

Fort Worth Boat Club

2016/2017 Youth Winter Sailing Program



November 19th - January 29th

www.fwbc.com

About the Fort Worth Boat Club Sailing Program...

The Fort Worth Boat Club Jr. Sailing Program– provides high level sailing instruction and coaching for all levels. FWBC provides a safe and friendly environment conducive for the learning process of young sailors. Our program is geared for young sailors who enjoy the sport of sailing and the sailors wanting to compete regionally, nationally, and internationally. For children interested in racing, Fort Worth Boat Club offers opportunities for children to sail locally and nationally. The P1/FWBC Sailing Team travels to places such as Louisiana, Florida, California and all the way up into the Northeast. With this program your child receives the best instruction from the finest coaches from around the globe. It is a world class sailing experience to remember.

Our Mission...

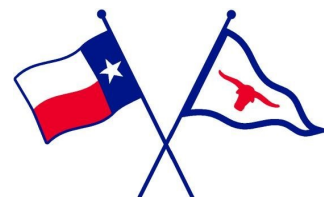
The Mission of the Fort Worth Boat Club Jr. Sailing Program is to develop knowledgeable, honest, and passionate youth dinghy racers and sailors. We are dedicated to providing a safe, fun environment for young sailors to develop and refine their sailing skills, practice good sportsmanship, build lifetime friendships and compete at the highest level of sailing. FWBC recognizes that all sailors, whether they have a good day on the water or a bad day, are all winners.

TO REGISTER, VISIT WWW.FWBC.COM

**Participants must fill out Registration Form and Waiver/ Medical Form.*

"You haven't won the race, if in winning the race you have lost the respect of your competitors."

*-Paul Elvstrom
Olympic Gold Medalist*



Opti Training

Scott Lindley

FWBC Jr. Sailing Director

Phone: (817) 236-8393 ext. 6

scott@fwbc.com



Advanced Opti Racing Team...

WHITE, BLUE, RED FLEETS

This course focuses on sailing fitness, mastery of boat handling skills, advanced racing tactics and techniques, team racing, fine tuning sail controls, and the physics of racing sailboats. Sailors practice using sail controls, body weight and aerodynamic/ hydrodynamic theory to make their boats go faster. Sailors will be taught to ask questions about evaluating and learning about their performance, and integrate on the water coaching, video analysis and advanced equipment preparation into their regatta experience. In addition, sailors will learn Team Racing which is two teams of four competing against one another using special tactics and strategy to achieve winning combinations of scores. All members on the team contribute to win a match.



PRACTICE SCHEDULE

All practices start at 10am and run through 4pm. All sailors must be rigged and ready by 10am (weather permitting). All sailors must come prepared to work out and/or swim. Lunches are not provided.

November 19th and 20th

December 10th and 11th (HYC)

December 17th and 18th

January 7th and 8th

January 14th and 15th

January 21st and 22nd

January 28th and 29th

PRACTICE SCHEDULE

All practices start at 10am and run through 4pm. All sailors must be rigged and ready by 10am (weather permitting).

December 10th and 11th

December 17th and 18th

January 7th and 8th

January 14th and 15th

January 21st and 22nd

January 28th and 29th

Developmental Team Opti Racing...

GREEN FLEET

This course focuses on development of confidence, fundamental boat handling, sail trim, rules, sportsmanship, basic starting, course tactics, strategy, speed techniques. We will have fun activities mixed in so these kids will learn to enjoy the sport of sailing. This group will focus on sailing Texas Sailing Association events. Developmental sailors are encouraged to attend major events.



***Please note that dates are subject to change due to weather, additions or changes to FWBC or TSA schedules or unforeseen events. Changes will be sent out on the P1/FWBC Team Snap.**

PRACTICE SCHEDULE

All practices start at 10am and run through 4pm. All sailors must be rigged and ready by 10am (weather permitting). All Sailors must come prepared to work out and/or swim. Lunches are not provided.

