



Rush Creek Yacht Club 2014 Fall Youth Sailing

Rush Creek Yacht Club (RCYC) announces its Fall 2014 Youth Sailing Programs. There are numerous programs for kids starting at six years old that span brand new sailors to advanced racers. The programs include: TSA Youth Circuit and Key Regattas, Special Events, and After-School Classes.

TSA Youth Circuit/Key Regattas

Coach Alex Padgett will be onsite for the **RCYC Junior Sailing Team** during the Texas Sailing Association (TSA) Youth Circuit Regattas. His role is to provide off and on-the-water coaching during both days of the regatta and help coordinate the travel aspects of the racing team.

September 6 – 7: Jr. Ol' Man of the Sea Regatta at Fort Worth Boat Club

September 20 -21: Endless Summer Regatta at Seabrook Sailing Club

October 4 – 5: Pirates of the Corinthian Regatta at Dallas Corinthian Yacht Club

October 25 – 26: End of the Year Regatta at Lakewood Yacht Club

November 27 - 29: Opti Midwinters at Southern Yacht Club, New Orleans

December 26 – 30: Orange Bowl Regatta at Coral Reef Yacht Club, Miami



Special Events at RCYC to include on your Calendar

August 23	RCYC Youth Sailing Open House (10:30 am to 1:00 pm)
August 23	RCYC End of Summer Youth Regatta – 1:00 pm
September 13	Saturday Youth Practice (RCYC members 8 and older) – 1:00 pm to 5:00 pm
October 11 – 12	Fall Dinghyfest
October 18	Saturday Youth Practice (RCYC members 8 and older) – 1:00 pm to 5:00 pm
December 7	Junior Banquet – 2:00 pm



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After-School Classes

Geckos (6 to 8 years olds) are our youngest kids that we are introducing to the elements of sailing their own boat. Depending on the weather, our coach has a variety of boats, including Optimis, JY-15s and IC-24s, for instruction. The goals for the Gecko Sailors are:

- Teach safety on the dock, around sailboats and on the water
- Have fun and become comfortable on the water
- Teach use of the tiller, become competent sailing in straight lines, and making simple maneuvers
- Teach how to trim sails correctly, and proper sailing body position
- Determine where the wind is coming from
- Learn the parts of the boat and know the rigging process
- Teach teamwork
- Teach responsibility for equipment



Beginning Optimis (Opti Green) are those kids that are eight (8) years old or older and want to develop sailing skills. Taught in Optimist Prams, the most popular kid's sailing boat in the world, the beginning class will teach/reinforce the skills learned in Geckos as well as the following abilities:



- Rigging an Optimist dinghy and learn the parts of the boat
- Sail in straight lines both on and off the wind
- Capsize recovery
- Identify where the wind is coming from, points of sail, and sail trim
- Know basic maneuvers such as tacking, jibing, docking
- How to start a race and go around a race course
- Responsibility for equipment and teamwork



Rush Creek Yacht Club 2014 Spring Youth Sailing

Opti RWB (Red, White and Blue) is for those kids that have perfected the basics of rigging and sailing their Optis. The goal is to perfect their handwork, footwork, boat tuning and boat handling techniques. Focus on tactics and racing rules will improve their finishes on the race course. Effort will include:



- More focused practices to improve specific skills
- Being able to sail in ANY breeze condition.
- Sail trim, control adjustments, and body placement that can maximize boat speed.
- Perfecting maneuvers including roll tacks, roll jibes, kiting, quick 720's, mark roundings and starting acceleration
- Understanding wind shifts, race course strategy and starting strategy
- Overall fitness of the sailors
- Team work
- Responsibility for their equipment

The **420 and Laser** are used by many high school and collegiate sailing programs and is used for most of TSA Circuit events. It is designed for those older kids that have aged or sized out of the Optimist Pram. Students in this program will concentrate on:

- Develop sailing skills for 7th grade and older kids
- Develop the sailing skills needed to race with a trapeze and spinnaker
- Understanding wind shifts
- Maximizing boat speed
- Starting strategy
- Developing an overall racecourse strategy.
- Teamwork
- Responsibility for equipment
- Improving maneuvers including mark roundings, sets, douses, and wire-to-wire tacks.





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Junior Session I

Class	Day	Dates	Time	Ages	Cost
Beginning 420/Laser and High School Sailing	Monday	Aug. 25 Sept. 8, 15, 22, 29 Oct. 6, 13, 20, 27	4:30 – 7:30	12 - 18	Member: \$280 Non-Member: \$360 (\$40 discount - Bring Your Own Boat)
Opti RWB, 420/Laser Race Team	Tuesday	Aug. 26 Sept. 2, 9, 16, 23, 30 Oct. 7, 14, 21, 28	4:30 – 7:30	8 - 18	Member: \$ 450 Non-Member: \$525 (\$40 discount - Bring Your Own Boat)
Beginning Opti	Wed.	Aug. 27 Sept. 3, 10, 17, 24 Oct. 1, 8, 15, 22, 29	4:30 – 7:30	8 - 12	Member: \$255 Non-Member: \$325 (\$40 discount - Bring Your Own Boat)
Opti RWB, 420/Laser Race Team	Thursday	Aug. 28 Sept. 4, 11, 18, 25 Oct. 2, 9, 16, 23, 30	4:30 – 7:30	8 - 18	Tuesday and Thursday Included
Geckos	Friday	Aug. 29 Sept. 5, 12, 26 Oct. 3, 10, 17	Class A: 3:45–5:15 Class B: 5:15–6:45	6 – 8	Member: \$ 155 Non-Member: \$195

Junior Session II

Class	Day	Dates	Time	Ages	Cost
Opti RWB, 420/Laser Race Team	Saturday	Nov. 1, 8, 15, 22 Dec 13	10:00 pm – 5:00 pm	8 - 18	Member: \$250 Non-Member: \$350 (\$20 discount - Bring Your Own Boat)

What to bring: Life jacket, appropriate spray gear, closed toe sandals or shoes, change of clothes, towel, sunscreen, water bottle and snack.

