



Handbook for Sailors and Parents

Table of Contents

1. From the President.....	3
2. Purpose of Handbook	4
3. Goal of the NSJS Program	5
4. Junior Sailing Program Operating Parameters	6
5. Parental Involvement	7
6. Boats We Sail	9
7. Description of Instructional Programs	10
8. For Sailors	12
9. For Parents	14
10. Chaperone Guidelines	18
11. Personal Equipment and Gear	20
12. Opportunities at NSSC Outside of the Junior Program	21
13. Frequently Asked Questions	22
14. Regatta Sites.....	25
15. Parent Information Sheet.....	26

1. From the President

Welcome to North Star Junior Sailing. We're glad you're interested in learning more about us and our programs.

We are proud of our growth over the last few years and each year, we hope to improve on the previous year. This year should be no different. Thanks to North Star Sail Club, our families, and the friends of NSJS who have made our fundraising efforts a success this year so that we are able to afford to outfit our support boats with new motors. In 2010, we earned the Detroit Regional Yachting Association's "Jack Sutton" Award, recognizing our program for our improvements. We will continue to serve the sailing community in Macomb County to promote the sport of sailing as well as seamanship, and safe boating practices.

We offer both youth and adult Learn to Sail Programs. Not only do we teach our students how to sail; we teach students safe boating practices, seamanship, water safety, capsizing recovery, man overboard. With all of our classes, we will continue to focus on safety, fun, and success. Our curriculum is based on US Sailing and American Red Cross "Start Sailing Right". Our Instructors are US Sailing Level 1 and Level 2 certified; meaning that they have demonstrated proficiencies not only in their own sailing abilities, but in teaching and coaching others in our sport, and in power boat handling on a national standardized level. They are also First Aid and CPR certified.

We will have a diverse staff to cater to all sailors' needs - from the eight year old harbor rookie, to the oldest racing sailors competing at the local and regional and national level.

We're also happy to say that NSJS is continually looking for ways to improve and expand our fleet. Our current boats have served us well, but we are looking to upgrade and expand our fleet so that we can continue to serve our students and improve our programs.

Please call, email, or stop by any time if you have any questions for me or wish to help us further our mission.

Ian Pouliot
President, North Star Junior Sailing
586-463-2192
northstarjrsailing@gmail.com

2. Purpose of Handbook

This handbook has been assembled to provide a guide for sailors, parents, or guardians involved in the NSJS Sailing Program. This includes all summer activity as well as high school sailing. It offers a description of how the program operates, what is expected of sailors, guidance for and expectations of parents, general recommendations for gear and equipment, and much more. It is relevant for all sailors and parents – from 8 year old harbor rookies exploring Lake St. Clair, to our race teams competing on a broader level.

While the summer program is the core focus of NSJS, we also offer a locally and regionally competitive high school program for local schools with spring and fall seasons.

3. Goal of the NSJS Sailing Programs

Our overall goal is simple: Safety, fun, and success.

We provide a safe and fun learning environment for youth and adults, as well as:

- Teach young people safe boat handling, seamanship, and sportsmanship
- Help young people learn to sail
- Help young people learn techniques of one-design racing and to help them fully develop their one-design racing skills
- Promote youth sailing competition
- Promote youth crewing opportunities and experience on keel boats

NSJS has been a leader in junior sailing locally and regionally for over 20 years.

Hundreds of sailors have had the opportunity to experience sailing through this Program.

Sailors from NSJS' Junior Program have gone on to compete in collegiate, National, World, America's Cup, and Olympic competition. Also important are the countless young men and women who have taken their experiences at NSJS and gone on to make sailing a lifelong passion; whether it be ocean/coastal cruising, one-design racing, grand prix racing or day sailing.

4. Junior Sailing Program Operating Parameters

North Star Junior Sailing is an independent organization with its own Constitution, By-Laws, officers, Board of Directors, tuition/fees, and activities. NSJS owns the sailboats, coaching boats, sailing gear and equipment, and other items required to run a sailing program.

We were organized on April 24, 1990 as a 501C(3) charitable organization.

Coaching staff salaries and are funded through a budget which derives income mainly from tuition. North Star Sail Club (NSSC) supports the program by providing facilities, dock space, lot storage, and a location from which to operate. NSJS is also funded by private donations, including an annual subsidy from NSSC. Funding for capital improvements (replacement boats and equipment) comes from our fundraising proceeds.

Program oversight is provided by a Board of Directors consisting of Officers and three to five other members who are interested in supporting and advancing junior sailing at NSJS.

Our Program Director is responsible for the daily operation of the program including curriculum development, coaching, budget administration, staff hiring decisions, staff development, and the overall health and safety of the students, coaches, and visiting sailors.