November 19th and 20th

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January 14th and 15th

January 21st and 22nd

January 28th and 29th

Laser Training & Clinics...

Weekly training will focus on boat handling skills, rig and boat trim, boat speed, advanced race tactics, aero/hydro dynamics, nutrition, physical and strength training. Practices for 420's and Lasers will be scheduled weekly advanced notice and commitment to this program is required to ensure availability of coaches.



Frequently Asked Questions

How early should I sign up for the Fort Worth Boat Club Jr. Program?

As soon as possible.

How old do I need to be?

Although any age can learn to sail, typically the younger the better. Ages 7-14 typically sail in Opti's, progressing to either Laser or 420. Ask Coach Scott if you have questions about your child's age.

What are the TSA Regatta coaching fees?

They are fees charged to the participants to offset the cost of having coaches and coach boats at regattas. Coaching fees are \$35-\$45 a day, plus expenses. Members of FWBC receive the discounted rate. The amount you pay for expenses are based on the number of participants.

What are my payment options for the fall program?

Check or FWBC Club Charge. *All required forms must be filled out completely before participation.

Is my child ready to travel outside of Texas for regattas?

Yes, all levels of participation are offered at regattas from beginning to advanced.

What if my child isn't interested in racing?

Sailing is a sport that your child can enjoy for a lifetime. If racing does not peak your child's interest, FWBC offers great summer programs geared to teaching children to sail while having fun and furthering their knowledge of the sport.

Does FWBC offer supervision after class?

No, please make sure your kids are picked up or supervised promptly after class ends.

2016/2017 Regatta Schedule

TSA Regattas– Optis & Lasers

Regatta	Date	Location
USODA Midwinter Regatta	November 23rd– 26th	New Orleans, LA
Orange Bowl Regatta	December 26th– 30th	Miami, FL
USODA Valentine's Day Regatta	February 4th and 5th	St. Petersburg, FL
USODA Sunshine State Championships	March 4th and 5th	Jensen Beach, FL
USODA Gulf Coast Champs	March 18th and 19th	Bay Waveland, MS
*Any Laser events will be added.	TBD	TBD

**TSA Regatta dates are subject to change.*

Meet the Coaches

SCOTT LINDLEY

Scott Lindley is the new Jr. Sailing Director of Fort Worth Boat Club and Owner/ Head Coach of the P1 Sailing Team. Scott grew up sailing and teaching in the San Diego Yacht Club Jr. Program, winning several Jr. National Championships in the Snipe Class and many Naples Sabot Regattas (The Naples Sabot is another pram, similar to the Opti.) He competed in **6 US Youth Championships** in Sailboards, Laser II's and Lasers– medaling twice. Scott was fortunate to have great coaches growing up like Mark Reynolds, JJ Isler, and Brian Ledbetter– All Olympic Gold Medalists!

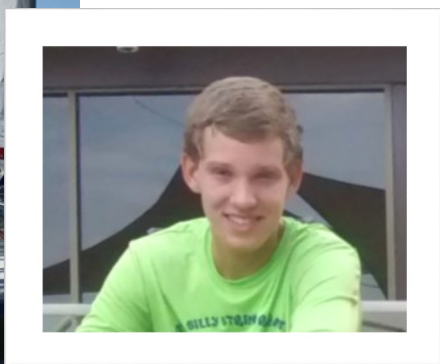
Scott sailed for the College of Charleston on a team that won a National Championship and consistently ranked in the top 5 in the country. There he sailed Lasers and 420's and earned a Bachelor's Degree in Physical Education/Sports Medicine. Scott also did an Olympic 470 campaign with Johnny Lovell who later earned the Silver Medal at the Greece Olympics in the Tornado Class. Scott and Johnny finished 11th out of 40 boats in the US Trials with only 6 months of training and received the Silver Medal in the Olympic Classes Regatta that year. Scott has continued racing in Snipes, J22's, J24's, Melges 24's, Etchells, E-Scows and PC Class boats.

