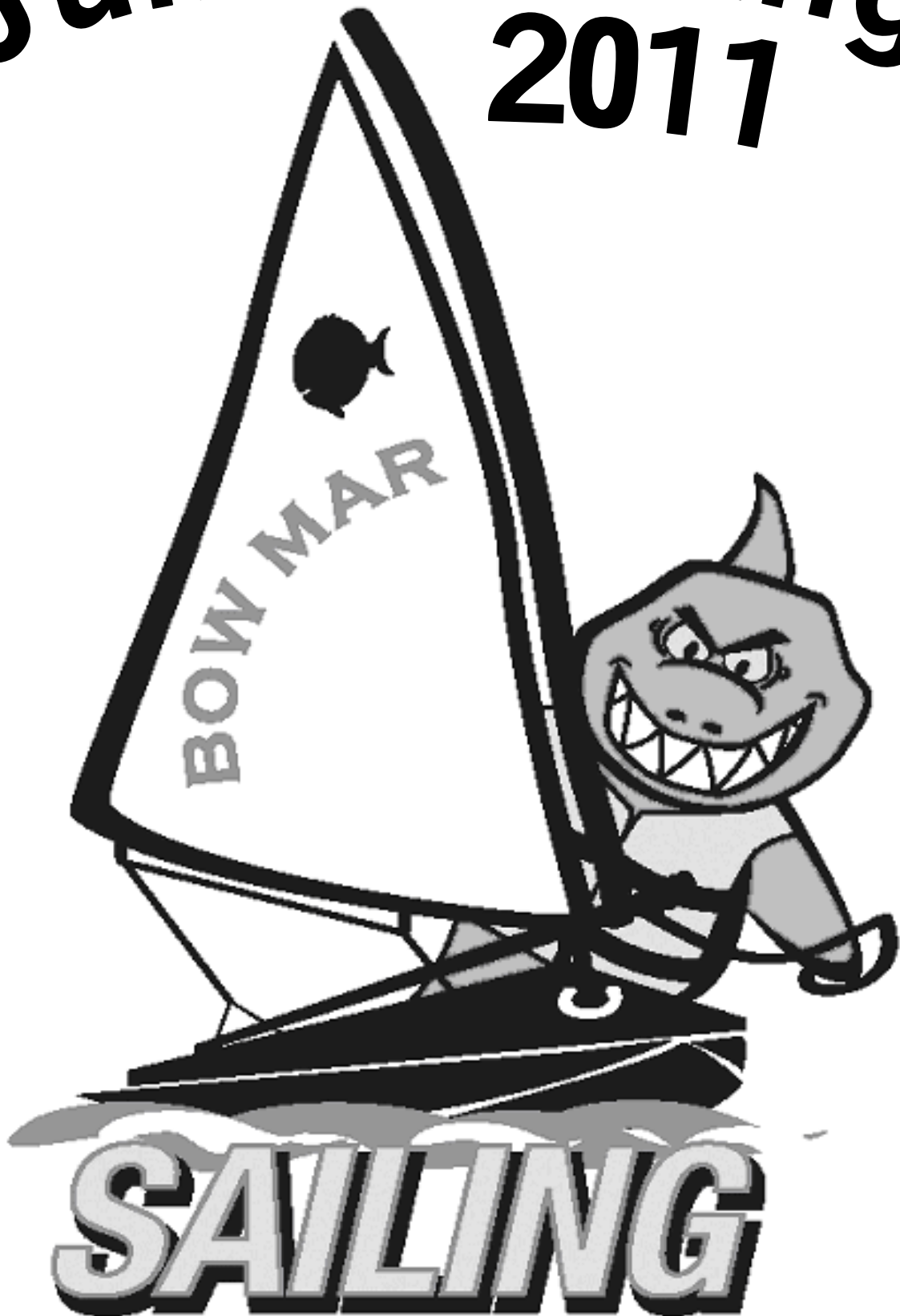


Junior Sailing 2011



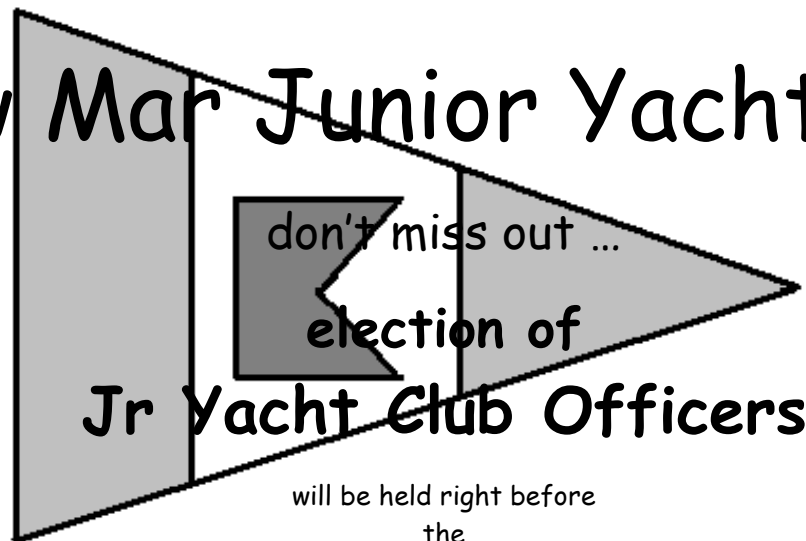
Welcome to Bow Mar Jr Sailing 2011!

Come check out Jr Sailing this summer...

- New class schedules
- Shorter classes,
- 2 times/week, throughout the summer
- Less overlap with tennis lessons... now you can do all 3 Camp Bow Mars activities!

It's going to be a whole lot of fun
on the water this summer! Come join us!

Bow Mar Junior Yacht Club!



will be held right before
the
Camp Bow Mars Kick-Off Picnic

June 9, 2011

5pm to 6pm

at the Bow Mar beach sailing deck
(the picnic begins at 6pm)

all junior sailors (past or present!) ages 8-18, can run to be an officer

Commodore * Vice Commodore * Secretary * Treasurer

Junior Sailing 2011

Who:

Jr Sailing is for Bow Mar and Bow Mar South residents, ages 8 to 18 years.

What level?:

Classes are grouped into **Beginner, Intermediate and Advanced Levels**. See next page for class level descriptions.

Where:

Meet each day at the sailing area on the south side of Bow Mar beach. To get there, take the narrow road to the left of the beach tennis courts and park in the back lot. Or walk south on the beach past the boat lockers, to the deck under the big cottonwood tree.

Buddy Test:

You must pass the "Buddy Test" before you can get on the water. It's not hard! And you can take it as many times as you need to pass. Before your class starts, go to Bow Mar beach and tell the life guards that you are a Jr Sailor and need to take your Buddy Test. They'll show you how. Then bring your Buddy Test number to class. Students will not be allowed on the water until they've presented their Buddy Test number to the instructors.

