



Del Rey Yacht Club
High School Sailing Team Handbook
Spring 2015

Who We Are:

The mission of the Del Rey Yacht Club Junior Sailing Program is to promote regional, national, international amateur sailing, maritime education and competition. The Del Rey Yacht Club supports this program and activities for its members and non-members with the provision of training activities, facilities, equipment and encouragement. We endorse an interest in sailing education and maritime arts and science.

Contacts:

General Information:

www.drycjuniors.org
drycjuniors@gmail.com
DRYC Jr. Office Phone: (310) 822-5128

Address:

DRYC Junior Sailing Program
13900 Palawan Way
Marina Del Rey, CA 90292

Executive Director:

Virginia Howard: (310) 822-5128
drycjuniors@gmail.com

Head Coach:

Michael Hanson: (310) 822-5182
dryccoach@gmail.com

Each high school sailing team is run uniquely through DRYC based on our relationship with the school. The specifics for each school are listed below:

Santa Monica High School

The team is run as a partnership between SAMOHI and DRYC. Sailing is recognized as a club sport. Students are expected represent SAMOHI and follow all school athletic policies in addition to following DRYC policies.

Team Captain:	Captain's Parents:	Email
Bennett Zemke	Megan Zemke	meganzemke@yahoo.com

Palisades Charter High School:

The team is run as a partnership between PCHS and DRYC. The team is recognized by the school as a club sport. When attending regattas, students are expected to conduct themselves in a manner in which represents that of PCHS and follow DRYC policies.

Team Captain:	Captain's Parents:	Email
Cooper Strong	Lisa Strong	lisastrong5@gmail.com

Common Questions

Location:

- DRYC is located at 13900 Palawan Way, Marina Del Rey CA 90292
- Sailors are to park, be dropped off and picked up in the DRYC parking lot just to the west of DRYC.

Registration:

- Registration will close **two weeks** after the beginning of each semester. No one will be permitted to register after this date.
- Registration forms can be found in the closet door of the DRYC Junior Room or can be sent directly via email. Please email dryccoach@gmail.com for form requests.
- Students must fill in the Waiver of Liability to be allowed to participate in practice.
- Students must pay the \$250 semester fee to be allowed to participate in practice.

Practice:

- Practice begins at 3:30 PM Tuesday and Thursday at DRYC and runs until 6:30 PM.
 - There are some students who arrive late because of varied school release times- this is not a problem, they will just need to rig and dress quickly.
- Sailors must check in with their specific coach for their boat and pairing assignments for each day of practice before rigging.
 - Sailors' pairings are chosen carefully and thoughtfully by the DRYC coaching staff for both the overall and individual benefit of the sailors. If sailors would like to make a request, they may certainly do so, but final decisions are left to the coach's discretion.
- Bring weather appropriate clothing *every day* and US Coast Guard Approved Type III or sailing appropriate Type V Life Jackets. Neoprene water-ski vests are not appropriate.
- No clothing storage is available on DRYC property. All gear must be taken home at the end of every practice or regatta.
- Practice sessions will generally include a chalk talk at the beginning and a debrief at the end of the day.
- Transportation to and from DRYC will not be provided.

ISPE Forms:

- Students are required to fill out their ISPE Application at the beginning of **each semester** if they wish to receive course credit.
- Students must deliver their ISPE Application and semester hours to the Head Coach for signing no later than **one week** before they are due. The Head Coach holds no obligation to sign forms delivered after this one week deadline.
- Students are required to submit monthly hour-tracking forms to chart their progress.

Attendance:

- Students are required to come to every practice.
- Attendance will be taken daily by coaching staff.
- Absences will not be tolerated unless previously notified by a parent or legal guardian.
- Three unexcused absences will result in expulsion from the program without a refund.

PCISA So-Cal Events

- These local one-day events offer an opportunity for all high school sailors to be on the water racing.
- Conference regattas take place in and around the Southern California region and generally cost only \$15-\$25 per sailor.
- All sailors are welcome to attend these events. Teams are chosen by coaching staff.
- Sailors are expected to express interest in attending the event to the coaches two weeks prior to the regatta.

Pacific Coast Interscholastic Sailing Association Events:

- These events are organized by the PCISA, the Pacific Coast Interscholastic Sailing Association.
- Sailors chosen by the coaches to represent their school will work with their parents to organize travel, chaperoning and lodging.
- Regattas are divided into Gold and Silver Fleets based on past results.
- Results in these events will contribute to each school's team rank in the PCISA.
- National Championship Qualifiers are available to Gold Fleet only.

