



Corsica River Yacht Club

Junior Sailing Program
PO Box 24, Centreville, MD 21617

Developing sailors since 1937

2011 REGISTRATION PACKET

To all participants and parents/guardians,

Please fill out one complete set of forms for each student and return the CRYC at the above address. We've made our registration process very straight forward, but we need your payment and signatures to complete the process.

Building on the tradition of many years of sailing instruction on the Corsica River, the CRYC 2011 Junior Sailing Program is partnering with Gunston Day School and their nationally recognized sailing coach this year. With this partnership, CRYC instructors will receive 4 days of instructor clinics and US Sailing Level-1 certifications to bring a national quality level of instruction to our sailors. This year will also bring a new curriculum developed by Amy Gross-Kehoe of Gunston to our Junior Sailing Program. Our sailors can look forward to new activities both on and off the water to be used in learning the basics of sailing and seamanship in a very fun and safe environment.

Our Program offers a variety of sessions to help meet your time needs and the skill-levels that you desire to develop.

Safety & Discipline

Class sizes are limited for safety and are filled on a first come, first served basis. Sailors must bring their own snacks or lunches and drinks.

All participants in the program must pass a simple swim test given on the first day of instruction. Each sailor must provide and wear an approved personal flotation device (PFD) at all times while on the water. Closed toed shoes must be worn at all times (no sandals no exceptions). All sailors and parents will sign a Code of Conduct to help to ensure each session is run smoothly as CRYC is committed to maintaining a safe and positive environment for young people.

Registration Confirmation and Early Bird Discounts

The early bird discount will be \$50 for multi-week sessions only. This discount will be applied if both your registration package with \$100 deposit is postmarked by April 1, 2011 and your final payment is postmarked by June 1, 2011.

Balance Due

The balance for all sessions is due by June 1, 2011. Reservations accepted after this date will need to be paid in full upon registration.

Refund Policy

CRYC will refund the full registration fee for any session until June 1, 2011. After this date, no refunds will be granted.

2011 CRYC Junior Sailing Program Schedule

| PeeWee Sailing Sessions | | | | |
|---------------------------------------|------|-----------|----------|----------|
| \$175 CRYC Members, \$200 Non-Members | | | | |
| Course | Ages | Dates | Duration | Times |
| PeeWee 1 AM | 6-8 | Jul 5-8 | 4 days | 9am-12pm |
| PeeWee 1 PM | 6-8 | Jul 5-8 | 4 days | 1pm-4pm |
| PeeWee 2 AM | 6-8 | Aug 15-18 | 4 days | 9am-12pm |
| PeeWee 2 PM | 6-8 | Aug 15-18 | 4 days | 1pm-4pm |

* Above sailing sessions are limited to 10 PeeWee's maximum for each AM & PM session. These sessions may be coordinated with Gunston for participation in their half-day sports camp.

| Racing Clinic | | | | |
|---------------------------------------|-------|---------|----------|---------|
| \$300 CRYC Members, \$350 Non-Members | | | | |
| Course | Ages | Dates | Duration | Times |
| 420 Racing Session | 12-16 | Jul 5-8 | 4 days | 9am-4pm |

* Some racing experience required. This clinic is NOT for beginners.

| Beginner & Intermediate Sailing Sessions | | | | |
|---|-------|-----------------|----------|---------|
| \$450 CRYC Members, \$500 Non-Members (2-week sessions) | | | | |
| \$675 CRYC Members, \$750 Non-Members (3-week sessions) | | | | |
| Course | Ages | Dates | Duration | Times |
| Optimist Session A | 9-11 | Jun 20 – Jul 1 | 10 days | 9am-4pm |
| 420 Session A | 12-16 | Jun 20 – Jul 1 | 10 days | 9am-4pm |
| Optimist Session B | 9-11 | Jul 11 – Jul 29 | 15 days | 9am-4pm |
| 420 Session B | 12-16 | Jul 11 – Jul 29 | 15 days | 9am-4pm |
| Optimist Session C | 9-11 | Aug 1 –Aug 12 | 15 days | 9am-4pm |
| 420 Session C | 12-16 | Aug 1 –Aug 12 | 15 days | 9am-4pm |

* Early bird discount may apply to these sessions.