The Board: develops long term program strategies; provides guidance on budget, policy and procedures formulation; assists with and organizes work parties and regatta administration; and generally acts as a sounding board for the Junior Program Director. Several board members may also act as team liaisons to assist and provide guidance to parent/team coordinators of the various teams with the planning, execution, and follow up required for the various trips and events NSJS juniors attend.

NSJS coaches and instructors are responsible for providing a safe learning environment. Instructors follow a curriculum based on recommendations from US Sailing and the American Red Cross. Coaches are responsible for monitoring student behavior while on the water at events. Coach responsibilities as well as travel rules and regulations for events away from NSJS are covered in Sections 8 and 9.

5. Parental Involvement

Parent volunteers and friends of North Star Junior Sailing are vitally important to the success of our program. Parents with sailors at all levels are highly encouraged to help. However, the level of necessary involvement increases as sailors transition from basic sailing classes to racing teams. Areas to participate as a volunteer include: NSJS Regatta support, boat/sailor transportation, chaperoning travel teams, work parties to repair and maintain NSJS facilities, and Event/Class coordinators. For North Star Sail Club members, some of these volunteering activities can be counted towards your annual service hour requirements and are subject to the approval of the NSJS Board of Directors and NSSC Bridge and Officers.

Volunteering is a great way to get involved, meet other sailing parents, and participate in your child's activities outside the home.

NSJS Regatta Support

NSJS hosts an annual regatta every year as well as several other events. These events require volunteers to help in a number of ways ranging from event organization, registration, race committee, parking management, food service, boat measuring, safety officers, and other needed functions. All are welcome regardless of sailing knowledge level.

- *The annual 420 Regatta* is NSJS' Regatta. This is a 420s regatta that draws sailors from around the Detroit region. This regatta is typically held during the 2nd week in July.

Fun and fundraisers

NSSC Wednesday Night Hump Day is a weekly NSJS-sponsored fun race around the buoys on Anchor Bay. Juniors are welcome to join the crew of "big" keel boats. Their families are also welcome to assist us provide food service following the race—a simple weenie roast at dusk.

NSJS also organizes several fundraisers each year including our springtime "Boater to Boater Sale", a boater swap meet on the grounds of NSSC and charity poker. Volunteers are always needed and welcome to make these events successful.

Boat/Sailor Transportation

Our racing teams compete throughout the year in a number of events away from NSJS, including Detroit regional regattas and weekend Junior Olympic events at more distant locations.

We rely completely on parent volunteers to transport sailors and equipment to these events.

Sailor transportation involves driving sailors and their personal gear to/from events. For local Detroit region events, many times parents organize separate delivery and pickup arrangements thereby eliminating the need for the driver to stay all day at the event. For more distant events this is not always feasible. However, there are creative ways to help out. The event and or class coordinator can help make these arrangements.

The Junior Sailing has a number of multi-boat and single boat trailers capable of being towed by average size cars, SUVs, or trucks. Some sailors have personal trailers and some boats are car-topped. Work with the team coordinator and/or Jr. Director to determine how your boat will get to and from the event site. It is ultimately each sailor's responsibility to make sure his or her boat and everything needed to race make it to and from the regatta venue.

Chaperoning

Events in which sailors stay overnight require adult chaperones. Chaperoning is a big responsibility but an absolute requirement to ensure our sailors have an adult to provide supervision, logistical support, safe transportation, and to provide an example of how to represent NSJS. It can be a significant time commitment but also a rewarding experience. Section 10 provides Chaperone guidelines.

Work Parties

Work parties are occasionally held to facilitate maintaining Junior Program equipment and facilities. Junior sailors, parents, and anyone interested in supporting the Junior Program are welcome to participate. The Junior Program Director/Maintenance Director will typically announce the need for work parties via email.

Other Activities

Prior to the start of the summer program, a parent/sailor information meeting is held. If this is your first year at NSJS, this orientation is highly recommended. Come meet the Jr. Director, the coaches, and other parents and sailors.

The Wednesday Night Fun Series occurs every Wednesday from mid-May through mid-September. Show up at 6:00pm and we'll get you the opportunity to crew or get a ride on a big sailboat.

Our Paper Plate Awards Night is at the end of the summer, usually the first Saturday in August. Here we present all of NSJS' perpetual trophies as well as recognize all race team sailors and younger sailors from the summer. There is always a cookout and potluck and is a great time to meet other families in the program.

6. Boats We Sail

All instructional sailing is conducted in Optimists, 420s and Lasers. These three classes represent the standard for Junior/Youth racing in the United States. Between these three classes of boats we can structure curricula to suit all ages (8-17), abilities, and sizes. We also use the O'Day, a 22 foot daysailor boat to introduce our newest sailors to sailing.

Optimist

The Optimist is the largest one design racing fleet in the world and the international standard in junior instruction. The boat's simplicity and stability make it ideal for teaching young beginners, while the popularity of the Optimist class makes the boat extremely challenging for pre-teen racers.

