



Long Beach High School Sailing Team Handbook

Program Goals:

The primary goals of the Sailing Team (in no particular order):

1. Develop sportsmanship, integrity, and interpersonal skills
2. Instill in the students an interest and appreciation for the sport of sailing
3. Develop new skills in boat handling and sailing for those who wish to compete
4. Develop a respect for the sea and the environment
5. Learn and incorporate good safety and seamanship
6. Instill a sense of responsibility for the boats and equipment
7. Create a fun atmosphere in which the students want to participate

Spring Seasons - Per season

- Tuesdays (4:00-6:15pm)
- Top Ranked Sailors will sail in Mississippi Team Racing

Expectations for all Students on the Long Beach High School Sailing Team:

LBYC has developed the following behavioral rules and guidelines to help ensure a safe, rewarding, and fun learning environment. It is important that both you and your parent review these rules and guidelines. Appropriate behavior is expected at all times.

- **Lifejackets will be worn at all times when students are on the docks or in boats.**

NO EXCEPTIONS

- Safety is first and foremost in the minds of the Coaches.
- Students are expected to obey the Coaches at all times.
- All students must take a short swim check that consists of treading water for 2 minutes and swimming several laps.
- Must be able to recover capsized boat.
- Observe the boundaries, both on the water and on shore, as established by the coaches
- No running on the docks, no climbing on the boat racks, or swimming in the harbor.

- Students will pick-up their own trash and are expected to keep their belongings in a neat and orderly fashion.
- Students will show respect for the equipment and property.
- Students will show respect for their peers, the instructors and other individuals.
- No physical violence towards other students or staff.
- No obscene language!
- Absolutely no throwing of objects allowed!

Consequences for failure to observe the above rules and guidelines vary according to the nature of the infraction, but can include loss of privileges, and “beached time”.

Any verbal or physical abuse, or if your child’s behavior jeopardizes his/her own safety or that of anyone else in the program, will result in early dismissal from class with a warning to both the parent and student.

A second incident will result in the student’s dismissal from the remainder of the session. There will be no refund of tuition.

Following is a handy checklist of important daily “To Do’s”

- Have sunblock, sunglasses, hat and other sun protection
- Adequate and appropriate clothing (including a change of dry clothes, and rainy day protection) and a towel.
- Shoes (an old pair of gym shoes that can get wet), or aqua socks are best: Sandals are not acceptable! NO FLIP FLOPS! NO CROCS!
- Bring a Coast Guard approved Type III/vest style lifejacket with a whistle attached.

Parental Involvement:

Sailing is truly a unique sport - skills learned now can be used and enjoyed for a lifetime. Sailing challenges both the mind and body, allowing individuals with different strengths and weaknesses to “find their niche”.

To help your child get the most out of the sailing program, first and foremost, parents should be involved with their children in the program. Talk with your child about what they are doing during practice. The opportunity to share newly learned skills is invaluable for several reasons:

- It reinforces the skills learned.
- It increases a child’s confidence and self-esteem through support and encouragement.
- It provides an opportunity to find out how practices are going, so that if there are problems or issues, they can be addressed sooner, rather than later.

Boats We Use:

The Sailing Team uses several different boats. Different boats “handle” differently, and certain boats lend themselves to sailors of different sizes and/or experience levels. On the first days of practice, the coaches will evaluate the skills and experience of the students, and consider factors like size and age, in determining into which group a student will be placed.

Lasers Radial Rigs are standard Laser hulls outfitted with a shorter mast and smaller sail, for youth sailors. Used by the older kids and those who have outgrown the Optimists. It is also the boat of choice for students focused on developing racing skills.

Club 420s are fast, fun sloop rigged double-handed (two sailors!) boats that are very popular in youth programs around the country. Some of the 420s are rigged with spinnakers and trapezes for use by intermediate and advanced and racing instruction.

Flying Scots are stable seaworthy boats in all conditions. Usually sailed with 3-5 sailors. Being rigged with a spinnaker and having a large one-design class in the GYA the boats are great for coaching all levels. From the green beginners to the advanced racers.

All Students must turn in completed forms listed below to Sailing Coach prior to participating on the Long Beach High School Sailing Team:

- LBYC Membership Application
- Copy of the Sailing Team Participation/Medical/Parent Consent Form
- Individual Sailing Team Registration Form
- Medical Information Form

For any questions call
LBYC Sail Camp Director –
LBYC Fleet Captain – Krista Clark (228) 547-7511 kristatclark2011@gmail.com