



St. Mary's River Yacht Club Junior Sailing Camp 2010

On behalf of SMRYC, we welcome your interest in our Junior Sailing Camps. Our day camps will provide US Sailing-certified instruction in basic dinghy sailing techniques, expose campers to different types of sailboats, and include a mixture of fun, on and off-the-water activities. Please read the following general information and the registration forms attached. For 2010, the SMRYC Junior Sailing Camp consists of **2 two-week camp sessions, between Monday June 21 through Friday, July 16, 2010**, with primary sailing experience in 6-7 Flying Junior (FJ) sailboats and 2 students per boat.

June 21 - July 2: Basic Sailing Camp is for those who have not sailed before or younger students from last year's camps who need a refresher and confidence-builder before learning more advanced skills. This class will focus on:

- Sailboat parts and understanding wind direction
- Basic skills like rigging, de-rigging, launching, etc.
- Sailing with 2 sails (mainsail only for first week), steering, departing from and returning to the dock—both as crew and skipper
- Water safety, capsized recovery, knots, etc.

July 5-16: Intermediate Sailing Camp is for those who have completed several weeks of sailing camps and/or can sail confidently, steer, and dock a sailboat. This class will focus on:

- Sailing with 2 sails, jib and mainsail
- Refining sail trim to achieve boat speed
- Gaining confidence as skipper and crew
- Water safety, capsized recovery, knots, etc.
- Experience in larger, keel boats (Ensigns or cruising boats) may be provided as well

1. Students may attend one or both camps. Those who completed any two weeks of last year's SMRYC camp may skip the Basic Camp, and attend the Intermediate Camp. If in doubt about your child's ability, please contact one of those listed on page 3 so your child is placed at the correct level for his/her age, skill, and confidence level.
2. The 14' FJ sailboats are self-rescuing and offer the perfect combination of stability and performance. We hope to include a longer sail in several 22' Ensigns (4-6 students per boat with an experienced adult skipper) and perhaps a short sail on a large, cruising sailboat as well.



3. We have 1 or 2 **US Sailing certified instructor(s)** and 2-3 additional adult volunteers from SMRYC on hand each day: One certified instructor and another experienced skipper to teach; a chase boat driver, and a "Shore Mom" to provide additional attention to campers on shore. There will be 2 chase boats for on-the-water activities. These four adults will, as needed, supervise split-off groups of campers and ensure that there is always one or more adults present with the campers.

4. Camp Schedule:

- Each day, camp will run from **9:00 am to 4:00 pm**, with drop off between 8:30 and 9:00 am, and pick up no later than 4:30 pm.
- Camp will meet at the **Milburn Creek Marina** at the end of Bauer Road in St. Mary's City. Sailing in the FJs will take place in the vicinity of St. Inigoes Creek.
- Our **camp facilities are rustic**: a large tent will remain set up for inclement weather with picnic tables, and there are flush toilets and porta-potties.
- Camp size is limited to **twelve students per week, ages 8 through 14 (as of July 1)**, to ensure that everyone can participate in the on-the-water activities.

5. A **typical camp day** will include the following (however instructors will rearrange activities based on campers' skills, weather, and other factors to keep the day interesting and fun.):

9:00 – 10:00 am	On shore instruction: rigging, knots, boating safety, parts of a sailboat, how wind and sails work, review, etc.
10:00 – 11:30 am	Sailing practice: points of sail, tacking and gibing drills, capsize drills, sailing around St. Inigoes Creek, dock & beach landings, etc.
11:30 – Noon	Lunch
12:00 – 1:00 pm	On shore instruction
1:00 – 3:00 pm	Sailing practice
3:00 – 4:00 pm	De-rigging, review, clean up
Homework	Reading or an activity/workbook lesson for the next day's activities.

6. **Parents provide** lunch, water, sunscreen, bug repellent, and a properly fitting personal flotation device (PFD) for their campers. Campers must wear a PFD at all times on the water, and those without a PFD will not be allowed in the boats. Please label belongings with child's name. **Students must wear closed-toe shoes**, however, water sandals with a toe covering at the front are okay.
7. Students must pass a basic **swim test** (swim 50 yards and tread water 5 minutes in a pool) on the first morning to attend camp. Tuition will be refunded for those who cannot pass the test.
8. The use and proper fit of the PFD, First Aid, boat/weather safety, hydration, and sun protection; as well as respect for the equipment, boats, and grounds will be covered on the first day.
9. **Tuition** for each two-week camp is \$225 for SMRYC members and \$300 for non-members. A deposit of half the tuition is required with the registration to hold a place, and the balance must be paid by June 1, 2010.
10. **Students receive** US Sailing instructional materials appropriate for each instructional level, a camp t-shirt, and certificate for each week they successfully complete. In addition, camp tuition includes the child's 2010 membership in the Sailing Center Chesapeake (SCC), and enables the child to participate in additional SCC supervised events during the sailing season.
11. **Participation** in the Junior Sailing Camp will be on a first-come-first-served basis, based on our receipt of the attached application forms and your deposit. Please provide an email address for notification of registration and general or emergency notifications.