Club 420

The C420 is the most popular and versatile double-handed junior boat in North America. The 420 is durable and safe while providing the challenge of having a spinnaker and trapeze. The boat is best suited for sailors 12-18 years of age and over 100 pounds.

Collegiate 420

The Collegiate 420 is used for Junior Sailing and our High School sailing program in the spring and fall. The boat is the same as the Club 420 with the exception that the trapeze and spinnaker gear is removed.

Laser

The Laser is the single-handed option for sailors who are too big or too old to sail the Optimist. The Laser can be rigged with three different sail plans, providing great versatility across a wide range of sizes. Lasers are best suited to sailors 13 years of age or older, over 125 pounds, and focused on racing. Lasers are one of the fastest growing one-design classes in North America and the primary single-handed boat used in youth sailing events.

7. Description of Instructional Programs

NSJS provides summer programs offering instruction and coaching for children and teenagers 8-17 at all levels, from beginning sailing through advanced racing. Regardless of age, we have introductory and advanced courses that will match students to other students that are close in age and in a boat that is appropriate to them in terms of physical size and strength.

Our Junior Program Director is a full time seasonal employee of our organization and a US Sailing Level 2 Instructor. He is responsible for the overall safety of the sailors and coaches at NSJS, along with maintaining a nationally-competitive curriculum. All NSJS coaches are US Sailing-certified as well as certified in First Aid and CPR. We follow US Sailing prescribed teaching methods. This curriculum helps ensure the safety, fun, and success of our sailors.

The various instructional programs available at SSA are described below:

“Learn to Sail” (or “L2S”)

Formerly known as our “Beginners” program, this program will consist of 10 full-day class sessions over two consecutive weeks. This class is designed for kids aged 9-17, who have limited to no experience sailing. We use the “Start Sailing Right” curriculum by US Sailing and the American Red Cross. Topics will include: water safety, parts of a sailboat, rigging a sailboat, basic knot tying, wind propulsion, and basic sailing from point A to point B. The L2S curriculum will be offered 2 times this summer, each with a class size limited to 12 seats/session. Prerequisites: life vest and ability to swim/pass swim test and a desire to go sailing.

Youth who have completed their L2S have the option of joining us for the remainder of the summer season in “Silver Fleet”, our intermediate program, to extend their summer on the water or they may move up to the or Race Program.

“Silver Fleet” Intermediate Program

This program is for youth that have completed their Learn to Sail, but do not wish to sail competitively in a race program. They continue to practice their sailing and seamanship skills, while having fun on the water on our program boats or the daysailor. Both full and half season are available. Prerequisites: life vest and ability to swim/pass swim test and a desire to go sailing.

“Team North Star” Race Program

This instructional program will meet Monday through Fridays for full days. Participants will be coached by experienced racing coaches and continue to advance their sailing skills; sharpen their tactics, and train for performance and competitive sailing at local regattas. Students may opt out of competitive sailing at local regattas—please ask for specific information.

Prerequisites: Life vest, ability to swim/pass swim test; basic knowledge of sailing or previous sailing experience.

Specifically for our adult learners, we offer:

“Adult Learn to Sail Program” (or “AL2S”)

Adult L2S is offered to individuals 18 and older once a week over 4 weeks. This is our basic L2S program tailored to the adult learner in a small group setting.

Prerequisite: life vest and ability to swim.

Classes scheduled and held at mutually decided schedule between instructor and students.

Adult Private Lessons

We will be offering Adult Private Sailing Lessons with US Sailing Certified Instructor \$200 per 2 hour lesson. Cost includes boat fee. Lessons must be scheduled in advance with Instructor.

Prerequisite: Life vest and ability to swim.

8. For Sailing Students

Sailing is a lifetime sport and pastime. Some of the friends and acquaintances you will make at NSJS will turn into lifelong friendships and places visited for competitions will be visited over and over throughout life. How you act as a junior sailor will have a lasting impact. Please recognize that sailing is a privilege and you are being provided with a fun and fulfilling opportunity. To make the most of this experience, we ask that you follow these guidelines:

- Sail for fun and the love of the sport. Enjoy yourself.
- Work hard to improve your skills.
- Listen, ask questions, and watch others to see how you can better your skills.
- Learn teamwork, sportsmanship, discipline, confidence and self-control.
- Be a team player – get along with others.
- Appreciate the contribution each person makes to the learning environment.
- Learn the rules, and play by them.
- Always be a good sport and set a positive example for others.

The Sailor's Code of Conduct has been developed to let you, the sailors, know how North Star Junior Sailing, parents, host facilities, and coaches expect you to act while participating in NSJS sponsored programs. Appropriate behavior will allow you to become a well-rounded, self-confident sailor, and respected team member. North Star expects the highest level of sportsmanship, teamwork, fair play, and good behavior. As a participant in this program you represent North Star, your teammates and your family. When on a High School team you are also representing your school. Your behavior, on and off the water, should be to maintain this level of sportsmanship and conduct, and make teammates proud to be a part of our program.