Spring 2015 Schedule: (Up to date calendar online at drycjuniors.org)

DATE	DAYS	EVENT	LOCATION
Practice schedule:			
Jan 6, 8	Tues, Thur	Practice 3:30-6:30PM	DRYC
Jan 13, 15	Tues, Thur	Practice 3:30-6:30PM	DRYC
Jan 20, 22	Tues, Thur	Practice 3:30-6:30PM	DRYC
Jan 27, 29	Tues, Thur	Practice 3:30-6:30PM	DRYC
Feb 3,5	Tues, Thur	Practice 3:30-6:30PM	DRYC
Feb 10, 12	Tues, Thur	Practice 3:30-6:30PM	DRYC
Feb 17, 19	Tues, Thur	Practice 3:30-6:30PM	DRYC
Feb 24, 26	Tues, Thur	Practice 3:30-6:30PM	DRYC
Mar 3, 5	Tues, Thur	Practice 3:30-6:30PM	DRYC
Mar 10, 12	Tues, Thur	Practice 3:30-6:30PM	DRYC
Mar 17, 19	Tues, Thur	Practice 3:30-6:30PM	DRYC
Mar 24, 26	Tues, Thur	Practice 3:30-6:30PM	DRYC
Mar 31, Apr 2	Tues, Thur	Practice Cancelled (Spring Break)	DRYC
Apr 7, 9	Tues, Thur	Practice 3:30-6:30PM	DRYC
Apr 14, 16	Tues, Thur	Practice 3:30-6:30PM	DRYC
Apr 21, 23	Tues, Thur	Practice 3:30-6:30PM	DRYC
Apr 28, 30	Tues, Thur	Practice 3:30-6:30PM	DRYC
May 5,7	Tues, Thur	Practice 3:30-6:30PM	DRYC

So Cal Regional Regatta Schedule:

Jan 10	Saturday	PCISA So Cal #3	MBYC
Jan 31	Saturday	PCISA So Cal #4	ABYC
March 28	Saturday	PCISA So Cal #3	SDYC

PCISA Regatta Schedule:

Jan 3, 4	Sat, Sun	Rose Bowl Regatta	USSCLB
Feb 21, 22	Sat, Sun	Golden Bear Regatta	Treasure Island
Mar 14, 15	Sat, Sun	Gaucha Regatta	SBYC

PCISA Championship/National Championship Regatta Schedule:

Apr 18, 19	Sat, Sun	PCISA Silver Fleet Champs	CBYC
Apr 18, 19	Sat, Sun	PCISA Gold PCC's	StFYC
Apr 25, 26	Sat, Sun	PCISA Baker Elims	SDYC
May 8, 9	Sat, Sun	Mallory HS Nationals	US Naval Academy
May 22, 23	Sat, Sun	Baker HS Nationals	Chicago YC

Travel Requirement

- Regatta travel hours are required to complete all hours necessary for ISPE. Sailing is a competitive sport, and regatta competition is required of all sailors.

DRYC Policies

Communication:

The coaching staff is committed to keeping an open line of communication with the student/athletes and their parents or legal guardian. We will do our best to address any concern or questions promptly through the correct means of communication. Please note that different types of communication are best for different situations. Mass communications and group information will most often be disseminated via email. Individual concerns and questions (even if they may concern the group) are best discussed over the phone or in person.

Often, concerns can be easily addressed via phone first. Should calling not solve the issue, pre-arranged meetings or conferences are often the best way to handle concerns. This allows parents and coaches to sit down, read the situation correctly, receive feedback, and to solve issues conclusively. Please schedule meetings or conferences ahead of time to avoid any conflicts with practice or other projects. **Email should be avoided for any issue that may be contentious.**

As part of our communications policy, DRYC emphasizes that we are here to build robust and well-rounded athletes that can voice their concerns themselves. Please help encourage your student athlete to advocate for themselves directly with our coaching staff. We always welcome parent communication, but for the benefit of the athletes' growth self-advocacy should be their first line of communication. If a student feels uncomfortable talking to a staff member directly, try suggesting that they communicate through their team captain or another DRYC staff member. Athlete to coach communication is always welcomed and encouraged.

DRYC easy steps to good communication for the Student/Athlete:

- 1) Email, texting, Facebook messaging can be used to communicate straight forward issues like: travel planning or lost gear. These means of communication should not be used to discuss team selection and placement, absences, personality conflicts, bullying or other potentially contentious issues.
- 2) If there are potentially contentious issues, the Student/Athlete should seek the coach out in person. Nothing replaces an eye to eye conversation. If a person to person meeting is not possible, a phone call is the second best thing.
- 3) If a Student/Athlete is uncomfortable with a particular issue approaching the coach, they should discuss it with a team captain. Every effort will be made to solve the problem by using methods 2 and 3.
- 4) If the issue is severe, the Student/Athlete should discuss it with their parent, legal guardian or another adult they trust.

