

## **2020 Traverse Area Middle School - High School Sailing Team - Team Principles and Rules**

### ***General Principles***

1. We will represent ourselves and our program in a sportsmanlike manner, showing respect to teammates, parents, competitors, and other representatives of our sport, at practice, at regattas, and in any instance, we are representing the Team.
2. We will commit to increasing and improving our own skill level and that of our team members.
3. We will endeavor to win or place as well as possible in every regatta we participate in.
4. We will increase the competitive ability of our team members by entering and participating in as many and the most difficult high school regattas our ability will allow.
5. We will welcome and educate non-sailors to the sport, and to allow them the opportunity to become contributing members of the team.

### ***Team Rules***

#### General Rules

1. There will be no smoking of any kind ,or drinking of alcoholic beverages by team members. Violation of this rule is cause for dismissal from the team.
2. Disrespect shown to other team members, coaches, parents, officials, or anyone else the coaching staff deems appropriate is subject to dismissal from the team.
3. Team members will generally be paired in teams for the most advantageous possible combinations for success of the team as a whole. In some cases, the best skippers may or may not be sailing with the best crews, and vice versa.
4. Coaches' decisions are final.
5. If you have a problem with an issue, talk to the coach.
6. No student may participate in team activities without a signed parental consent form on file.

#### Practice Rules

1. Practice will be every Monday, Tuesday and Thursday. Boats are to be rigged by 3:50pm, ready for chalk talk and sailing by 4:00pm at the latest. Please arrive at the site early enough so that you are ready to rig boats by 3:50pm.
2. All boats are to be launched, rigged, in the water and everyone sailing by 4:00pm. We will be in the water for practice for 1 ½ -2 hours, depending on wind and weather conditions. If we get a late start, practice will get over at a later time. It all depends on how efficiently the team launches and gets on the water.
3. All team members are responsible to help all other team members rig and launch. Once your boat is rigged, you are not done – help out your teammates, both with rigging, launch, and retrieval at the end of practice. 420 sailors help the Lasers, and Laser sailors help the 420 sailors. You are a team – help each other out. If this is abused (i.e. – if someone is continually late and lets teammates rig their boat), they will de-rig all the boats when practice is over.

4. Practice is mandatory. The only excuse for missing practice is participation in another school sponsored activity. It will be the coach's decision as to whether a missed practice is excused, and the coach's decision will be final.
5. If you are going to miss practice, even for another school activity, sickness, etc.,. Please call or text Coach Ben at 231-499-7692 with plenty of time so practice and boat assignments can be adjusted accordingly.
6. No one may leave at the end of practice until all boats and equipment are put away, and the facilities are all picked up and cleaned up.

Regatta and Travel Rules

1. All sailors are encouraged to participate in all scheduled regattas, as listed on the schedule distributed at the meeting.
2. Parents driving to regattas will be responsible for collecting travel expenses (i.e., gas money) from team members traveling with them.
3. In the event that the team stays in hotel accommodations, the following rules will apply:
  - a. Team members will share rooms with chaperoning adults (preferably their own parents) when possible
  - b. In the event that team members have to room together without a chaperon, there will be no mixing of male and female team members in the same room.
  - c. In the event that male and female team members are in a room together, i.e. debriefings, watching a movie, or just hanging out, the hotel room door shall stay blocked open and accessible to adult parent chaperons at all times.
4. Unless otherwise arranged, we will travel together as a team to all regattas. It is our desire that we travel as a team whenever possible.
5. Team members may not participate in MISSA sanctioned regattas without the approval and permission of the coach, and without proper parental supervision.

As a member of the 2018 Traverse Area High School Sailing Team, I have read and understand all the above rules, and agree to abide by them. Student Sailor sign your name below to acknowledge that you have read and understand the authorization above.

\_\_\_\_\_  
Sailor Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Print Name

Date: \_\_\_\_\_