



June 2012 Newsletter

“Training Macomb County's Future Sailors”

www.northstarjrsailing.org OR northstarjrsailing@gmail.com

The 2012 Junior Sailing Season begins on Monday!!

Are you ready???

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Letter from our Program Director, Sergei Lie

Today I'm writing you from Newport, Rhode Island, the sailing capital of the world! And it certainly is! There are boats of all sizes here, from the tiny dinghy to classic 12 meters to the 220' super yachts at Newport Shipyard, simply incredible! What recession?!

Last weekend I competed in the 158th Annual NYYC Regatta, a three-day regatta with a round-the-island race on Friday and windward-leewards on Saturday and Sunday. Friday was by far the best day with a moderate southeasterly breeze, ebbing current, and 15-18 knots of blue, clear skies. We had a great tour of Newport although we only finished 5/8. Saturday and Sunday were light and overcast and felt just like Lake St. Clair. This week we are prepping for the Newport to Bermuda Race that starts this Friday and if you did not already know, I will be missing the first week of classes. In my absence I have left a wonderful team of coaches and Ed Francis in charge of the program. I am so very grateful that NSSC/NSJS has allowed me to pursue one of my dream races and bucket list items. If you'd like to track our progress, I'm on Bretwalda 3 and you can find the tracker program off of the official race website.

Trevor Duncan, Ailene Hicks, Connor Hicks, Christie Listwan, Brian Williams and I have been working hard the past few weeks to get the program prepped and ready to go for next Monday. The boat yard is clean, boats are ready, and we're just waiting for the kids next Monday! In the first week, Trevor and Ailene will coach the Learn to Sail, Christie the 420 racing, Brian the Lasers/Opti racing, and Connor will float between classes. Trevor and Connor will also coach the Sailor class.

Good news, we've found a 2010 Laser radial and used Opti for great prices! Look out for them soon at the junior sailing center! Work hard if you would like to be the first to race them too!

From Monday, June 25-Thursday, June 28, the racing kids will be at CSYC for a clinic on Monday-Tuesday and then racing there Wednesday-Thursday. On Friday, they will bring the boats back to NSSC. Coaches will inform you of approximate start and end times.

As always, I'm here if you have any questions/concerns. Have a great week!

Sergei Lie

Greetings from Junior Sailing!

"FLOAT THE BOAT" CAMPAIGN:

Thank you to Laurie Hurite, a very generous NSSC Member who has pledged \$5000 toward the purchase of a Laser!!!! Laurie learned how to sail on a Laser during her college days. She has fond memories of the time she spent on the water in her Laser. Laurie has named the boat she sponsored "Take Two" So far, we have raised almost \$2200 plus the \$5000 pledge for a Laser. THANK YOU!!

Another thank you goes to Chris Gerkin, another North Star Sail Club member who has donated \$1000 towards the purchase of an Opti for our program. THANK YOU!!

"I'LL HAVE ANOTHER"!

- We are still looking for other boat sponsors for an Opti, a 420, and another Laser. Boat sponsors will be given naming rights to their boat as well as having their name inscribed on a perpetual placque. Because our program has grown 60 percent in 2010 and 62 percent in 2011, and our current fleet is aging, we find ourselves in great need to acquire equipment and replace old equipment so all Jr. Sailors have the opportunity to sail and also be competitive on the race course.
- In the spirit of the May 5th "Derby Day" at NSSC, the membership attending the May Membership Meeting PONY'D UP \$450 for the "Float the Boat" Jr. Sailing Fundraiser. This money will be applied to the Bridge's offer to match our fundraising efforts.
- Let's keep them horses running (wasn't the Kentucky Derby Winner called "I'll have another"?.... well?????????) and our program boats floating!

We audited our books this winter and found everything in order and have ended our last two seasons in the black. We hope that you are assured that your generous donations are being put to good use. Questions? Please don't hesitate to ask!