DRYC easy steps to good communication for the parent or legal guardian of a Student/Athlete:

- 1) Email or text messaging can be used to communicate straight forward issues like; my child is sick and cannot make practice, I would like to volunteer, can you please help me with registration, how much will the trip cost, etc. These means of communication should not be used to discuss team selection and placement, personality conflicts, bullying or other potentially contentious issues.
- 2) If there are potentially contentious issues, the parent/guardian should call the coach and not use email or text messaging. Team selection and placement are outlined below and a well-informed parent/guardian will support the coach and their decisions, however, we want to hear from the parent/guardian immediately if there are concerns of unfair treatment, personality conflicts, bullying, etc.
- 3) If a phone call is not sufficient, a person to person meeting should be arranged with the coach or Executive Director.
- 4) If an issue in number 2 or 3 cannot be resolved, the parent is encouraged to discuss it with the parent liaison. Typically that is the team captains parent, however, if that is not possible, the Director of DRYC Jr. program should be contacted.

Please be respectful of the coaching staff while trying to reach them. Our Spring hours are Monday through Thursday 10:00AM to 6:30PM (we are on the water with the kids from 3 until 6). Weekend schedules vary depending on travel; usually someone is in the office during the day on Sunday. If you email or call on our off hours, please understand you might not get a response until we are back at work.

Ethical Behavior

Our goal is to create an environment that supports ethical and sportsmanlike behavior at DRYC. We want to stress being proactive rather than being retroactive as we strive to give our sailors the tools to make positive choices. We want DRYC's sailors to be known for their friendly, hardworking, positive, and sportsmanlike attitudes above all else.

All of us, including our program director, head coaches, assistant coaches, and parents should work together with our junior sailors to accomplish this goal. We hope the suggestions below will prove helpful:

1. Give your sailors the support that they need to help them make ethical choices.
2. Encourage a focus on performance rather than outcome; separate the performer from the performance; help sailors set realistic goals/expectations for themselves.
3. Use the DRYC ethics guidelines as a centerpiece for the athlete's behavior.

Guideline #1

Exemplary sailors always know and abide by the Racing Rules of Sailing. They promptly take a penalty or retire when they know they have broken a rule or file a protest when appropriate.

Guideline #2

Exemplary sailors always obey event regulations on and off the water, including housing rules.

Guideline #3

Exemplary sailors are organized, prepared, and always responsible for their own equipment.

Guideline #4

Sailors always show respect to fellow sailors and those helping to run regattas and programs.

Guidelines for Parents

1. Please support the coaching staff's decisions. The coaches have the best interests of your athlete and their team at heart.
2. Place winning in the context of fun, good sportsmanship and fair play. Emphasize performance goals rather than outcome goals.
3. Promote the total sport of sailing, not just racing.
4. As spectators, remain in designated areas and manage motorboats properly.
5. Remember that any coaching during a race is prohibited under the Racing Rules of Sailing.
6. Show respect for race officials and regatta rules.
7. Understand that alcohol and other illegal substances have no place at any sailing event.
8. Understand that they must uphold event regulations on and off the water
9. Be thoroughly acquainted with the racing rules, encourage adherence to those rules and teach not only the rules but also the procedures to be followed in the present process.
10. Assist all sailors to develop to their fullest potential.
11. Encourage sailors to be organized and responsible for their own equipment. Insist that sailors respect the property of others.

Racing and Training

Training takes place at DRYC Tuesday and Thursday. Please keep in mind that DRYC is not equipped or staffed to supervise students once practice has ended. Please be prompt in picking up your child as soon as their class has ended.

On weekends, we will be sailing in the local high school circuit and PCISA events. A calendar of these events is contained in this handbook. Many venues provide boats for charter; however, for some events we may end up having to tow a boat or two to the regatta site. Parents may occasionally be made responsible for towing boats to and from events.

At practice and events, sailors are expected to treat equipment with the utmost care. No sailor will be allowed to leave practice or a regatta before all equipment, including that used by their teammates, is put away in its proper place. While traveling to other venues, sailors are responsible for leaving borrowed equipment in a state better than it was found. If sailors need to leave a practice or regatta early and cannot fulfill the aforementioned responsibilities, they must provide advanced warning and request the help of their teammates in fulfilling their responsibilities.

Team Selection

Sailors will be chosen to participate in events at the coaches' discretion. Significant attention is paid to arrange teams by the coaching staff as a group. Selections are created with the best interests of the team as a whole. Be aware that selections may ask a sailor to compromise to keep their team at its strongest. The coaches' selections will be discussed on the basis of:

Attendance and performance at practice, performance at events, participation in team functions, attitude and sportsmanlike behavior, seniority and event factors such as wind weather waves and current.

Personal Gear

DRYC is not responsible for lost or stolen personal gear. Students are not allowed to leave personal gear at the sailing center, there is no storage available. **We do not have a lost and found at DRYC.** Please put names and phones number on everything!