Our Sailing Sessions

PeeWee Sailing

These sessions are intended for children 6 to 8 years old. Sailors will have fun while they learn water safety and basics of seamanship in half-day sessions over this 4-day program designed to raise their comfort level in and on the water. CRYC's instructor staff will implement a curriculum designed by Gunston Day School's Waterfront Director and Head Sailing Coach, Amy Gross-Kehoe, using CRYC's 8 foot Optimist dinghys. The shallow water off Ship Point's beach is an excellent place for kids to learn basic boating skills and also allows for enjoyable swimming or playing on the beach.

Gunston Summer Program (full-day option) - Sailors have the option to be transported to and from Gunston by certified instructors to join the Gunston All-Sports Camp on the remaining half of the day to provide a unique and well rounded full day camp experience.

Beginner & Intermediate Sailing

These two and three week sessions offer sailors from 9 to 16 years old the opportunity to learn basic and intermediate sailing skills. Sailors 9-11 will learn in our 8 foot Optimist dinghy while older sailors 12-16 will learn in our 14 foot double-handed 420 dinghy. The instructors really get to know the children and adapt to their learning needs. The first day begins with a review of safety procedures and an on-the-water swim test. As the program continues, children learn how to successfully rig a boat, capsize safely and recover, learn to sail different points of sail, knot tying skills, and how to safely dock their boats.

Local Regatta Participation – The CRYC Junior Sailing Program will participate in the RHYC and CRYC Junior Regattas this year. This is an opportunity for our sailors to experience competition and having FUN with other sailors their same age.

420 Racing Clinic

This special 4-day clinic is intended for experienced sailors 12-16 years old to practice and build upon their racing skills and boat handling. Sailors will practice in our 14 foot double-handed 420's under the supervision and coaching of our staff to improve their starts, mark roundings, spinnaker handling, tactics on the race course, and their knowledge of racing rules. This is a great clinic to help prepare upcoming racers for junior regattas later in July. This clinic is NOT for beginners and is meant for serious sailing enthusiasts with some prior regatta experience.

Our Facility

The Corsica River Yacht Club has undergone significant changes in the past few years. The facility now has a large open pavillion with separate girls/boys bathrooms and a large storage room for equipment. The pavillion offers an excellent location to get out of the sun or rain and provides a place for group level instruction. The bathrooms have lighting, hot and cold running water with showers, and electricity to provide an excellent and much needed upgrade from our traditional port-a-potties. In addition, our 100 foot pier and floating docks provide an excellent launching point for our 420 sailors while our beautiful sandy beach and shallow water provide perfect conditions for our Optimist sailors.

Our Fleet

The Optimist is the largest junior racing fleet in the world and an international standard in junior instruction. The boat's simplicity and stability make it ideal for teaching young beginners while the popularity of the Optimist class makes the boat extremely challenging for pre-teen sailors. CRYC has a fleet of 15 Optimists to use for the summer program and our PeeWee sailors (ages 6-8) and younger sailors (ages 9-11) will use these boats extensively.

The Club 420 is one of the most popular and versatile double-handed junior boats in North America. The 420 is both fast and safe while providing a challenge for two sailors to work together as skipper and crew in developing teamwork. CRYC has a fleet of 6 Club 420s to use for the summer program and our older sailors (ages 12-16) will use these boats extensively.



CRYC Junior Sailing Registration Form

Sailor's Name: _____ Nickname: _____

Street: _____

City: _____ State: _____ Zip: _____

Age _____ Birth date _____ Home phone _____

Parents or guardians: _____

Mobile Phones Mom: _____ Dad: _____

E-mail address: _____

Sailing **experience** _____

Swimming experience: _____

| | | | |
|----------------------|---|--------------------------------|--------------------------------|
| <u>PeeWee</u> | <u>Select AM or PM</u> | <u>Member</u> | <u>Non-Member</u> |
| Session 1 | <input type="checkbox"/> AM <input type="checkbox"/> PM | <input type="checkbox"/> \$175 | <input type="checkbox"/> \$200 |
| Session 2 | <input type="checkbox"/> AM <input type="checkbox"/> PM | <input type="checkbox"/> \$175 | <input type="checkbox"/> \$200 |