We have been working hard to make equipment upgrades and improvements to our fleet.

We have 3 new outboard motors for 3 of our powerboat fleet.

We also are acquiring a brand new Laser, an Opti, and two wood trainer boats.

One more thank you goes to the Eagle Scout who is building us 2 wooden training boats for our Learn to Sail Program.

Our Program Director, SERGEI LIE, has been busy with the instructors making plans and preparations for the upcoming season. They will start their work week early this year, on June 4th! There is lots to do in order to be ready for the program's first day on June 18th, and we are so excited to get another season underway! We had good attendance at May 20th Registration Open House; in fact, our first Learn to Sail session is nearly full with 11 of 12 seats spoken for. We are starting to fill our second session of Learn to Sail.

BOATER TO BOATER SALE:

Our Boater to Boater Sale was another success. Thank you to all who donated equipment or rented a table, and browsed and shopped. At this writing, a final total on our income from the event isn't yet available. More to come.

NSSC 420 and Bemis Regatta is July 25-26. We are actively recruiting volunteers for race committee, mark set boat, harbor master.

NSJS Parents have been invited to attend the NSSC Beer and Wine Tasting Party on August 25. This evening will feature Michigan made beers and wines, as well as food. Ticket information available soon.

Race Families looking for volunteer hours:

We need help grilling weenies after the Wednesday Night Fun Series Sails at North Star. Show up around 8:00-8:30pm to grill weenies as the boats come in from sailing. We are usually done by 10:00pm.

We have been asked to provide the food service for the Beer and Wine Tasting Party at NSSC on August 25. Details TBA.

Volunteers needed for upcoming Charity Poker Nights:

Late September at River Poker in Shelby Township

December at Cada's in Sterling Heights

Sailing Clinic:

Jim Young, Olympic Sailing Coach, will be running a clinic for coaches and sailors during the Crescent Regatta. The Regatta has been extended to include June 25 for the clinic. See your coach for more details.

Save the Date for our End of Season/Paper Plate Awards Party
Saturday, August 4

Nickie Kowal

[Attached to Newsletter please find 2012 Handbook for Sailors and Parents!!! Please read this through and keep handy for future reference!!](#)

Introducing our Coaching Staff for 2012

Program Manager: Sergei Lie

Brian Williams (Laser)

Ailene Hicks ((L2S, Opti)

Christie Listwan (L2S, 420)

Trevor Duncan (L2S, Sailors)

Connor Hicks (L2S, Sailors)

The following document is the Sailors Code of Conduct that our Junior Sailors will be required to read over and sign. Please look it over with your children.

Sailors Code of Conduct

PLEASE READ AND SIGN:

I promise to maintain a positive attitude and to be responsible for my conduct at all times while participating in North Star Junior Sailing Program activities and will follow these rules and regulations and any other rules given by my coach:

- I will not use, or tolerate the use by other team members; alcohol, tobacco, or non-prescribed drugs, understanding that a drug-free environment is necessary in order to achieve individual and team success.
- I will maintain appropriate behavior towards opposite gender team members, and will not tolerate unseemly conduct by other team members.
- I will dress appropriately both on and off the water, recognizing that my appearance at all times reflects not only on myself; but also on my team and NSJS.
- I will respect the property of others, by not stealing, damaging, destroying or borrowing another's property without permission, nor tolerating such behavior by other team members.
- I will treat my team members, coaches, competitors, regatta officials, hosts and all others with respect, regardless of race, religion, gender, national origin or abilities.
- I will follow all safety procedures given by my coaches and other responsible adults, understanding the paramount importance of safety. I will notify a coach or other responsible adult if I feel that another sailor is in danger.
- I will not abuse my teammates, whether verbally, physically, or emotionally, nor tolerate such conduct in others, understanding that every team member has a right to enjoy their participation. I understand that swearing, in any context, is unacceptable behavior.
- I will encourage good sportsmanship from fellow sailors, coaches, and parents.
- I will attend every practice and clinic that is reasonably possible and will notify a coach if I cannot.
- I will strive to listen and learn from my coaches.
- I will be responsible at all times for the transportation, safe storage, maintenance, and setup of my boat and other equipment.
- I will never leave my training site or lodgings without first obtaining my coach's or host's personal permission.