Parking

While dropping off or picking up students, please pull all of the way into the lot on the right so as not to block the flow of incoming traffic. Students who drive and wish to park in the west lot must obey all parking lot rules. Vehicles must enter and exit the parking lot in slow speed and no loud music is to be played. Vehicles must be parked along the north and middle of the lot only. No parking in the reserved spots. DRYC is not responsible for any damage to vehicles or theft while driving or parked in the west lot.

Traveling

When traveling, there are many factors that go into the logistics. Parents are expected to work with the coach attending the regatta to help plan accordingly to the event which the teams will be attending. Below is a loose outline to help future parent trip coordinators with the logistic process:

- Depending on the date of which the entry fee is due for the regatta, coaches will select the team attending the regatta. This can be anywhere from 2-4 weeks prior to the event.
- The coaches will then send out by EMAIL the team selection, regatta NOR and all the dates and fees involved with the event.
- A parent coordinator, (most likely also the trips chaperone) will take the lead on finding housing for the team. Coaches will be glad to help with suggestions from trips prior, or if the NOR states that the regatta host will provide housing. Please keep in mind when selecting housing that some families may have multiple sailors attending events and that some sailors budget their own regatta finances. Keep the costs respectful!
- All trips must have chaperones to attend.
- Parents and chaperones are expected to transport sailors to traveling events. Exceptions may be made if a team is flying out of conference.

When traveling to events, students may not ride in vehicles owned and/or driven by coaches. In certain travel situations, exceptions may be made; however, the Executive Director must authorize exceptions in advance.

Coaches are responsible for the supervision of team members only while at the venue; report time until released by the coach. Ultimately, parent chaperones are responsible for the safety and well-being of their children at all events.

The travelling coach will work to assist the parent chaperone that is arranging accommodations and travel methods. Parents may be asked to give cash based on an estimated amount of the trip to the coaches in advance of the event; unused money will be split evenly and refunded. If this method is not used, you will be invoiced and expected to pay promptly.

If parents are unable to attend local regattas, they must arrange transportation and supervision before and after the event with another parent. For local events, sailing team members who are licensed drivers can provide their own transportation with their parent's permission. If parents are unable to attend events outside the Southern California area, they must arrange with another parent, regarding the supervision and transportation of their child. While traveling out-of-state, parents and or chaperones are responsible for all activities of student athletes away from the sailing venue; supervision, transportation, sleeping and lodging arrangements, and food. The parents of sailors who are attending regattas will be responsible to coordinate these efforts.

Trailing

The coaching staff is responsible for the coordination of towing sailboats to events. The team may use class time to load boats onto the trailer. Trailer space will be provided on a first come, first serve basis.

Coaching Staff Responsibilities:

- Designate available spaces on trailers to participating students.
- Designate a specific time for loading and unloading of the trailer.

Student responsibilities:

- Load and unload all borrowed equipment.

If there is a failure to have a representative willing to load boats present at the specified time, the respective boats may not be loaded.

Boat Collision/Breakages

All aspects of on the water sailing with DRYC including: racing, drills, and free sailing, shall be governed by the racing rules of sailing. When two or more boats collide causing damage to any boats, all parties involved shall follow this policy:

An incident report shall be filed by the students in writing and identify:

- Parties involved in the incident
- Incident, including where and when it occurred
- Rule a party believes was broken
- Name of a party's representative

The incident reports shall be given to the coaches on the day of the incident, at which point an informal hearing that mirrors the proceedings of a protest hearing, shall be held. The coaches of that particular class will serve as the protest committee. They will render a decision based on the Racing Rules of Sailing and attempt to contact all interested parties, including the boat owners (if there are privately owned boats involved) either by phone or by sending a written summary of the incident home with the students. Parents who have chartered a boat from DRYC shall act as boat owners and take full responsibility for any and all repairs, and will conclude in a reasonable amount of time how the damage will be repaired. The Executive director shall represent DRYC for boats owned by DRYC but not boats chartered at the time of the collision. Any appeals based on the decisions made by the coaches shall be filed first with the Executive Director.

Our staff does its utmost to prepare our students to prevent the mistakes that cause equipment breakages. Our staff assumes responsibility for the regular portion of maintenance costs on equipment. Student athletes will be asked to contribute to these costs if excessive or repeated damage occurs but only after instruction to prevent such incidents. These types of incidents may include, but are not limited to: Laser upper spars, frequent collisions, dolly fitting failures, etc. Parents will be issued a letter explaining the incident and an invoice for the damage. When possible, staff will err towards repairs over replacement to control costs. DRYC reserves the right to withhold its own equipment or storage spaces from use by students/families that have outstanding damage invoices.