

Shrewsbury Sailing & Yacht Club

2008 Junior Program

Hints, General Information & Basic Rules

CLASS TIMES & TIMELY ARRIVAL

We ask that sailors arrive at SSYC in advance of their class time and to rig their boats in advance. Late arrivals seriously delay the entire class. Also, please make sure that students are picked up in a TIMELY manner following their class. If for some reason you will not be able to pick your child up in a timely manner, please call the club at (732) 229-9818 and inform the head instructor that you have made alternate arrangements or will be late. Those consistently being dropped off or picked up late may be suspended from class.

EQUIPMENT LABELING & CARE

Take our advice; buy a 'Sharpie.' Buy a black and silver (maybe two!). We then ask that you please make sure that the sailor's full name is written on all PFD's (life jackets), privately owned boat spars, sails, rudders & tillers, boards, all bags (sail, spar, blade, equipment, etc.), foul weather gear, backpacks, clothing, etc. These will be inspected the first day of class and students will not be allowed to continue until above items are properly labeled. Remember, "Name it or lose it."

THINGS TO BRING

Sailors need to come to lessons equipped to deal with the conditions and their own comfort. **Everyday**, sailors need to pack the following items in a backpack or duffel bag (labeled with their name, of course!).

Coast Guard Approved Life Jacket (a PFD) – Mandatory!

The life jacket must be appropriate for the sailor's size and weight, and it must be worn and properly fastened at all times while in, on or near the water (even for accomplished swimmers). Dark colored PFD's are discouraged as they are less visible in the water. **To check for proper fit, secure the life vest and attempt to lift it by the shoulder straps. It must not slip off. The sailor's name must be easily readable on the back of the PFD! Example: "JOHNSON"**

Foul Weather Gear/Rain Gear

Lessons are given in light rain. The staff monitors the weather for poor weather, including thunderstorms. Appropriate rainwear for the conditions is recommended.

Water Shoes, Boat Shoes, Sailing Boots or Sneakers that can get wet

Sandals, flip-flops and Crocs are not appropriate attire.

Lunch

Those taking full day classes are responsible for bringing their own lunch. Bring a Water bottle. Bring snacks.

Other Items

A Towel, Dry Clothes, Sweatshirt, Sunscreen, Hat, Sunglasses, Water Bottle, Drink and Snacks are the basic items. Sailors who wish to buy soda will need to bring change for the machine.

Telephone

Everyone seems to have a cell phone these days. If not, we do have a 'payphone,' and it is free and works in the 732 area code for 3 minutes. Placing Cell phones in a plastic zip-lock bag is recommended.

Swim Check

During the first week of the summer session, each child must perform a "swim check." They must be able to swim between docks, tread water clothed and should be able to remove and replace their PFD (again, while in the water) to participate in the program.

Again, please note: this check occurs wearing "normal" sailing clothes and sneakers/shoes so please make sure to **pack a change of clothes for your sailor.**

Theft & Vandalism

Using, hiding or damaging anyone's property (club or privately owned) without their permission/knowledge is theft/vandalism and is grounds for suspension or dismissal from the program.

PRIMARY PROGRAM RULES

Courtesy & Respect

Courtesy, respect for others, their property and good behavior is required at all times. Fighting, use of inappropriate language, bullying or other intimidating or harassing behavior, the use of alcohol, smoking or drug related material is strictly prohibited and may lead to suspension from a lesson, multiple lessons or lead to dismissal from the program.

Students will always try to act in a sportsmanlike manner, be considerate in both success and failure and represent themselves and SSSYC to the best of their abilities.

Safety

- An appropriate PFD must be worn and properly fastened by all students at all times while in, on or near the water.
- Students must wear proper boat shoes, water shoes or sneakers at all times. Sandals, Crocs, flip-flops are not allowed due to the trip and fall hazard, wood docks (splinters), sharp edges, blacktop, and any other number of ways a junior can stub a toe.
- Proper clothing is necessary. Sweats, foul weather/rain gear, hats, etc. must be kept on hand each day.
- Students must take care to use appropriate sunscreen, use a hat and sunglasses as appropriate to conditions, and keep themselves hydrated during the program. Bring a re-usable water bottle everyday.
- Running anywhere on club grounds and particularly near the docks, bulkhead or water is strictly prohibited. Failure to obey this rule may lead to suspension from a lesson or being sent home.
- "Horseplay" or "roughhousing" on the bulkheads, ramps, docks and in the boats poses a serious safety issue, is not permitted and may lead to suspension from a lesson or other discipline action, including dismissal.

Students are expected to follow the instructions of the program instructors, parent of the day, head instructor, junior program committee and the officers and members of the board of governors of SSSYC.

PARENTAL INVOLVEMENT

Parental Involvement is Key

Parental involvement is critical to assuring a safe and fun summer sailing program for all of our sailors. Parents add to the experience by getting sailors to class in advance of their start time, making sure they have appropriate clothing/change of clothing, food, snacks and safety gear. Parents also need to make certain that their sailors understand that taking care of equipment is everyone's responsibility – including taking care of their gear, club equipment and the gear and equipment of all of the students and members of SSSYC.

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PARENTAL VOLUNTEER FORM

Parent's / Guardian's Name(s)	Home Phone Number
Home Address	Primary Email Address

Please 'check off' areas where you are willing to help. We will be in touch with you to confirm dates and details.

Yes, please sign me up to:

- On-Land Supervisor:** Be the "Parent of the Day" POD and spend a morning or afternoon at the club during the summer session to provide extra supervision for kids on land.
- Regattas:** Assist with registration, lunch or race committee during Junior Sweeps (Aug 11th and 12th) at SSSYC.
- Social Events:** Assist with opening BBQ (June 27th), closing BBQ (August 15th), Pool Party, and/or other junior events.

Please return to: Kelly Zweig, 19 Branford Circle, Tinton Falls, NJ 07724

Questions? Please call Junior Program Chair: Kelly Zweig (732)542-3624 or email her at kezweig@comcsast.net