St. Mary's River Yacht Club Junior Sailing Camp 2010



12. **Registration:** Due to the limited number of participants, a check for the **half the tuition** must be included at the time of registration for us to hold a place for your child. **This deposit is non-refundable after May 15, 2010 and the remaining tuition must be paid before June 1, 2010.** Tuition may be paid in full at the time of registration if you wish and will be fully refundable until May 15, 2010. Deposits paid for students put on a waiting list will be refunded in full if no space is available.



13. Checks should be made out to “**SMRYC Junior Sailing Camp.**” Please provide payment in a check or money order; we are not able to accept credit cards.

If you are interested in having your child attend, please complete, sign, and mail the 4 registration forms attached along with your tuition deposit to:

St. Mary's River Yacht Club
Junior Sailing Camp Registration
P.O. Box 6
St. Mary's City, MD 20686

14. **Can my child attend for only one week?** We will try to accommodate requests for single week attendance, but cannot guarantee it. Please indicate the week you want your child to attend, and we will put you on a "wait list" to see if we can match you with another single-week student, who wants the other week of that camp. (We can't hold a place for a single-week student, and leave the other week unattended, unless you pay for both weeks.)

15. To ensure the safety of your child/children when involved in the SMRYC Junior Sailing Camp activities, please complete and sign the following forms for each child registered:
1. 2010 SMRYC Junior Sailing Camp Registration Form
 2. Parent's Consent and Waiver of Liability Form
 3. Medical Authorization Form
 4. Camper's Code of Conduct

The Camp Instructors will keep the forms at the Milburn Creek Marina and with them on any trips away from the camp grounds. The forms are required for participation in any event. If a child is attending more than one camp, we only need one set of forms.

16. **Camp Sponsors:** A giant thank you to **Ed and Hal Cole** and their families for generously offering the use of **Milburn Creek Marina** for our camp activities; to **St. Mary's College of Maryland** for their generous loan of six of the college's FJ sailboats; and to the **Southern Maryland Sailing Center** for the use of their boats and equipment! Thanks also are due to the volunteer instructors, who are giving up many hours of their time, and to our other adult volunteers from the SMRYC who will be helping out. Without this awesome support, we could not bring you a Junior Sailing Camp program at such a reasonable price! Please thank them all when you see them.
17. **Contact Information:** If you have additional questions, please contact **SMRYC Junior Program Chair:** Mr. Steve Bernard, (301-862-4772, bernsmd@md.metrocast.net)
Camp Registrar: Mrs. Lee Roberts (301-872-5652, daveleeroberts@md.metrocast.net) will track camp registration this year; please contact her if you have questions about registrations.

We look forward to introducing our campers to the wonderful experiences sailing can provide for a lifetime of fun and enjoyment on the water. Thank you for entrusting your child to us!



2010 SMRYC Junior Sailing Camp: Camper Code of Conduct

(This is a duplicate copy of the text on Form #4, to keep for your home reference.)

Please read the "Camper Code of Conduct" carefully. Both the camper and parent/guardian are required to sign Form #4 below and agree to participate safely and respectfully of others' property.

The primary goal of the SMRYC Junior Sailing Camp is to teach youth in the basic skills of sailing and good seamanship. Learning safe boat handling skills and good sportsmanship are also important goals. To achieve these goals, some basic rules need to be followed.

A. GENERAL SAFETY RULES

1. Coast Guard-approved PERSONAL FLOATATION DEVICES (PFD) must be worn properly secured when in boats and at other times as directed.
2. Campers should wear clothing appropriate for prevailing weather conditions. Suitable boating shoes with toe coverage (tennis shoes, water shoes, teva-style sandals, etc.) must be worn at all times.
3. No glass containers are allowed anywhere on the grounds of Milburn Creek Marina or in the boats.

B. BEHAVIOR

1. Sportsmanlike conduct is expected of campers at all times, on and off the water. Foul language, disruptive behavior, or disrespectful comments or gestures will not be tolerated.
2. No running, pushing, or unauthorized swimming is permitted.
3. Piers, ramps, and electric hoists are to be used only for their specified purposes.
4. Campers will help return boats and equipment to proper storage areas upon completion of class. All personal gear and items will be properly secured and the dock and ramp areas will be kept clean, neat and free from obstructions.
5. Campers will not tamper with, use or borrow equipment or other items that do not belong to them. Unauthorized use of another's property constitutes theft.
6. Campers shall remain in the camp area and under the direct supervision of the camp staff at all times.