ONLINE REGISTRATION AT WWW.RCYC.ORG



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Fall 2014 RCYC Regatta Fees	2 Day Event
Regatta Coaching Fee (Enrolled in RCYC Spring Youth Sailing Class)*	\$ 60
Regatta Coaching Fee (RCYC Members not enrolled)*	\$ 100
Regatta Coaching Fee (Non-Members not enrolled)*	\$ 120
420 Regatta Charter Fee**	\$ 200
420 Load and Delivery to/from the regatta***	\$ 75
Laser Regatta Charter Fee**	\$ 100
Laser Load and Delivery to/from the regatta***	\$ 50
Opti. Regatta Charter Fee**	\$ 60
Opti. Load and Delivery to/from the regatta***	\$ 50
Trailer Charter for the club owned trailers**	\$ 50

- * - **INCLUDES coaches travel expenses** but only applies only to TSA Circuit Regattas and Texas Youth Race Week. Other regatta will be quoted separately.
- ** - Charter fee is **waived** if the sailor(s) is (are both) currently enrolled in a RCYC Junior sailing class **OR** one sailor is a member of Rush Creek Yacht Club
- *** - Does not include a pro-rated portion of fuel expenses which might also be billed.

Meet Rush Creek Yacht Club's Junior Program Manager and Coach, Alex Padgett. He comes from Atlanta where he grew up in the Atlanta Yacht Club sailing program. He was the head instructor at the City of Orange Beach Sailing program for the 2013 summer and has been working part time for McLaughlin Boat Works for Opti charter delivery, on-site support and coaching.

Contacts:

Alex Padgett (Junior Program Manager)
alex@rcyc.org 972-771-6500

Jeff Progelhof (Vice Commodore of Education)
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Rush Creek Yacht Club 2014 Fall Youth Sailing

MEDICAL CONSENT FORM and LIABILITY RELEASE AGREEMENT

NAME OF PARTICIPANT: _____ **AGE:** _____

NAME OF PARENT/GUARDIAN (if junior sailor) (printed): _____

HOME ADDRESS: _____

TELEPHONE NO: _____ **CELL PHONE:** _____

In the event of accident, injury or illness involving any child of mine (specifically including my child named above as the "Participant") or me or my spouse while in, on, or about the premises of the Rush Creek Yacht Club (the "Club") or while participating in any activity sponsored by or under the auspices of said Club under circumstances where I am physically unable to consent or am not present,

1. I hereby voluntarily authorize and consent to the furnishing to myself, my spouse, or any child of mine of such medical care, attention, and treatment by any hospital, physician or dentist as such hospital, physician or dentist may deem necessary or advisable, including any x-ray examination, anesthetic, medical, or surgical diagnosis or procedure.
2. I authorize any adult associated with the activity to consent to such medical care, attention and treatment.
3. I agree to pay the reasonable cost of such medical care, attention or treatment and to indemnify and hold free and harmless of and from any and all liability for such cost the assisting adult, the Club and the officers, employees and members of said organizations.

It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if the undersigned cannot be reached.

ALTERNATIVE PERSONS TO CONTACT:

NAME	RELATIONSHIP	PHONE NUMBERS (Including Mobile Phone Number)
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JUNIORS ONLY:

PRIMARY CARE PHYSICIAN:

NAME	PHONE NUMBER
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ATTACH COPY OF HEALTH INSURANCE CARD, OR COMPLETE THE FOLLOWING:

HEALTH INSURANCE CARRIER	INSURANCE ID NO.	NAME OF INSURED
PHONE NO. FOR VERIFICATION	CLAIMS MAILING ADDRESS	

I agree that a photocopy of this consent or a copy sent by facsimile may be accepted by any health care providers. This consent shall be valid for one (1) year from the date of signing.

SIGNATURE OF PARENT/GUARDIAN

DATE



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LIABILITY RELEASE AGREEMENT

IN CONSIDERATION OF ACCEPTANCE OF MY CHILD'S REGISTRATION TO PARTICIPATE IN THE RCYC JUNIOR PROGRAM AND, RECOGNIZING THE RISKS ASSOCIATED WITH THE SPORT OF SAILING, THE UNDERSIGNED HEREBY WAIVES ALL CLAIMS FOR PERSONAL INJURY AND PROPERTY DAMAGE AND HEREBY RELEASES THE RUSH CREEK YACHT CLUB AND ALL OF THEIR DIRECTORS, OFFICERS, MEMBERS, EMPLOYEES, AND THE REGATTA VOLUNTEERS AND SPONSORS, OF AND FROM ANY AND ALL CLAIMS AND LIABILITIES OF WHATEVER KIND, INCLUDING THOSE OF NEGLIGENCE AND GROSS NEGLIGENCE, WHICH I OR MY CHILD MIGHT HAVE, ARISING OUT OF MY CHILD'S PARTICIPATION IN THE REGATTA AND ALL ACTIVITIES RELATING THERETO.

Child's Name: _____

Parent or Guardian's Signature: _____

Date: _____