Associated with the Code of Conduct are guidelines for Disciplinary Action to be enforced should a sailor fail to act as agreed. North Star Junior Sailing Staff and coaches are primarily responsible for enforcing the rules and will take appropriate action as outlined in the Disciplinary Action Policy. While away from NSJS and under the supervision of a parent team leader, the responsibility for enforcing the rules lies with the parent team leader under advisement of Program Director.

Every sailor traveling for the NSJS Program is required to read and provide a signature to signify that you understand and will abide by the Sailors Code of Conduct. Additionally, every sailor will sign the Disciplinary Actions to signify that they understand the consequences for not abiding with the rules and regulations.

Travel Team Policy

Other recommendations:

Your enjoyment while away from the comfortable confines of your home is often a reflection of your organization and planning. Whether traveling with your parent/guardian or a chaperone, you should learn to be self-supportive.

Here are a few tips:

- Before departing ensure your parents/guardian are fully informed of your travel itinerary and with whom you will be traveling.
- Keep a readily accessible list of emergency contact phone numbers
- Carry your medical insurance information
- Pack your sailing and non-sailing clothing according to your destination.
- Bring your lifejacket
- You are responsible for buying your meals and incidentals.
- Is your boat properly packed to be transported?
- Carry a toolkit and spare parts as necessary
- It is easy to leave equipment behind. Before departing from the event location ensure you can account for all of your gear and belongings.

9. For Parents

It is hoped that this handbook is helping you understand the full scope of the Junior Sailing Program at NSJS and the divisions of responsibility between sailors, coaches, parents, and the other individuals that make all of this happen.

Competitive sailing teaches self-confidence, decision making, teamwork, sportsmanship, tactical thinking, organization, and sometimes humility. Sailors at any age never stop learning; there is always something to do to get better. Because of this, the NSJS program strives to push responsibility as appropriate to the sailors, but we need parental support to achieve the complete objective.

What do you as a parent need to know and do? The answer varies depending upon the specific curriculum your sailor is participating in. Generally, the more advanced and the more traveling your child does, the more there is to know and do. However, there are a few things that every sailor either needs or be able to demonstrate.

Personal Gear

Every sailor needs a lifejacket that is sized properly and fits comfortably. There are jackets specifically designed for sailing that provide the proper flexibility and are Coast Guard approved. The remaining personal gear depends upon the season, the class of boat sailed, and the level at which your child is sailing.

All personal gear should be labeled (name or sail number) with a permanent marker.

Swim Test

Every child participating in a summer session must demonstrate that their lifejacket fits appropriately and are comfortable swimming with it on. Sailors will never be allowed in boats without their lifejackets.

Activities at NSJS

A typical day at NSJS for all curriculum (including High School sailing) starts with an onshore brief to discuss the agenda and lesson objectives. After rigging boats, the students launch and learn/practice the skills and objectives of the day. After students return to shore, they de-rig their boats and participate in a debriefing session.

If your child is in one of our summer session introductory or intermediate classes, your part is minimal. Please ensure your child arrives on time, is prepared to learn, and ready to have a good time. At the prescribed end of the session ensure arrangements have been made for your child to get to their proper destination. NSJS does not provide babysitting services before or after class.

All students registered in a racing program have the added responsibility of maintaining and caring for their boat. Each boat must be properly de-rigged and stored at the end of each day. Personal boats maybe stored on the NSJS lot during the time they are registered in a Junior program session. 420 sailors who charter a club boat are responsible for ensuring the club boat is properly maintained and race ready.

Should there be equipment problems beyond the student's ability to repair, they should bring it to the attention of the coaching staff immediately. Both skipper and crew are expected to maintain the boat. The High School sailing program uses club owned 420s.

Parents must constantly communicate with their sailor as to the condition of their boat and equipment. If properly maintained, the boats we use are very durable. However, sailboats are used in a relatively harsh environment (wind, water, sunlight) and from time to time equipment must be replaced. Boats that are constantly in a state of disrepair will limit your sailor's ability to improve and enjoy the experience. One way to limit unwanted corrosion is to wash the boat down with freshwater at the end of each sailing day.

All sailors are responsible for ensuring their boat is properly stored. Some 420s, Lasers, and Optimists are stored on racks. Instructors and classmates are available to assist sailors putting their boats on the racks. However, ultimately, it is the parents'/sailors' responsibility to ensure that boats are properly placed on the rack. Any boat stored on a top rack MUST be tied down.

The Paper Plate Awards Party is held every summer at end of the program, typically the first Saturday in August. This is a family fun oriented event and a potluck cookout. Each summer session sailor is recognized and presented with a participation award/certificate of completion. Many other awards such as SEAGULL, Coaches', Sportsmanship, Outstanding Girl Sailor, Outstanding Boy Sailor, and others are made by instructors in the corresponding class. You will hear lots of humorous stories and accounts of all the great successes and bloopers that transpired at and away from NSJS. Attendance is a great way to show support for your young sailor. Please mark the date on your calendar as soon as you get it and plan to attend.

