



Seattle Yacht Club Junior Race Team

2019 Race Team Outline and Registration

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

Race Team Practices

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

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

Team Workouts

When conditions do not permit sailing we will use the practice time to work out and/or play sports. Sailors should bring running shoes and workout clothes to every practice. Sailors are expected to have their own fitness routine to be in optimal shape for the sport of sailing. Consult the Coach for help.

Northwest Youth Racing Circuit

This circuit is comprised of regattas hosted by local clubs in Washington and Oregon. These regattas are open to sailors of all skill levels. This circuit is the bulk of the race team schedule and all sailors should make an effort to attend all of the events. All NRYRC events are supported by the SYC Jr Race Team. Details about the series can be found at <http://www.nwyouthsailing.org/>.

2019 Circuit Regattas

<u>Event</u>	<u>Dates</u>	<u>Host/Location</u>
Vancouver Lake Youth Regatta	June 22 - 23	Vancouver Lake SC - Vancouver, WA
Ray Jarecki Youth Regatta	July 6 - 7	Sail Orcas – Orcas Island, WA
WIND Regatta**	July 20 - 21	CGRA -- Cascade Locks, OR
Bellingham Youth Regatta	August 3 - 4	BYC – Bellingham, WA
NW Junior Olympics	August 24 - 25	SYC (Shilshole Bay) - Seattle, WA
Johnny Adams Memorial Regatta (JAM)	September 7 - 8	PMYC - Port Madison, WA
Octoberfest	September 14 - 15	SSP - Seattle, WA

**Sailors should participate in the WIND Clinic held at CGRA July 16 - 19.

Other Coach Supported Regattas in 2019

These events, which are outside the NWCYC, will also have a coach present to support SYC Junior Race Team Sailors. Additional regattas can be supported through additional cost and planning.

<u>Event</u>	<u>Dates</u>	<u>Host/Location</u>
Laser Midwinters West	March 22 - 24	California YC - Los Angeles, CA
Kitten Cup	April 27-28	Royal Vancouver YC - Vancouver, BC
Opti Heavy Weather	June 14 - 16	St. Francis YC – San Francisco, CA
McCurdy Cup	August 17-18	SYC/SSP – Seattle, WA
NW Opti Championship	September 14 - 15	SSP - Seattle, WA
Laser PCCs	September 21 - 22	BYC - Bellingham, WA
Turkey Bowl	November 23 - 24	CYC – Seattle, WA
Frigid Digit	Late January, 2020	SLF – CYC Seattle, WA

Tuesday Night Sailing

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

Site: SYC, Portage Bay

Dates: Tuesdays, June 25th – August 27th

Time: 5:00pm – 7:30pm

Boats: Laser, Opti, V15, 420

Northwest Interscholastic Sailing (aka High School Sailing)

This year we will continue to support high school sailing by providing practices at SYC two times a week during the spring season from March until early May. Please check www.nwisa.org for the most up-to-date event schedule. This program is open to all kids from 8th- 12th grade and does not require that your school to form a team. We will mix and match sailors from all schools. Check the Seattle Yacht Club website for up to date info.

US Sailing Junior Events

Members of the Race Team are encouraged to compete in championship events sponsored by US Sailing. These regattas include national championships such as Chubb US Junior Championships and US Youth Championships. The US Youth Championship is a selective regatta with entry determined by resume. Each spring, sailors submit applications in hopes of attending this prestigious event. The Chubb U.S. Junior Championships for the Sears Cup (triplehanded), the Bemis Trophy (doublehanded) and Smythe Trophy (singlehanded) are ladder-type events. Competition begins at local Areas (we are Area L) and only the top sailors advance to the national finals. The ladder events provide an avenue for sailors to compete on a wider basis. The Smythe and Bemis winners will earn early acceptance to the U.S. Youth Sailing Championships should they decide to apply.

US Sailing annually hosts two Junior Women's events: a Singlehanded (Leiter) and a Doublehanded championship (Ida Lewis). Both championships are open and great events!

More information about these events can be found online at: www.ussailing.org.

Charter Boats

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

Seattle Yacht Club Junior Race Team

Sailor and Parent Responsibilities and Code of Conduct

1. The overall goal is to have fun while improving, and to be respectful of others in a competitive sailing environment.
2. Sailors need to be serious about sailing and improving their racing and seamanship skills. Sailors will strive to know, understand, and follow the Racing Rules of Sailing.
3. Parents of sailors must be positive with regards to the Race Team Coach, parent volunteers, and all SYC instructors. Respect and loyalty towards the Race Team Coach and SYC staff is required from both sailors and parents.
4. All team members will follow and support all safety procedures given by coaches and other responsible adults, understanding the paramount importance of safety. All sailors and parents will notify a coach or other responsible adult if another sailor is in danger.
5. Parents must support the entire team, not just one, or several, sailors.
6. All parents will treat SYC Race Team members with respect; all communication from parents must be positive and productive in nature. Any issue parents have with other team members must be taken to the Race Team Coach and/or SYC Sailing Director, and not directly to the other team parent or sailor.
7. Together with parents/guardians, sailors should coordinate transportation to NWYRC and Race Team supported regattas and practices. The Race Team Coach is NOT responsible for transporting sailors.
8. Sailors will respect the property of others, and neither steal, damage, destroy or borrow another's property without permission, nor tolerate such behavior by team members.
9. Participation in a fundraising event.
10. While competing as a member of the SYC Junior Race Team, team members must recognize that they are representing Seattle Yacht Club and its Junior Program. Team members are expected to conduct themselves with the highest degree of sportsmanship, courtesy, and responsibility, serving as ambassadors for SYC and its Junior Programs.

I have read and will support this agreement.

Sailor Signature: _____ Date: _____

Parent Signature: _____ Date: _____

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

Sailor's Name: _____ **Birth Date:** _____ **School/Grade:** _____

Address: _____ **City/Zip:** _____

Sailor's Email: _____ **Sailor's Cell #:** _____

Mother's Name: _____ **Home #:** _____ **Cell #:** _____

Mother's Email: _____

Father's Name: _____ **Home #:** _____ **Cell #:** _____

Father's Email: _____

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

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

Release of Liability and Hold Harmless Agreement:

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

Parent or Guardian Signature: _____ Date: _____

Payment Information

SYC Junior Member: \$1200

Non-Member: \$1400

Pay in full

Monthly payment option

Credit Card

Check (for pay in full only)

SYC Member # _____

MC / Visa# _____ exp: _____ Zip Code: _____ Security code: _____

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