Sailors Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Disciplinary Actions

PLEASE READ AND SIGN:

North Star Junior Sailing employs a zero tolerance policy with regards to prohibited activities during program hours, on program premises and during travel events. This includes the use of illegal drugs, alcohol, tobacco, inappropriate use of controlled substances, and the carrying of firearms. Violation of the zero tolerance policy could result in immediate dismissal from the program. There will be no refunds or pro-rating of fees for suspensions or expulsions in connection with misconduct.

The NSJS Junior Program Director, staff, and coaches are responsible for enforcing certain rules and may discipline NSJS participants when rules are broken at practices or while coaching at regattas. When a sailor is under the supervision of a parent team leader, the parent team leader has been provided guidelines to enforce rules and regulations consistent with the NSJS Disciplinary Action contained herein. In all cases the decision of the NSJS Program Director is final. The guidelines are as follows:

Level 1 Infractions - Disciplined at coach discretion.

- Failure to obey coaches' instructions.
- Failure to display good sportsmanship including foul language.

Level 2 Infractions - Review for suspension from one or more future program days.

- Failure to obey coaches' directions after repeated warnings.

Level 3 Infractions - Possible removal from practice and review for expulsion.

- Purposely damaging or destroying property of others.
- Repeated incidents of behavior unbecoming a member of NSJS.
- Lying to Judges or Jury about Racing Rules of Sailing violations.
- Behavior or conduct which reflects poorly on NJSJ. These behaviors could include, but are not limited to: bad treatment of or talking back to judges, coaches, regattas officials, hosts, team members' or other competitors.

Level 4 Infractions - Removal from practice and review for expulsion.

- Stealing.
- Fighting and/or serious threats of violence
- Using drugs, alcohol, tobacco or non-prescribed drugs.

Sailors Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

PLEASE READ AND SIGN:

The Travel Team Policy extends to any NSJS Program Sailor who participates in an event under the supervision of a NSJS coach or parent team leader away from NSJS premises. This includes single day regattas/events to local area clubs. The same general rules apply for all - from Opti Green Fleet to High School Seniors. Participating in events away from NSJS is both fun and very beneficial to improving your overall sailing skill level. It teaches organization and boat transportation care, it provides greater competitive challenges and promotes team camaraderie. However, it is a privilege that must be treated as such. The planning and logistics even for a single day can be significant. Someone has to transport boats, coach boats, equipment, sailors, personal gear, food, drinks, and other items needed for extended stays. Your participation requires not only yourself but coaches, parent volunteers, and chaperones for overnight trips.

When representing NSJS on trips, you are responsible for your actions. You must continue to abide by the Sailors Code of Conduct. To amplify this overarching Code, additional guidelines have been developed that are particular to your expected behavior while traveling with the SSA Junior Program.

These policies are:

- Sailors are not permitted to be driven by NSJS coaches
- During sailing activities, sailors are under the supervision of coaches. Sailors are under the supervision of chaperones and/or parents/guardians at all other times.
- All bags and belongings are subject to inspection
- Beverages brought by sailors must be sealed and labeled; subject to chaperone inspection
- Sailors are required to stay with the team at all times, including the ride to and from the event unless the parent or guardian has made other travel arrangements prior to the trip
- Curfews set by chaperones must be adhered to; they are for the protection of the sailors and necessary for the welfare and reputation of the team
- After curfew hours sailors must return to their assigned room
- Do not use the phone or TV in a frivolous manner; do not order movies or room service without permission
- Noise levels are to be kept to a minimum including TV, radio, and talking
- Sailors are not permitted to swim unless the chaperone is aware and an adult is present
- Sailors should engage in team activities only.