| | | | |
|--|--------------------------------|--------------------------------|--|
| <u>Optimist Beginner/Intermediate</u> | <u>Member</u> | <u>Non-Member</u> | <u>Early Bird Discount*</u> |
| Session A | <input type="checkbox"/> \$450 | <input type="checkbox"/> \$500 | <input type="checkbox"/> Check if applicable |
| Session B | <input type="checkbox"/> \$675 | <input type="checkbox"/> \$750 | |
| Session C | <input type="checkbox"/> \$450 | <input type="checkbox"/> \$500 | |

| | | | |
|---|--------------------------------|--------------------------------|--|
| <u>420 Beginner/Intermediate</u> | <u>Member</u> | <u>Non-Member</u> | <u>Early Bird Discount*</u> |
| Session A | <input type="checkbox"/> \$450 | <input type="checkbox"/> \$500 | <input type="checkbox"/> Check if applicable |
| Session B | <input type="checkbox"/> \$675 | <input type="checkbox"/> \$750 | |
| Session C | <input type="checkbox"/> \$450 | <input type="checkbox"/> \$500 | |

| | | |
|--------------------------|--------------------------------|--------------------------------|
| <u>420 Racing</u> | <u>Member</u> | <u>Non-Member</u> |
| Session 1 | <input type="checkbox"/> \$300 | <input type="checkbox"/> \$350 |

* Early Bird discount only applies if registration with \$100 deposit is postmarked by April 1, 2011 and final payment is postmarked by June 1, 2011.

I will bring my own boat: Optimist _____ 420 _____

T-shirts may be purchased for **\$15.00**. Circle Size: Youth: S M L Adult: S M L XL

Please complete the registration form and return with deposit to:

CRYC Sailing Junior Sailing Program
c/o Mary Wood
116 Timber Lane, Grasonville, MD 21638

410-827-0159 (home)



CRYC Junior Sailing Health Form

Authorization to consent to treatment of a minor:

As the parent/guardian of the registered sailor, _____, I hereby authorize any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any member of the medical staff or of a dentist licensed under the State Education Law and/or Public Health Law of the State and of the staff of any hospital holding a current operating certificate issued by the State Department of Health.

This authorization is given in advance of any specific diagnosis, treatment or hospital care being required in order to provide authority to render care, which the aforementioned physician in his best judgment may deem advisable; and neither said agent or any organization involved assumes any financial responsibility for exercising this action. The authorization and consent will be used only if the parent or guardian cannot be reached.

Emergency Contacts:

Name: _____ Relationship: _____ Phone #: _____
Name: _____ Relationship: _____ Phone #: _____

Doctor/Insurance Information:

Family Doctor: _____ Phone #: _____
Family Dentist: _____ Phone #: _____
Insurance Provider: _____ Member #: _____
Insured's name: _____ Insured's Date of birth: _____

Health Information:

Provide information on any medical conditions, psychological conditions, behavioral conditions, medications, dietary restrictions, allergies, or special needs that we need to be aware of:

Date of last Tetanus Shot: _____

Notice of confidentiality:

This form and its information will be held in confidence and only accessible to CRYC Junior Sailing Program instructors or administrators.

Signature of Parent or Legal Guardian:

Address: _____

Print Name: _____

Signature: _____

Date: _____



CRYC Weather Policy

In the case of especially severe weather such as **thunderstorms**, it is unsafe for students to remain outdoors. Under such conditions the program may be **suspended immediately** at the discretion of the Head Instructor. If conditions persist, the Head Instructor may cancel the program for the day and every effort will be made to communicate this to parents as early as possible. No student will ever be left at the Club unsupervised.

Thunderstorms - Class will be suspended immediately if lightning is seen and all students will be moved indoors to the safety of pavillion bath rooms or storage room. If there is only thunder, we will continue class out of the water for 30 minutes adding an additional 30 minutes each time thunder is heard. This procedure will continue up to 2 hours. If thunder is still heard after 2 hours of class, then the rest of the day's instruction will be cancelled.