Scott currently is a Level 3 US Sailing Coach, US Optimist National Team Coach and has been the Jr. Sailing Director of Houston Yacht Club, Texas Corinthian Yacht Club, Palm Beach Sailing Club, as well as the Assistant Sailing Director at Lauderdale Yacht Club. He has worked as a sail maker with Banks Sails and North Sails. In 19 years of coaching Optimist sailors, most of his kids have reached team trials, qualified for international teams and the US Optimist National Team. Many of Scott's students, new and old, are at the top of the results sheet at major regattas. It is quite clear that Scott's passion is sailing along with honesty and hard work. These attributes are quite clearly instilled in his students.



MATTIA DeRICCO

Mattia DeRicco was the Sailing Director of Lakewood Yacht Club for 6 years and was one of the top ranked laser sailors in the country. He performed two Laser Olympic Campaigns. While at Lakewood Yacht Club he developed one of the hottest groups of kids sailing lasers in the country. Many of his kids are ranked in the top 5 and 10 in the Laser Radial Class nationally. Mattia went on to coach with Team Sea Vane and GCYSA. Mattia adds vast experience and depth to the FWBC/P1 coaching group.



CALEB LAQUEY

Caleb Laquey grew up Sailing at the Fort Worth Boat Club. He raced Opti's, 420's and Lasers. Caleb was one of our top summer instructors this year and has taken on the role of Green Fleet Coach and High School Sailing Coach. Caleb is US Sailing Level 1 Certified and is planning on getting his level 2. Caleb's passion for sailing is getting passed on to his new Green Fleet members. Caleb is in his freshman Year of College at the University of Maryland.

ALEX SCHWINN

Alex Schwinn grew up sailing at Fort Worth Boat Club where he accrued a great resume of racing at the Jr. Sailing level. He competed in 420's, J 22's and Lasers at the national levels. Alex has been an instructor at FWBC for the past 4 years. He was head instructor for the FWBC Summer Sailing Program in 2016. Alex now attends Texas A&M Galveston and sails on their sailing team. Alex is US Sailing Level 1 Certified.



2016/2017 Winter Program Pricing

SESSION

FEES

- | | | |
|---|----------------------------|--|
| <input type="checkbox"/> Winter Session | \$42500 Member | \$525 Non-Member RWB Practice Sessions |
| <input type="checkbox"/> Winter Session | \$30000 Member | \$400 Non-Member Green Fleet Practice Sessions |
| <input type="checkbox"/> Winter Session | \$42500 Member | \$525 Non-Member Laser Practice Sessions |
| <input type="checkbox"/> Daily Rate if not enrolled | \$6500 Member & Non-Member | |

Regatta Coaching Fees \$35 Member \$45 Non-Member
& Conditions

(Per day, per sailor + coaches expenses which are to be split amongst participants)

Notification of attending a regatta must be made one month prior to the event. All regattas will have a two week window of cancellation. Any participants who do not cancel within this window will be charged for their portion of regatta coaching and expenses. Last minute regatta entries will be charged \$55 a day plus the share of expenses with other parents.

TOTAL PAYMENT ENCLOSED: _____

Method of Payment: Check FWBC Club Charge #: _____

All checks should be made out to and mailed to: Fort Worth Boat Club
10000 Boat Club Road
Fort Worth, TX 76179

Parents and/or guardians please sign and date below to confirm your child's enrollment in the Fort Worth Boat Club. Thanks!

(Signature)

(Date)





Participant Information, Authorization and Release

Personal information contained in this form is considered confidential and is used only to assist the FWBC staff in meeting the needs of the Participant by the FWBC. Fill out all sections completely (mark N/A if not applicable) and sign and initial where indicated. Contact the FWBC Office promptly if there are any changes in this information.