Events Away From NSJS

There are a number of regattas and events NSJS Juniors participate in throughout the year requiring travel. Some are relatively close to Detroit and essentially consist of a day trip. Others can be many miles away. Teams generally practice at NSJS when not participating in regattas. It is highly recommended that sailors and parents (skippers and crews in the case of 420s) determine which events they desire to participate in. It would be nice if all sailors could participate in every event, but we recognize that this is not always possible.

A new requirement for 420 Racers for 2014: each member of a 420 "Team" will be assigned a "pinnie" owned by NSJS. Each team member is responsible to don their pinnie while out on the water and will be

required to return them into their coach at the end of each race day. If the pinnie is lost or destroyed, the team member will be required to pay \$50 replacement fee for the use of another pinnie.

Tuition paid for each session includes coaching expenses at practice and regattas chosen by the coaching staff. If your sailor does not travel to one of these events, we will attempt to provide a meaningful activity at NSJS with another class. Contact the Junior Program Director with questions.

Team Coordinator / Liaison

Parents are responsible for organizing transportation to and from events, including; sailors, boats, gear, coach boats, as well organizing lodging, food, drinks, etc. The best way to do this is for one or two parents to take the lead as team coordinator(s). These team coordinators, or liaisons, are subject to the Junior Program Director and Board approval. They work closely with the Director and coaches to plan and organize travel, and also communicate travel and logistical plans by phone and email. Other parents work with the coordinator to cover all of the logistical bases. The team coordinator does not need to travel to each event if other parents share the load by volunteering to be chaperones and coordinators for individual trips. The sooner this individual can be identified the better for all, as making arrangements for most regattas/events should be accomplished well in advance.

Boat Transportation

Our sailor's boats get to and from regatta sites by various means. The Junior Program has a number of multi-boat trailers capable of being towed by average size cars, SUVs, or trucks. Some sailors have personal trailers for their boats and some cartop. NSJS relies solely on volunteer drivers – without volunteers, boats cannot be transported.

Costs

Parent coordinators are highly encouraged to work with team liaisons to ensure the right boats get to the right place and are returned in time for the next event or practice. A boat may go to an event on one trailer but come home on another. It all depends on the team's schedule, which regattas your sailor is participating in, drivers, and a number of other factors. The Director, coaches, and team coordinator will all work in advance to make sure everyone is accounted for in travel plans, but **it is ultimately each sailor's responsibility to know his/her travel schedule and how his/her boat is being transported to and from each venue.** This is especially important since travel plans do change throughout the season. The further in advance travel plans can be made, the better.

Regatta Pre-Registering

When you determine which events your sailor will be participating in, it is advisable to determine if there is a cut-off date for registration and if there is a reduced entry fee for early registration.

Registering for Detroit Regional events is the coaches' responsibility; weekend regattas/Junior Olympic events are the sailor's responsibility. The major events typically have websites established that provide the details. Again, work with the team coordinator early in the season and plan ahead.

Medical Releases

Along with regatta registration, events also require a medical release and contact information form. It is strongly recommended that your sailor carry a laminated sheet in their sailing bag that details insurance information, medication allergies, date of last tetanus booster shot, emergency contacts, etc. If for some reason mailed/faxed paperwork does not reach its proper destination, your sailor will have all the information needed to fill one out on site (with your permission, the chaperone can then sign it in your place).

Traveling Costs

Sailors/Parents are responsible for paying all traveling costs incurred by the sailor, along with lodging costs for the coach. This includes their share of gas, tolls, lodging, meals, drinks, incidentals, regatta fees, and so on. If your sailor is traveling with a chaperone, it is customary for this individual to front certain expenses such as gas, tolls, and lodging. The sailor should be prepared to cover the cost of meals and incidentals. At the completion of the trip the chaperone will detail these expenses and “bill” the sailor. Parents need to ensure that these bills are promptly paid as the chaperones should not be burdened with credit card expenses for your sailor. The chaperone has already donated a significant amount of their time and paid their share of the lodging cost in order for your sailor to participate. Please be respectful of this.

Pinnies

A new requirement for 420 Racers for 2014: each member of a 420 “Team” will be assigned a “pinnie” owned by NSJS. Each team member is responsible to don their pinnie while out on the water and will be required to return them into their coach at the end of each race day. If the pinnie is lost or destroyed, the team member will be required to pay \$50 replacement fee for the use of another pinnie.

Association Memberships/Fees

There are a few associations/organizations that your sailor should, and in some case must, join. The cost of joining is not great and the benefits to your sailor and the sailing community are wide spread. Junior Sailors competing must join US Sailing and hold active membership.

