause any competitor to break Rule 41 of the Racing Rules of Sailing.
- Respect exclusion zones on race courses at regattas. When Club parents ignore the boundaries of where spectator boats can be located, it reflects badly on the entire program.

Support the Club

The youth sailing program cannot function without the engagement and support of its parents. Parents need to do more than drop off their children at practice and show up at regattas.

- Timely pay all fees needed for your children to participate. The youth sailing program is self-sustaining, which means that participant fees are necessary to pay its basic expenses. Parents also are responsible for timely paying the costs of any private coaching sessions involving their child.
- Volunteer to help with the logistics of practices and regattas. Participant and regatta fees do not cover every expense associated with the program. The Club reduces its participant fees based on the assumption that parents will help with the logistics of towing boats, providing water and snacks at regattas, and helping to organize and run Club regattas. The Club expects the parents of every sailor to help with towing, snacks and/or Club-sponsored regattas at least several times a year. Children of parents who refuse to assist the program may not be invited to return, and in the case of a parental refusal of reasonable assistance during the season, sailors may be asked to leave the program.
- Be a good representative of the Coconut Grove Sailing Club. Even if you are not a Club member, you are the face of the Club at regattas and other events. Avoid any conduct which would be embarrassing or detrimental to the Coconut Grove Sailing Club.

Conduct Yourself as a Responsible Adult

Parents are the primary adults present at most sailing-related events and must conduct themselves in a responsible way.

- Do not physically discipline, strike, or inappropriately touch other children. Be a positive influence on the Club's sailors.
- Do not tolerate or engage in bullying. Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance, and which is repeated or has the potential to be repeated over time, for the purpose of socially excluding, diminishing, or isolating the targeted person. Work with sailors, coaches, parents and other Club personnel to address potential incidents of bullying.
- Do not tolerate or engage in hazing activities involving persons associated with the Youth Sailing Program. Hazing is any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional or physical harm, regardless of that person's willingness to participate.

Drugs/Alcohol

- Do not tolerate the use by sailors of alcohol, tobacco, or drugs not prescribed to them.
- Use alcohol in moderation at the Club and at regattas. The sailors are very aware of the conduct of adults around them, which means that parents need to stay in control of themselves at the Club and on Club-related trips.

The End

Sailing is a fun and enriching sport that can be enjoyed by kids and parents alike. We hope that you enjoy the next 16 weeks together, and know that if everyone understands their role in the program, we can be the best team on Biscayne Bay. Please take the time to ask questions and learn from the coaches, as they are here for the sailors and the parents, and if you need to reach the director or the program manager, don't hesitate to reach out.

Alberto Olivo

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CGSC Youth Sailing Policies Agreement

I hereby agree to the stipulations of this Orientation Manual and agree to follow the set guidelines. I understand that if I do not do so, I risk being asked to leave the program and forfeit all or some of the associated program fees.

Sailor's Printed Name

Acceptance of Conditions by Parent 1 of Sailor

Date

Acceptance of Conditions by Parent 2 of Sailor

Date