Participant and Parent Information

Participant Name: _____
 Email: _____ Phone: _____
 Age: _____ Date of Birth: ____/____/____ Gender: ____ Grade: ____
 Parent Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Email: _____ Phone: _____

Emergency Contacts

The Parent named above will be contacted first in case of emergency, after 911. Please list others you would like the Club to contact in the event the named individual cannot be reached.

1)	_____	_____	_____	_____
	Name	Relationship	Phone	Cell Phone
2)	_____	_____	_____	_____
	Name	Relationship	Phone	Cell Phone

Pick-Up Authorization and Information (if Minor)

Please list all individuals other than the named Parent who has permission to pick up the participant. Please indicate below if the participant has permission to leave the FWBC facilities by himself/herself.

1)	_____	_____	_____	_____
	Name	Relationship	Phone	Cell Phone
2)	_____	_____	_____	_____
	Name	Relationship	Phone	Cell Phone

The participant has permission to leave the FWBC facilities by himself/herself: _____
 Please initial correct line: YES NO

Other Information Concerning Participant

Is there any information concerning the participant that the FWBC staff should be aware of, such as allergies, medical or other needs, physical or mental conditions or impairments, etc? If so, please describe below, or state "NONE."

I hereby acknowledge and agree that:

Medical Permission

Each member of the FWBC staff has permission to administer first aid to the participant for injury or accident. A report of such aid will be given to the Emergency Contact person(s) listed above.

Photographs/Video Permission

The participant may be photographed (stills and video), individually or in a group. We hereby waive and relinquish all rights, title and interest in all such products, and authorize FWBC to make use of participant's image and likeness for marketing, membership information, and other FWBC uses.

Confirmation, Release and Assumption of Risk Parent Acknowledgement (If Minor)

1. I am familiar with the programs included in the activities, and understand officers and employees of the FWBC are available to discuss the activities if I should wish additional information.
2. I am solely responsible for the arrival and departure of my child at the beginning and end of each day's activities.
3. I will not allow my child to remain on the premises of the FWBC after each day's program without appropriate supervision or the written permission of the FWBC.
4. FWBC will have no responsibility for the supervision of my child at times other than during the scheduled activities.
5. My child may be removed from any and all activities if the persons in charge determine that acts and conduct are/is inconsistent with the spirit of good sportsmanship and respect for the rights of others, or might be a danger to my child or others.
6. My child is in good physical, mental and emotional health, and I know of no reason why he/she would be incapable of participating in the activities under the guidelines required.
7. My child knows how to swim.
8. I will immediately notify FWBC if a change in my child's physical, mental or emotional health or other condition would affect my child's ability to participate in the activities.

Confirmation, Release and Assumption Acknowledgement

1. I am familiar with the equipment I intend to use and understand the Sailing Director, and staff of the FWBC are available to answer questions if I should wish additional information.
2. I am solely responsible for damage resulting to any equipment that I may cause.
3. FWBC will have no responsibility for injuries or damage resulting to me or others because of my conduct, acts and/or omissions.
4. I may be removed from use of the equipment if the Sailing Director of FWBC staff determine that my acts and conduct are/is inconsistent with the spirit of good sportsmanship and respect for the rights of others, or might be a danger to myself or others.
6. I am in good physical, mental and emotional health, and I know of no reason why I would be incapable of using any of the equipment under the FWBC guidelines.
7. I am trained and am physically able to swim.
8. I will immediately notify FWBC if a change in my physical, mental or emotional health or other condition would affect my ability to safely use of the equipment.

Fort Worth Boat Club Small Boat Check Out Policies, Procedures & Rules

I have read, understood, and agree to comply with the separate page entitled, "Fort Worth Boat Club Small Boat Check Out Policies, Procedures, & Rules".

