

2010 Traverse Area High School Sailing Team Team Principles and Rules

General Principles

1. The first priority of the Traverse Area High School Sailing Team is to represent our program in a sportsmanlike manner, showing respect to teammates, parents, competitors, and other representatives of our sport, at practice, at regattas, and in any instance we are representing the Team, and to conduct ourselves in such a manner at all times.
2. The second priority of the Traverse Area High School Sailing Team is to increase and improve the skill level of team members.
3. The third priority of the Traverse Area High School Sailing Team is to win or place as well as possible in regattas we participate in.
4. The fourth priority of the Traverse Area High School Sailing Team is to increase the competitive ability of our team members by entering and participating in as many and the most difficult high school regattas our ability will allow.
5. The fifth priority of the Traverse Area High School Sailing Team is to introduce and educate non-sailors to the sport, and to allow them the opportunity to become contributing members of the team.

Team Rules

General Rules

1. There will be no smoking of any kind, or drinking of alcoholic beverages by team members. Violation of this rule is cause for dismissal from the team.
2. Disrespect shown to other team members, coaches, parents, officials, or anyone else the coaching staff deems appropriate is subject to dismissal from the team.
3. Team members will generally be paired in teams for the most advantageous possible combinations for success of the team as a whole. In some cases, the best skippers may or may not be sailing with the best crews, and vice versa.
4. Coaches' decisions are final.
5. If you have a problem with an issue, talk to the coach. It is inappropriate to discuss issues with other parents or team members, and will not be tolerated.
6. No student may participate in team activities without a physical and a signed parental consent form on file.

Practice Rules

1. Practice will be every Tuesday and Wednesday. Boats are to be rigged by 4:30pm and ready to be launched by 5:00pm. This means all team members are present, dressed ready to sail and rigging boats at 4:30pm. Please arrive at the TACS site early enough so that you are ready to rig boats at 4:30.
2. Thursdays will be race days. Please be ready to be on the water by 5:00pm so we can maximize our time spent sailing and get in as many races as we can. Please arrive at the TACS site early enough so that you are ready to rig boats at 4:30.
3. All boats are to be launched, rigged, in the water and everyone sailing by 5:00pm. We will be in the water for practice for 1 ½ -2 hours, depending on wind and weather conditions. If we get a late start, practice will get over at a later time. It all depends on how efficiently the team launches and gets on the water.
4. All team members are responsible to help all other team members rig and launch. Once your boat is rigged, you are not done – help out your teammates, both with rigging, launch, and retrieval at the end of practice. 420 sailors help the Lasers, and Laser sailors help the 420 sailors. You are a team – help each other out. If this is abused (i.e. – if someone is continually late and lets teammates rig their boat), they will de-rig all the boats when practice is over.
5. Practice is mandatory. The only excuse for missing practice is participation in another school sponsored activity. It will be the coach's decision as to whether a missed practice is excused, and the coach's decision will be final.
6. If you are going to miss practice, even for another school activity, sickness, etc., you need to call me. No messages sent through third parties will be accepted. Call my phone 231-883-2309. Please call with plenty of time so practice can be adjusted accordingly.
7. No one may leave at the end of practice until all boats and equipment are put away, and the facilities are all picked up and cleaned up.

Regatta and Travel Rules

1. All sailors are encouraged to participate in all scheduled regattas, as listed on the schedule distributed at the meeting.
2. We will attempt to billet team members (housing provided by local teams) whenever possible. In addition to decreasing expenses, this will provide team members a good opportunity to meet and interact with members of other teams.
3. Parents driving to regattas will be responsible for collecting travel expenses (i.e., gas money) from team members traveling with them.
4. In the event that the team stays in hotel accommodations, the following rules will apply:
 - a. Team members will share rooms with chaperoning adults (preferably their own parents) when possible
 - b. In the event that team members have to room together without a chaperone, there will be no mixing of male and female team members in the same room.

- c. In the event that male and female team members are in a room together, i.e. debriefings, watching a movie, or just hanging out, the hotel room door shall stay blocked open and accessible to adult parent chaperones at all times.
 - d. No alcohol shall be consumed by parents in the presence of team members. You are free to consume alcohol in your own room, but it cannot be tolerated in the presence of team members.
- 5. Unless otherwise arranged, we will travel together as a team to all regattas. It is my desire that we travel as a team whenever possible.
- 6. Team members may not participate in MISSA sanctioned regattas without the approval and permission of the coach, and without proper parental supervision.

As a member of the 2010 Traverse Area High School Sailing Team, I have read and understand all the above rules, and agree to abide by them.

Student Signature _____

Date _____

Student Name _____

Parent Signature _____

Date _____

Parent Name _____

TRAVERSE AREA COMMUNITY SAILING 2010 SAILING PARTICIPATION FORM

PARTICIPANT'S NAME _____
EMERGENCY CONTACT: _____ **PHONE :** _____
ADDRESS _____
DATE OF BIRTH _____ **AGE:** _____
MOTHER'S NAME: _____ **DAYTIME PHONE:** _____
FATHER'S NAME: _____ **DAYTIME PHONE:** _____
E-MAIL (PARENT) _____ **(STUDENT)** _____
SCHOOL _____ **GRADE** _____
PHYSICIAN: _____ **PHYSICIAN PHONE:** _____
KNOWN ALLERGIES / SIGNIFICANT MEDICAL HISTORY:

Date of LAST TETANUS IMMUNIZATION: _____

In the event of injury requiring medical attention, TACS Instructors will first attempt to reach the parents or guardians listed above. Then, if unsuccessful, the named Emergency Contact. It is recommended that the following portion of this form be signed and notarized or witnessed to allow treatment authorization by named Emergency Contact, or, in the event that no one can be reached, that Munson Medical Center Emergency Department be given authority. By law, hospital emergency personnel can do nothing for your child in the event he or she becomes ill or injured, except in life or death situations, without parental authorization.

EMERGENCY ROOM TREATMENT PERMIT / LIMITED POWER OF ATTORNEY

The undersigned does hereby grant to the individual listed above as Emergency Contact, or in the event that named individual or parent is unavailable, I hereby grant the following individuals, (please indicate by initials),
 _____ Munson Medical Center Emergency Room Physician
 _____ Munson Medical Center Emergency Room Nurse

the limited Power of Attorney to act for me and to give the required consents and authorizations for the delivery of medical care, diagnoses, and treatment, including surgical intervention, if necessary, in behalf of my minor child listed above, while he or she is in attendance of Traverse Area Community Sailing Programs from April 2010 to December 2010, and to do all other necessary things as I might or could do if personally present. This limited Power of Attorney is given pursuant to the provisions of PA 1978, 642, Sec 40 of the Probate Code.

Date: _____

 Signature

 Print Name of Parent or Guardian

 Relationship to child

 Address

Participant / Parent Liability Waiver and Acknowledgment of Risk

Traverse Area Community Sailing, the City of Traverse City and any other associated groups, their officers, members or associates, appointed or volunteer, do not accept any liability for loss of life or property, personal injury or damage caused or rising out of any activity engaged in during the Youth / Adult Sailing Program for any reason whatsoever. By participating in this sailing program, I as parent or legal guardian of the above named sailor am knowledgeable of the inherent risk in the sport of sailing. I grant my child permission to engage in these activities with full knowledge that there is an element of danger involved. I also agree to assume the risks for myself and my child and agree to hold Traverse Area Community Sailing and its officers, employees and volunteers harmless and free of any liability for damage or injury my child may incur arising from these activities.

PARENT'S SIGNATURE (if under 18) _____ DATE: _____