Rain - On-the-water instruction may take place in the rain so dress appropriately.

No wind – Classes will be held. There will be appropriate on-land instruction and activities.

Sailors Signature _____ Date _____

Parent/Guardian Signature _____ Date _____



CRYC Sailor's Code of Conduct

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

- I will strive to listen and learn from my instructors.
- I will maintain appropriate behavior towards opposite gender sailors, and will not tolerate unseemly conduct by other sailors.
- I will respect the property of others, neither stealing, damaging, destroying or borrowing another's property without permission, nor tolerating such behavior by other sailors.
- I will treat my fellow sailors, instructors, competitors, regatta officials, and all others with respect, regardless of race, religion, gender, national origin or abilities. I understand that I may expect similar treatment from others.
- I will follow all safety procedures given by my instructors and other responsible adults, understanding the paramount importance of safety. I will notify an instructor or other responsible adult if I feel that another sailor is in danger.
- I will not abuse my fellow sailors, whether verbally, physically, or emotionally, nor tolerate such conduct in others, understanding that every team member has a right to enjoy their participation. I understand that swearing, in any context, is unacceptable behavior.
- I will encourage good sportsmanship from fellow sailors, coaches, and parents.
- I will not use, or tolerate the use by other sailors, of alcohol, tobacco, or non-prescribed drugs, understanding that a drug-free environment is necessary in order to achieve individual and team success.
- I will be responsible at all times for the safe storage and setup of my boat and other equipment.
- I will behave and dress at all times in a manner consistent with the high standards expected of my parents, of my country, and of myself.

Sailors Signature _____ Date _____

Parent/Guardian Signature _____ Date _____



CRYC Discipline Policy

1, 2, 3 Strikes, You're Out

In order to run a safe and productive program we need to have a discipline policy. Our discipline policy maintains that each sailor will have two chances to correct any non-rule following behavior as follows:

First strike, your parent will be called by the Head Instructor and the transgression will be reported. This will be recorded on your file and the Program Administrator will be notified.

Second strike, you and your parents will be asked to meet with the Head Instructor and the Program Administrator to discuss the first and second transgression and to make a plan to avoid any future misbehavior. The notes from this meeting will also be documented in your file.

Third strike, you're out! We will notify your parents to pick you up. You will no longer be welcome in the program. No tuition will be refunded.

Strikes include, but are not limited to, inappropriate language, destruction of property, physical abuse to another student or instructor.

Sailors Signature _____ Date _____

Parent/Guardian Signature _____ Date _____



CRYC Junior Sailor Equipment List

Each sailor registered in the CRYC Junior Sailing Program is required to bring:

- ◆ Personal Floatation Device (PFD); U.S.C.G. approved, Type I, II or III Whistle attached to life jacket*
- ◆ Water shoes at all times (no flip flops)
- ◆ Change of clothes
- ◆ Towel
- ◆ Sunscreen
- ◆ Hat
- ◆ Sunglasses with strap
- ◆ Lunch with beverage
- ◆ Water in portable water bottle (Bottle will be provided)
- ◆ Bailer

A student attending class without a PFD will not be allowed to participate in water activities during class and will stay on shore.

Recommended Learning Reference: US Sailing- Start Sailing Right

<http://store.ussailing.org/viewItem.asp?ItemID=31000&UnitCde=1&Desc=Start%20Sailing>

- \$16.95 each for non US Sailing Members
- \$12.50 each for US Sailing Members



CRYC Privacy/Publication Waiver

The CRYC website (www.cryc.org) displays images of our membership and Club events. In a response to the growing potential legal issues, it is necessary that we obtain your permission to utilize images of you and your dependent children in any and all of our publications.

_____ By initialing this space, we hereby grant to the Corsica River Yacht Club, Inc., the Corsica River Foundation, Inc., and their employees, agents and assigns the right to photograph us and our dependent children and to employ the resulting photos or digital images for publication purposes, whether electronic, print, digital or electronic publishing via the internet.

Childs Name: _____

Parent/Guardian
Printed Name: _____

Signature: _____ Date: _____