US SAILING is the National Governing Body for the sport of sailing and sailboat racing in the United States. US SAILING's mission is to encourage participation and promote excellence in sailing and sailboat racing in the United States. A member-based non-profit organization, US SAILING accomplishes its mission through volunteers and member organizations, supported by an administrative staff. The list of programs and services provided by US SAILING are too numerous to list in this handbook. Please visit the website at www.ussailing.org.

North Star Junior Sailing, is a member of Detroit Regional Yachting Association, which was founded in 1912 to promote fair yachting competition by supporting standard yacht racing and measurement rules and by coordinating racing schedules and regattas for the Detroit area.

DRYA has a special Junior Sailing Committee that is focused on coordinating area wide schedules, support and assistance in establishing junior programs and development of instructional programs, and coordinating participation in US SAILING programs. The website at www.DRYA.org provides much greater detail, including a section dedicated to juniors.

10. Chaperone Guidelines

Thank you for volunteering and accepting the very important responsibility of chaperone. As our team participates in events, both locally and out of state, they act as representatives of NSJS. This underscores the importance of behavior, respect for team members and competitors, speech, actions, and dress code. We count on our sailors and parents, our chaperones and coaches, to consistently convey an appropriate message that the North Star Junior Sailing is a quality organization that upholds the qualities and traditions of junior sailing. Every sailor in the NSJS is required to sign a Sailors Code of Conduct and Disciplinary Actions to signify that they understand and will abide by the rules of the Jr. Program. In terms of the chaperone's responsibilities, we have set forth some general guidelines as to our expectations and assume that good judgment and logic will serve as our guide when there is no written rule as to the specific issue.

- A chaperone is an adult (26 years of age or older) who is willing to supervise and care for the general welfare of the sailors during overnight and out of town events.
- Chaperones are ultimately subject to Junior Director and/or Board approval.
- Chaperones should ride in the same vehicle or group of vehicles with the sailors to and from events.
- There should be at least one male and one female chaperone when traveling as a mixed team.
- If a team is of a single gender, the chaperone should be that same gender.
- Chaperones are on duty at all times during overnight travel unless otherwise excused by another chaperone. Coaches are responsible for supervision during day time sailing activities from the time of reporting until dismissed. The interaction between chaperones and NSJS coaches is very important to coordinate sailors' schedules.
- Chaperones should not be assigned more than 10 sailors (however, 4-6 is desirable).
- Use of controlled substances and firearms are prohibited when serving as a chaperone.
- The use of alcohol should be in moderation only. Driving under the influence is prohibited. Please set the right example for our young men and women.
- Chaperones should not retire until all sailors are checked in for the night, all visiting between rooms has stopped, and the chaperones are reasonably sure that the groups are quiet and in their rooms.
- All room problems or illness must be reported immediately to the chaperone.
- Chaperones have the right to inspect all bags and personal belongings.
- Chaperones shall set curfew hours and hold sailors accountable to them.
- After curfew hours sailors must be segregated by gender and returned to their rooms.
- Chaperones should, with team input, plan team activities when not engaged in sailing activities.
- Chaperones must strictly enforce the zero tolerance rules, including the use of alcohol or illegal drugs.
- If the rules are broken, at the discretion of the Director, the sailor goes home at their parents' cost. The behavior expectations and rules are in a contractual form and signed by both the participants and parents or guardians prior to participation.

- Incidents or accidents should be reported in writing. Do not determine cause on the reports, just report the facts. An email to the Junior Director is an ideal way to handle this.
- Chaperones should contact parents of sailors assigned prior to departing to discuss the itinerary, special needs, emergency contact numbers, severe allergies, and any other item that is pertinent to the trip.
- Remind parents that sailors should have their medical release information with them.
- At the end of a trip chaperones should submit an account of expenses incurred to the parents of the sailors that must submit reimbursement. Chaperones pay for their share of lodging, meals, and personal costs. Sailors pay for gas, tolls, their meals, lodging, and so on. If you are driving you do not need to share the cost of gas and tolls. You are providing a service to the sailors by transporting them and their gear and you are already paying for mileage/wear and tear on your vehicle.

11. Personal Equipment and Gear

Personal equipment and gear required varies with the curriculum you are enrolled in. Personal gear for summer sessions is minimal. Equipment and gear for traveling teams and Winter/Spring sailing can be significant. Sailing gear tends to be quite specialized and sometimes costly. Therefore, when you purchase new gear, buy quality gear that will be durable and permit use for multiple seasons. If you will be a 420 crew on a racing team, don't forget that you will need a trapeze harness.

Label all of your gear with a permanent marker! Your gear will look alot like other sailors' items.

If you are on a racing team you may want to own your own boat. Whether you buy a new one, used one, or charter, is a decision you need to make with your parents. There are a lot of quality used boats available so talk to other sailors and parents and shop around before buying, especially if this is your first year on the racing team. When purchasing your boat don't forget about a dolly. A dolly will protect the bottom of your boat and ease the process of launching. Trailers are optional, as are covers. However, a good set of covers will protect your boat while traveling as well as provide UV protection when being stored. Often a used boat will already come with these and other extras.