Sailors Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

You are responsible for your actions!
When in doubt ask the chaperone or adult responsible.

Developing Youth Sailors: What parents can do to build a strong foundation

By Jessica M. Mohler, Psy.D., CC-AASP
Clinical and Sport Psychologist
United States Naval Academy

Jessica Mohler is a clinical and sports psychologist, and a sailing mom too. In this article, Mohler provides an interesting outlook on parenting youth athletes from a sailing perspective and makes recommendations that will help you build a strong foundation for your youth sailor.

I am a sailor. I started at sailing camp at the age of 10. I competed in Lasers during high school and as a varsity sailor in college. I went on to teach and coach the sport to children and adults. My current sailing endeavors include crewing on a J-22. Along the way I became a clinical and sport psychologist. I have now taken on my most challenging role, being a parent of a child who is interested in sport, including sailing.

If you are reading this, there is a good chance you are a parent who enjoys the sport of sailing and wants the best for your child, whether that means simply learning how to sail, or competing in sailboat racing. Sailing is a skill that when taught at a young age can become a lifelong sport and hobby. While parents want their children to succeed, providing guidance can be challenging and there is never one right answer. I hope these recommendations will help you build a strong foundation for your youth sailor, not only for competing at a high level, but also to develop a lifelong enjoyment of sailing. Sport psychologists agree that sport participation can help children learn important lessons, however, they also agree that it is not the sport itself, but the people who surround the child in the sport, such as parents, coaches, teammates, competitors and administrators, who build character in our children. Building a foundation for excellence as an athlete and as an adult, in many ways, can take the same path. In fact sailing provides a great analogy for this process of development.

If you think about a day of sailing, many of the decisions you make as you get ready and sail to your destination are similar to raising your child. First, you choose where you are going, and gather information about the weather, the current, the time you have and the distance. Similarly setting goals, deciding where you are going and what is important while thinking about what is realistic for your child factoring in his or her abilities is an important step. You pack all your gear for the day, selecting what is necessary for a day sail, just as your child builds his abilities and skills that are consistent with his goals as a sailor.

You decide who is going to take the tiller, and as the parent you decide when to let your child steer or when it is best that you take the helm through a narrow channel. Just as you provide guidance and rules for your child, parents need to know when to let their child be independent and when he needs you to intervene to provide guidance. The skipper constantly adjusts to the breeze by looking at the tell tales and trimming the sails, adjusting to the environment so that the course is maintained. Parents need to do this with their child in sport as well, knowing your child strengths and weaknesses as they grow and change is important as you provide guidance through all of life's headers and lifts.

Finally arriving at your destination, whether it's an anchorage and picnic lunch, or a national regatta, requires all of these steps. I remember teaching at J World, a sailing school for adults. The owner of J World, an experienced sailor and educator, instructed us to stand near the stern so at any moment we could nudge the tiller with our foot to avert a crisis. We always started the weeklong instruction standing right near the tiller, but as the week progressed, we could move farther away, always staying within reach of the tiller. In so many ways this is what we do as parents, allowing our children to slowly have more independence, to steer their own boat, always ready at any moment to provide direction and get them on their course. I know parents who have planned for a day sail, but forgot to check the weather, only to end up in a storm, soaking wet without ever reaching their destination. While there are lessons to learn in those types of experiences, they may not be much fun. Ultimately research supports that the more enjoyment a child has in sport, the more likely they are to continue in the sport, play harder and have more success.