C. RESTRICTED AREAS

1. The homes near the Marina are private residences and are off limits. The Instructors will identify the Marina areas that campers may use on the first day. All other areas are off limits.
2. The boats at the marina, other than those used for the sailing camp, are private property and off limits.

CAMPER AGREEMENT:

I understand that in entering this Junior Sailing Camp I agree:

- To obey all program rules set forth by the staff.
- That I will use utmost care in the use of boats and equipment.
- That I will not engage in any horseplay or other disruptive behavior.

I understand that failure to attend regularly, arrive promptly, and abide by the rules here set forth may result in my suspension or expulsion from the Junior Sailing Camp.



GUARDIAN'S AGREEMENT:

- I/We understand the contents of this statement and agree to see to it that our child adheres to the program rules.
- I/we understand that the contents of this agreement apply in and around both the time and location of the camp.
- I/We agree to assume the obligation for the expenses of repair and/or replacement of club/program equipment that is attributable to my child's reckless or irresponsible behavior.
- I/We agree to make an appointment for a parent/instructor conference, if requested.

Parents: Please retain these first four pages for future reference.



2010 SMRYC JUNIOR SAILING CAMP REGISTRATION FORM

1

Note: Please print legibly. A copy of each form with signatures is required for each child.

Child's Name:		Age:	
Child Wishes to Attend:	<input type="checkbox"/> June 21 - July 2, 2010 Basic Sailing Camp	<input type="checkbox"/> July 5 - 16, 2010 Intermediate Sailing Camp	
Parent's Names:			
Mailing Address:			
Mother's Home Phone:	Cell Phone:	Work Phone:	
Father's Home Phone:	Cell Phone:	Work Phone:	
Contact Email Address:		SMRYC Member <input type="checkbox"/> Yes <input type="checkbox"/> No	
Child's Sailing Experience:			
Child's T-Shirt Size:	Child Sizes: <input type="checkbox"/> Sm. <input type="checkbox"/> Med. <input type="checkbox"/> Lg. <input type="checkbox"/> XL	Adult Sizes: <input type="checkbox"/> Sm. <input type="checkbox"/> Med. <input type="checkbox"/> Lg. <input type="checkbox"/> XL <input type="checkbox"/> XXL	
Payment: Check/money order enclosed for:	<input type="checkbox"/> \$_____ deposit for SMRYC members; balance due by 6/1/10. <input type="checkbox"/> \$_____ deposit for non-members; balance due by 6/1/10.		
Total Amount Due (SMRYC Member):	<input type="checkbox"/> Basic Camp @ \$225	<input type="checkbox"/> 2 Intermediate Camp @ \$225	<input type="checkbox"/> Both Camps @ \$450
Total Amount Due (Not SMRYC Member):	<input type="checkbox"/> Basic Camp @ \$300	<input type="checkbox"/> 2 Intermediate Camp @ \$300	<input type="checkbox"/> Both Camps @ \$600

SMRYC Junior Sailing Camp Office use only:

1. Attending: Week 1, Basic Week 2, Intermediate Single week wanted: _____
2. 2010 SMRYC Junior Sailing Camp Registration Form
3. 1 Week's Tuition Deposit
4. Parent's Consent and Waiver of Liability Form
5. Medical Authorization Form
6. Camper Code of Conduct
7. Tuition paid in full

Notes:



2010 SMRYC Junior Sailing Camp Medical Authorization Form
IMPORTANT – PARENTS PLEASE READ!!

2

AUTHORIZATION TO CONSENT TO TREATMENT OF MINOR

I, the undersigned parent or guardian of _____, a minor, do hereby consent to any emergency X-Ray, medical, or surgical treatment or hospital care which is deemed appropriate by, and is to be rendered under the general or special supervision of any physician or surgeon licensed under the provisions of the Medical Practice Act.

It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required, but is given to provide authority and power on the part of the aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which the aforementioned physician in the exercise of his best judgment may deem advisable; and neither said agents or organizations involved assumes any financial responsibility for exercising this action.

This authorization is given pursuant to the provisions of the Civil Code for the County of St. Mary's in the State of Maryland.

Note: Please print legibly. A copy of each form with signatures is required for each child.

Child's Full Name:		Child's birth date:	
Family Doctor:		Phone:	
Persons to contact in emergency:			
1.		Phone:	
2.		Phone:	
Existing Medical or Learning Problems:			
Known Allergies (e.g. bee stings):			
Health Insurance Co. Name:		Policy Holder Name:	
		Policy Holder Social Security Number:	
Health Insurance Plan and Group Number:			
Name of Parent or Legal Guardian:			
Address:			
City:		State:	Zip:
Mother's Home Phone:	Cell Phone:		Work Phone:
Father's Home Phone:	Cell Phone:		Work Phone:

This authorization shall remain effective through Friday, July 31, 2010.