Bring:

Weather can change quickly on Bow Mar Lake, and sailors must be prepared. Winds can come up, and rain is not uncommon. Dress appropriately!!

YOUR BUDDY TEST NUMBER

HAT

SNACK

WATER BOTTLE

SWEAT SHIRT or JACKET

SUNSCREEN

TOWEL

LIFE JACKET (must be US Coast Guard Approved. Good life jackets are inexpensive and can be found at COSTCO, Walmart, or any sporting goods store for not much \$.)

Wear:

BATHING SUIT or SHORTS. SNEAKERS OR BOAT SHOES THAT CAN GET WET .

Refunds:

Because it is difficult to fill spaces on short notice, cancellations made after May 23 *are not refundable*. **Sorry, no exceptions.**

NO REFUNDS ON ANY CLASSES WILL BE ISSUED AFTER MAY 23.

Class cancellations:

We will contact you by e-mail 1 hour prior to class if foul weather requires us to cancel class.

Questions: Call Susu Baker (303) 730-0899, or e-mail davesusu@hotmail.com

Class Descriptions

Beginning Sailing

prerequisite - none

This class is beginning sailing for kids who have never taken a sailing class. The emphasis is on learning the basics and feeling comfortable on a boat. Using a Sunfish sailboat, juniors learn rigging, basic sailboat handling, docking, right of way rules, capsize recovery, sailing terms, parts of the boat, knot tying and marine safety.