WAIVER OF LIABILITY

I WAIVE AND RELEASE ANY RIGHT I, MY GUARDIANS, LEGAL REPRESENTATIVES, ESTATE, HEIRS, BENEFICIARIES AND ASSIGNS MAY HAVE OR ACQUIRE TO MAKE A CLAIM AGAINST, SUE, OR PROSECUTE THE FWBC OR ANY OF ITS MEMBERS, DIRECTORS, GOVERNORS, OFFICERS, AGENTS, EMPLOYEES AND AFFILIATED ORGANIZATIONS (HEREIN REFERRED TO AS "THE RELEASEES") FOR DAMAGES OR INJURIES RESULTING TO ME, OR MY CHILD OR PROPERTY ARISING FROM USE OF THE EQUIPMENT OR PARTICIPATION IN, AND USE OF THE FACILITIES AND PROPERTY OF THE FWBC, WHETHER OR NOT THE INJURY OR DAMAGE RESULTS FROM NEGLIGENCE OR OTHER ACTION OR OMISSION, EXCEPT INTENTIONAL ACTS, OF ANY OF THE RELEASEES. [PLEASE INITIAL TO INDICATE YOUR AGREEMENT TO THIS PARAGRAPH. ____;____]

ASSUMPTION OF RISK OF PARENT FOR MINOR CHILD

I am aware that the activities may involve maneuvering a boat, sailboard or other watercraft over/in deep water in potentially hazardous conditions which may include, among other things, strong winds and high waves, sudden and unexpected immersion in deep waters and collision with other watercraft or stationary objects such as docks, pilings, and buoys. With knowledge of the dangers involved, I voluntarily ask that my child be allowed to take part in the activities. I ACCEPT ANY AND ALL RISKS TO MYSELF AND MY CHILD FOR INJURY, DEATH, AND PROPERTY DAMAGE ARISING FROM PARTICIPATION IN THE ACTIVITIES AND THE USE OF THE FACILITIES AND PROPERTY OF THE FWBC, WHETHER OR NOT CAUSED BY THE NEGLIGENCE OR OTHER ACTION, EXCEPT INTENTIONAL ACTS, OF ANY OF THE RELEASEES.

[Please initial to indicate your agreement to this paragraph. ____;____]

ASSUMPTION OF RISK OF ADULT

I am aware that the activities may involve maneuvering a boat, sailboard or other watercraft over/in deep water in potentially hazardous conditions which may include, among other things, strong winds and high waves, sudden and unexpected immersion in deep waters and collision with other watercraft or stationary objects such as docks, pilings, and buoys. With knowledge of the dangers involved, I voluntarily ask that I be allowed to use the equipment and take part in the activities. I ACCEPT ANY AND ALL RISKS TO MYSELF FOR INJURY, DEATH, AND PROPERTY DAMAGE ARISING FROM USE OF THE EQUIPMENT AND/OR PARTICIPATION IN THE ACTIVITIES AND THE USE OF THE FACILITIES AND PROPERTY OF THE FWBC, WHETHER OR NOT CAUSED BY THE NEGLIGENCE OR OTHER ACTION OR OMISSION, EXCEPT INTENTIONAL ACTS, OF ANY OF THE RELEASEES.

[Please initial to indicate your agreement to this paragraph. ____;____]

INDEMNITY AGREEMENT

I agree to indemnify and hold the releasees harmless from any loss, liability, damage or cost, including reasonable attorney's fees, they may incur due to my child's participation in the activities and use whether or not such loss, liability, damage or cost results from the negligence or other action, except intentional acts, of any of the releasees. [Please initial to indicate your agreement to this paragraph. ____;____]

Acknowledgement of Participation Information, Authorization & Release

I agree that:

1. This document consists of 4 pages, plus the separate "Fort Worth Boat Club Small Boat Check Out Policies, Procedures, & Rules";
2. This document may remain on file with the FWBC, and will remain binding, valid, enforce for future equipment use and activities at the FWBC, unless revoked in writing and provided to the FWBC Office;
3. No person has suggested, directly, or indirectly, that any part of this document is a mere formality, unimportant, not enforced, or should not be taken seriously; and
4. This is a legal agreement that I am entering into with the Fort Worth Boat Club.

Signature of Participant

Signature of Parent (if under 18 yoa)

Date: _____