Signature (of parent or legal guardian): _____



2010 SMRYC Junior Sailing Camp Waiver of Liability

IMPORTANT – PARENTS PLEASE READ!!

Parents Consent and Waiver of Liability - Assumption of Risk & Indemnity Agreement

3

The undersigned parents or legal guardians (hereafter referred to in the singular) of _____ (herein referred to as the “child”), request that the child be allowed to participate in the St. Mary’s River Yacht Club’s 2010 Junior Sailing Camp(s) from June 1 through July 31, 2010 (herein referred to as “the activities”).

This agreement shall remain in effect until St. Mary’s River Yacht Club receives written notice of the cancellation of the consent, or until the end of the activities described above.

In return for the child being permitted to take part in the activities and to use the facilities and property of the Milburn Creek Marina, each of us makes the following promises and warrants the truth of the following facts.

1. I am familiar with the activities included in the program, and I understand the officers and instructors of the St. Mary’s River Yacht Club are available to discuss the activities if I should wish additional information. I also understand I am solely responsible for the arrival and departure of my child at the beginning and end of each day’s program. I will not allow my child to remain on the premises of Milburn Creek Marina after each day’s program. I agree St. Mary’s River Yacht Club will have no responsibility for the supervision of my child at times other than during the scheduled activities. I will inform my child that he/she is expected to cooperate with, and follow the directions of, the volunteers in charge of the activities and to act in a manner consistent with the spirit of good sportsmanship and respect for the rights of others.
2. My child is in good health, and I know of no reason why he/she would be incapable of participating in the activities. My child knows how to swim and can pass the required swim test. I will immediately notify the designated St. Mary’s River Yacht Club Junior Program Chair, if a change in my child’s health or other condition would affect my child’s ability to participate in the activities.
3. **WAIVER OF LIABILITY:** I waive and release any right I, my heirs, distributees, guardians, legal representatives and assigns may have or acquire to make a claim against, sue, attach the property of, or prosecute St. Mary’s River Yacht Club or any of its members, officers, agents, instructors, and affiliated organizations (herein referred to as “the releasees”) for monetary damages caused by injury to my child or damage to the property of my child or myself arising from my child’s participation in the activities and use of the facilities and property of Milburn Creek Marina, whether or not the injury or damage results from the negligence or other action, except intentional acts, of any of the releasees.
4. **ASSUMPTION OF RISK:** I am aware that the activities may involve maneuvering a boat, sailboard or other watercraft on deep water in potentially hazardous conditions which may include, among other things, strong winds and high waves, sudden and unexpected immersion in deep water 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 of injury, death, and property damage arising from participation in the activities and the use of the facilities and property of St. Mary’s river yacht club, St. Mary’s College of Maryland, Milburn Creek Marina, and St. Mary’s Sailing Center whether or not caused by the negligence or other action, except intentional acts, of any of the releasees.

5. **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 of the activities’ boats and property whether or not such loss, liability, damage or cost results from the negligence or other action, except intentional acts, of any of the releasees.

I have carefully read this agreement and fully understand its contents. I am aware the agreement includes a waiver of liability, an assumption of risk, and an agreement by me to indemnify the releasees, and I sign it of my own free will.

Parent Or Legal Guardian Signature: _____

Date: _____ Print Name: _____

Parent Or Legal Guardian Signature: _____

Date: _____ Print Name: _____



2010 SMRYC Junior Sailing Camp: Camper Code of Conduct

IMPORTANT – PARENTS & CAMPERS PLEASE READ & SIGN!!

Please read the “Camper Code of Conduct” carefully. Both the camper and parent/guardian are required to sign below and return to SMRYC with your camp registration.

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5. Campers will not tamper with, use or borrow equipment or other items that do not belong to them. Unauthorized use of another’s property constitutes theft.
6. Campers shall remain in the camp area and under the direct supervision of the camp staff at all times.

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2. The boats at the marina, other than those used for the sailing camp, are private property and off limits.

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- To obey all program rules set forth by the staff.
- That I will use utmost care in the use of boats and equipment.
- That I will not engage in any horseplay or other disruptive behavior.

I understand that failure to attend regularly, arrive promptly, and abide by the rules here set forth may result in my suspension or expulsion from the Junior Sailing Camp.

Print Camper’s Name: _____ Camper’s Signature: _____ Date: _____

GUARDIAN'S AGREEMENT:

- I/We understand the contents of this statement and agree to see to it that our child adheres to the program rules.
- I/we understand that the contents of this agreement apply in and around both the time and location of the camp.
- I/We agree to assume the obligation for the expenses of repair and/or replacement of club/program equipment that is attributable to my child’s reckless or irresponsible behavior.
- I/We agree to make an appointment for a parent/instructor conference, if requested.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____