Intermediate Sailing I

prerequisite - Silver or Gold rating

If you have passed Beginning Sailing, and have your Silver or Gold rating, sign up for this class! Intermediate Sailing I is a follow-up to Beginning Sailing. It's focus is on strengthening basic skills and learning to sail efficiently on any point of sail. Students will practice tacking, jibing, sailing up-wind, sailing on all points of sail, sail trim, sailing in moderate winds, heeling under control, getting out of irons, review sailing terms, practice knot tying, review weather recognition and capsize recovery.

Intermediate Sailing II

prerequisite - Solo rating

If you have passed Intermediate Sailing I, and have your Solo rating, this is your class. Many kids take this class more than once. It takes many sailors 2 or 3 times in this class to pass their Advanced Solo Rating test and be ready for the Advanced Sailing class. Or, you may just feel you need more time on the water before going on to the Advanced Class. That's great! The more time you have to practice your skills, the better sailor you'll be! In this class we'll continue to strengthen basic skills and sailing efficiently on any point of sail. We'll refine skills in tacking, jibing, sailing up-wind, sailing on all points of sail, sail trim, sailing in moderate and heavy winds and heeling under control.

Advanced Sailing

prerequisite - Advanced Solo or Helmsperson rating

Ok, you've learned the basics, you can get from here to there (and back again) with skill, you understand how the boat works... now it's time to make the boat go fast and get serious about racing! This class includes intensive sailing/boat handling drills, learning the fundamentals of racing rules, tactics, strategy and boat speed. You'll sail in both single and double-handed boats, learn the responsibilities of skippering with a crew, and how to handle the boat in higher winds. As a group, we'll also talk about forming a racing team and going to a couple of local regattas this season to compete with other jr. sailors in our region.

Class Schedule

New this year - summer long classes! Each class is 3hrs long, 2 days/week
Classes start June 13 and end July 29

Class	Prerequisite	Days	Time	
Beginning Sailing	None	Tuesday & Thursday	12 to 3pm	
Intermediate Sailing I	Silver or Gold Rating	Wednesday & Friday	12 to 3pm	
Intermediate Sailing II	Solo Rating	Tuesday & Thursday	3-6pm	
Advanced Sailing (Racing and Tactics)	Advanced Solo or Helmsperson Rating	Monday & Wednesday	3-6pm	

Ratings Levels

As sailors progress thru the program, they will be tested on the sailing skills and knowledge they have gained. If they pass, they earn a rating and can move to the next level. If you don't remember what rating you are from last summer, check with Susu Baker, davesusu@hotmail.com

<i>Level 1</i>	<i>Bronze</i>	<i>beginning sailing fundamentals</i>
<i>Level 2</i>	<i>SILVER</i>	<i>intermediate fundamentals</i>
<i>Level 3</i>	<i>GOLD</i>	<i>advanced fundamentals</i>
<i>Level 4</i>	<i>SOLO</i>	<i>in-depth boathandling</i>

<i>Level 5</i>	<i>ADVANCED SOLO</i>	<i>performance boathandling</i>
<i>Level 6</i>	<i>HELMSPERSON</i>	<i>beginning racing</i>
<i>Level 7</i>	<i>ADVANCED HELMSPERSON</i>	<i>racing tactics/jr instructor-in-training</i>

2011 Junior Sailing Program Registration Form

Student 1

name _____ age (as of June 13, 2011) _____

Medical Concerns or Allergies _____

Student 2

name _____ age (as of June 13, 2011) _____

Medical Concerns or Allergies _____

Address _____ home phone _____

Parent's name(s) _____ phone no. _____

E-mail address _____

Emergency contact 1 _____ phone no. _____

Emergency contact 2 _____ phone no. _____

_____ *student 1 name*

_____ has (have) my permission to participate in the 2011 Bow Mar Jr

_____ *student 2 name*

Sailing Program.

Parent/Guardian Signature

Date

Parent/Guardian printed

Invoice

Classes start June 13 and end July 29

New this year - summer long classes! Each class is 3hrs long, 2 days/week

Class	Prereq -uisite	Days	Name	Bow Mar	Bow Mar South	
Beginning Sailing	None	Tues/Thurs 12-3pm	_____	\$185	\$215	\$_____
			_____	\$185	\$215	\$_____
Intermediate Sailing I	Silver or Gold Rating	Wed/Fri 12-3pm	_____	\$185	\$215	\$_____
			_____	\$185	\$215	\$_____
Intermediate Sailing II	Solo Rating	Tues/Thurs 3-6pm	_____	\$185	\$215	\$_____
			_____	\$185	\$215	\$_____
Advanced Sailing (Racing and Tactics)	Adv. Solo or Helms- person Rating	Mon/Wed 3-6pm	_____	\$185	\$215	\$_____
			_____	\$185	\$215	\$_____
					Sub total	_____
			<i>Discount for use of your own boat</i>		- \$30	- _____
					Total	\$_____