In the Book *Whose Game is it Anyway?*, a book by Richard Ginsburg, Steve Durant and Amy Baltzell, the authors suggest that the first step to building excellence in your child is to develop a family mission statement. While many families can involve their children in this process, as parents you decide what is important for your child. Most parents probably have some ideas about the characteristics and values they want their child to have, but it is easy to get caught up in everyday life and what other families are doing, which can detract from your ideals. Developing a mission statement is not simply a thought you have one time, but should be written down and posted around your home, so that both you and your children are reminded about what is important. These authors suggest that building a mission statement can be facilitated by answering two questions:

- “1. When my child is 21 years old, what kind of person do I want him or her to be, and how will sports help us, as parents, get our child there?
2. What are the three most important virtues or lessons that I want my child to learn through involvement in sports?”

If you have answered these two questions for your family, you have built a foundation to help your child not only learn how to sail well, but to also learn life lessons that will serve them beyond the water. For example, your 12 year old daughter comes home from sailing after her first week of summer sailing, and asks if she can be part of the traveling team. To answer this question you may try to see how this decision fits with your value of compassion, honesty and pursuit of excellence. Can being part of the traveling team build these values and how as a parent can you ensure those values come first? Let's say as a parent you decide it does fit with your family mission and you decide to let her travel. After her second regatta, she comes to you because the girls on the race team are not as friendly to her as her friends from summer camp. What will you say? How will you guide her decision to stay on the team or to go back to the-learn-to-sail program? Alternatively, what if your son comes home from sailing one day and says he wants to quit because he keeps coming in last around the buoys. How will you provide guidance? Is doing well in racing the only reason you continue to sail? Having a family mission statement may help your daughter and son cope more effectively with the challenges they will face. When you build a family mission statement, decision making becomes more meaningful.

In one of the first chapters of *Whose Game is it, anyway?*, the authors conclude that "Ultimately, raising a healthy child who demonstrates good character is neither immediately gratifying nor guaranteed. We know it cannot be purchased. It cannot be measured by daily results like some sort of stock report. The path to this goal is neither easy nor well traveled. We have to live with and manage our own anxieties, disappointments, fears, and frustrations while staying the course with our children."

As I said at the beginning of this article, there is no one right way to develop a strong foundation for your children, but by thinking about the values and ideals you want your child to build in the sport of sailing, you can be more confident that you are making the right decisions for YOUR family. Now the foundation is built, but what comes next? I will be continuing to write about youth development in sailing each month including my top five tips for developing excellence:

- 1) Knowing your destination: Setting the right goals
- 2) Reading the tell tales: Taking cues from your child to develop success
- 3) Preparing for shifts in the breeze: Building confidence and character through sailing
- 4) When to grab the tiller: Encouraging and setting limits for performance excellence
- 5) Working with the crew: Communicating with your child's instructors and coaches

See you on the water.

Regards,
Dr. Jessica Mohler

Article taken from US Sailing Blog June 14, 2011

Upcoming Events

(see calendar at www.northstarjrsailing.org)

June 18	Junior Sailing Season begins
June 27-28	Crescent Sail Club Regatta (Note new dates)
July 2-3	Pontiac Yacht Club Regatta
July 6-8	Grosse Pointe Yacht Club/JO Combined Event (Note new dates)
July 12	Pontiac Triple Handed Race
July 15-22	Junior Sailing Week off due to Mackinac Race
July 25-26	North Star Sail Club Regatta
August 4	NSJS Awards Party
August 6-7	Bayview Yacht Club Regatta
August 8	Detroit Yacht Club Regatta
August 9	DYC Awards Banquet

Watch **NSJS and NSSC Websites** for additional events!
www.northstarjrsailing.org and www.northstarsail.org Join North Star
Junior Sailing on Facebook!

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*Don't forget to check the website often for updates

www.northstarjrsailing.org



YES, I want to help support North Star Junior Sailing and enclosed is my gift of:

___ \$25.00 ___ \$50.00 ___ \$100.00 ___ Other \$ _____

___ General Purpose

___ Lolly Boston Fund (specifically for the purchase of new boats)

___ Charles "Skip" Boston Fund (endowment for Jr. Sailing Summer Program Scholarships)

___ Program Boat Sponsorship

Name: _____

Address: _____

Email address: _____