Mandatory Gear for all ages and classes:

Life Jacket- Ensure that it is the correct size and comfortable fit. Must be coast guard approved. Life Jackets are worn at all times on the docks, sailing, or in a motor boat.

Whistle- must be attached to the life jacket. Opti sailors: Whistles are required at all USODA sponsored events.

Closed toe shoes- must be worn at all times, even when sailing so they must be able to get wet. Good ideas: water shoes, sailing boots, crocs... etc.

Other gear to bring everyday:

- Water Bottle (NSSC has a drinking fountain to refill bottles)
- Hat
- Lunch (for all-day sailors)
- Sunscreen
- Foul Weather Gear- we will still go sailing in the rain and cold
- Sailing gloves

12. Opportunities at NSSC Outside of the Junior Program

NSSC is known for quality race management and well organized events and more than ample opportunities to sail “big”/keel boats. Junior Sailors are welcome and encouraged to participate in any of the sailing series and there are always members who are looking for good crews and would welcome the opportunity to train with energetic young or old sailors. See the NSSC website for a listing and description of each class/fleet as well as the full schedule of events.

There is usually food service after racing on Tuesdays, Wednesdays, and Friday evenings during the sailing season as well as after special weekend invitationals and Fall series sailing. Stop by one evening to enjoy the scenery, camaraderie, meet other NSSC members, have dinner or a snack, enjoy your favorite beverage, or just sit and watch the sunset.

For further information on these and other opportunities at NSSC go to www.northstarsail.org or www.northstarjsailing.org or contact the NSSC office at 586-463-2192.

13. Frequently Asked Questions

Is there an Open House or Orientation? Yes, the date is announced prior to each season. For beginning sailors, the open house will give you a chance to meet the coaches, receive new sailor information, and ask any questions you may have. For those in racing classes, tentative schedules of events will be available and there will be the opportunity to begin thinking about logistics for some travel events. This is also a good time to meet other parents in the program and organize carpools.

What are Wednesday Nights? The Wednesday Night Fun Series is open to any sailors and their siblings and parents who have participated in one or more sessions. We will provide burgers, hot dogs, brats, and refreshments. Sailors are encouraged to participate and/or get the chance to sail on a “big”/keel boat during a non-competitive “race” on Anchor Bay. This has been a huge hit in the past, don't miss out!

Do I need to be a member to sail at NSJS? No. We are a community program. The majority of sailors enrolled are non-members. We offer member discounts for NSSC members.

When should I sign up? Sign up early to avoid conflicts. We operate on a first come, first serve basis.

What course should my child take? As a general rule: Kids with no prior sailing experience should enroll in our Learn to Sail Program. Kids who have completed a Learn to Sail Program are eligible to enroll in either our Instructional Race Program or Sailors Program.

Do I need to own my own boat? No. Most students use NSJS boats, particularly at the beginner and intermediate level. This information is outlined in the class descriptions. However, if a class is full, bringing your own boat may allow us to fit you in the class.

Are there member discounts? NSSC members receive a discount as defined by their membership level. Please see enrollment form to apply discount.

How do I become a NSSC member? Please contact Perry Smith, Membership Director of NSSC at 586-463-2192 for further information.

Is there a lunch program? No. Students are required to bring their own lunch in a bag and place it in a gallon zip-lock (water proof) bag. Lunches and water bottles are kept on ice in coolers on support boats and are eaten out on the water.

It's raining, storming, cold, etc., is there class? We will always put safety first at NSJS, but will not cancel for inclement weather. One instructor is monitoring weather radar and forecasts at all times in addition to all coaches being trained to run safe, fun classes. We will hold class inside in the case of thunderstorms, but will sail in all other weather. Come prepared!

Where do I get sailing clothes? For summer sailing, dress for the weather and bring a change of dry clothes. Closed toed shoes with a heel strap are advised (crocks, water socks, old tennis shoes).

Are classes prorated if I have to miss part of a session? No. Every year we have to turn many sailors away and put others on waiting lists because we operate on a first come, first serve basis. Under these circumstances we cannot justify prorating.

Do you have a carpool set up? No. We cannot organize carpools, nor can we give out personal information of other families in the program. If you would like to carpool, our orientation night and/or the first day of class are good opportunities to meet other parents.

How do I pay? Tuition is due by the first day of class. You can pay in full by a credit card online, or you can choose to pay by a check payable to "North Star Junior Sailing, Inc."

Who are your coaches? All of NSJS coaches are at minimum US Sailing Level 1 as well as First Aid and CPR certified. For more details about US Sailing certification please refer to the Training section at www.ussailing.org. Several coaches are also hold higher US Sailing certification and/or are former lifeguards.