No Refunds after May 24, 2011

Sorry, No Exceptions

Please make checks payable to *Bow Mar Junior Yacht Club (BMJYC)*

<i>Form of payment</i> _____ <i>cash</i> _____ <i>check #</i> _____ <i>rec'd</i>
--

ASSUMPTION AND ACKNOWLEDGMENT OF RISKS AND RELEASE OF LIABILITY AGREEMENT

In consideration of being allowed to participate in watersport events and activities and/or being provided with watersport recreational property or services, for myself and any minor children for whom I am parent, legal guardian or otherwise responsible, and for my/our heirs, personal representatives or assignees:

1. **ACKNOWLEDGEMENT OF RISKS.** Acknowledge that some, but not all, of the risks of participating in the watersport activity include: (1) Changing water flow, tides, currents, wave action and ships' wakes; (2) Collisions with any of the following: other participants, the watercraft, other watercraft, and manmade or natural objects; (3) Wind shear, inclement weather, lightning, variances and extremes of wind, weather and temperature; (4) My sense of balance, physical coordination, ability to operate equipment, swim and/or follow directions; (5) Collision, capsizing, sinking or other hazard which results in wetness, injury, exposure to the elements, hypothermia, and/or drowning; (6) The presence of insects and marine life forms; (7) Equipment failure or operator error; (8) Heat or sun related injuries or illnesses, including sunburn, sunstroke or dehydration; (9) Fatigue, chill and/or dizziness which may diminish my/our reaction time and increase the risk of an accident.

2. **EXPRESS ASSUMPTION OF RISK AND RESPONSIBILITY.** Agree to assume responsibility for all the risks of the activity, whether identified above or not, (EVEN THOSE RISKS ARISING OUT OF THE NEGLIGENCE OF THE RELEASEES NAMED BELOW). My/our participation in the activity is purely voluntary. I assume full responsibility for myself and any of my minor children for whom I am responsible, for any bodily injury, accident, illness, paralysis, death, loss of personal property and expenses thereof as a result of any accident which may occur while I/we participate in the activity (EVEN IF CAUSED, IN WHOLE OR IN PART, BY THE NEGLIGENCE OF THE RELEASEES NAMED BELOW). I agree to wear a U.S. Coast Guard approved personal flotation device (life jacket) while participating in the activity or riding in any watercraft.

3. **RELEASE.** I hereby release Bow Mar Owners, Inc., its principals, directors, officers, agents, employees and volunteers, their insurers, the Town of Bow Mar, The Bow Mar Yacht Club, and each and every land owner, municipal and/or governmental agency upon whose property and activity is conducted ("owner") and their insurers, if any, (Collectively "Releases"), **FROM ANY AND ALL LIABILITY OF ANY NATURE FOR ANY AND ALL INJURY OR DAMAGE (INCLUDING DEATH) TO ME OR MY MINOR CHILDREN AND OTHER PERSONS** as a result of my/our participation in the activity, **EVEN IF CAUSED BY THE NEGLIGENCE OF ANY OF THE RELEASEES NAMED ABOVE, OR ANY OTHER PERSON (INCLUDING MYSELF).**

I HAVE READ THIS ASSUMPTION AND ACKNOWLEDGMENT OF RISKS AND RELEASE OF LIABILITY AGREEMENT. I UNDERSTAND THAT BY SIGNING THIS DOCUMENT, I AM WAIVING VALUABLE LEGAL RIGHTS, INCLUDING ANY AND ALL RIGHTS I MAY HAVE AGAINST THE OWNER, THE OPERATOR NAMED ABOVE, OR THEIR EMPLOYEES, AGENTS, SERVANTS OR ASSIGNS.

Participant's Name (printed) _____ Age as of June 13, 2011 _____

In emergency contact _____ Phone _____

List any known allergies to plants, insects or medications (if more space is required, attach extra pages) _____

Parent or Legal Guardian Name (printed) _____

Parent or Legal Guardian signature _____

DATE _____