What about supervision before and after class? Please be on time dropping off in the morning and be prompt picking up at the end of the session. We cannot offer supervision outside of our normal class times.

Can I stay and watch my child sail? Parents are welcome to watch from a distance. Our experience has shown that most young sailors learn best without the distraction of a parent. All of our coaches are trained to run safe and fun classes, and appreciate being able to do so without parental input during class. Please ask the Program Director directly if you have any questions.

I lost my... Did you find it? We have a lost and found in the vending machine area of NSSC. Please make sure to label everything very clearly with your name and phone number. With almost 50 Jr. sailors participating in our summer program we have a very full lost and found by the end of the summer. Unclaimed items are donated to Goodwill at the end of each season.

What do I bring? Every day sailors need to bring closed-toe shoes (e.g. tennis shoes, Crocs, neoprene sailing boots) NOT flip-flops, a US Coast Guard (USCG) approved life-jacket, i.e. Personal Flotation Device (PFD), sunscreen, and a water bottle. It is also recommended that sailors bring a towel, snack, and

change of clothes. There's a good chance that sailors will get wet every day.

What do the colored fleets for Optis mean? The United States Optimist Dinghy Association (USODA) has organized sailors in different fleets, designated by colors, to make racing as fair as possible. White fleet is for skippers who are 10 and under. Blue fleet is for skippers who are 11 or 12. Red fleet is for skippers who are 13, 14, or 15. Green fleet is for any age Opti sailor who is a racing beginner, and is designed to give sailors racing experience before sailing in their designated fleet. See www.usoda.org for more info.

Is there swimming? Sailors will need to pass a short swim test on their first day. This is done in our protected basins WITHOUT a lifejacket and shoes. It is to make sure sailors are comfortable in the water. Also in the first two days of class, capsize recovery will be learned.

Regatta Sites

North Star Sail Club

32041 South River Road

Harrison Township, MI 48045

Grosse Pointe Club

6 Berkshire Place

Grosse Pointe Farms, MI 48236

Crescent Sail Yacht Club

276 Lakeshore Drive

Grosse Pointe Farms, MI 48236

Detroit Yacht Club

1 Riverbank Rd.

Detroit, MI 48207

Grosse Pointe Yacht Club

788 Lake Shore Drive

Grosse Pointe Shores, MI 48236

Bayview Yacht Club

100 Clairpointe St.

Detroit, MI 48215

Pontiac Yacht Club

3270 Wards Point Drive

West Bloomfield Twp, MI 48324

2018 Instructors

Christina Walsh; Program Manager; cell: 586-489-8938

Jessica Gula

Justin Verriest

Will Street

Mitchell Irwin

2018 Board or Directors

Ian Pouliot, President; ian.pouliot@gmail.com; cell: 586-295-9344

Michael Fellberg, Vice President; mfellberg@mirealsource.com

David Bonskey, Treasurer; rizon@aol.com

AnnMarie Koch, Secretary; amkoch1959@gmail.com

Directors:

Sandie Street

Kathryn Koski

Lisa Pressman

Scott Irwin

Mike Hranchook

Judy Redmann

Dave Wolny

Nickie Kowal

Tary Rabine, Webmaster

Mrs. Beverly Sherman, Office Manager; North Star Sail Club

586-463-2192

Parent Information Sheet
Summer Program
Program Hours 9:00am-4pm

Routine (subject to vary)

0830-0845 arrival, sunscreen application, stretching

0900 class begins

1000 rigging, out on water

1200 lunch, reapply sunscreen

1400 reapply sunscreen

1500 return to base

1530 de-rig, clean up, put away equipment

1600 dismissal

Guidelines

Zero tolerance for bullying, obscene gestures/comments/remarks, profanity, fighting, dumping in lake, leaving a mess, drugs or alcohol

Please label all equipment (waterbottles, sunscreen, lunches, clothing articles) with child's name

Any items left at the end of your child's program will be donated to charity

Sunscreen SPF 30 or better is a must. Please reinforce this with your child

All children are responsible for cleaning up their own trash and disposing of it in the garbage. No dumping in the lake or river, and no leaving it behind in our boats or facilities.

Life jackets must be worn at all times in the "Lifey Zone"—no ifs, ands or buts.

Accidents happen. Sailing equipment is expensive. So as to teach character development, personal responsibility, and accountability, we expect your child to treat our equipment as his/her own. If your child loses or willfully damages our equipment, you will be asked for a donation to cover its replacement.

Equipment (please label all articles with child's name!)

Non-disposable waterbottle with carabiner clips

SPF 30 or greater sunscreen

Hats

Life jacket

Sun glasses

Wicking/under armour type shirt

Bag lunch in 1 gal ziplock bag

Dress for weather (i.e. jackets if cool)

Change of dry clothes

CLOSED toed shoes. NO flip flops, sandals (water shoes, crocks acceptable)

Towel

Swim suit