



**2018-2019  
High School Sailing Team  
Program**



*The art of racing is not in winning, but in winning so that the rest of the fleet are pleased that you have won, and the only way that they can be pleased is for you to have shown better helmsmanship than they and also shown perfect sportsmanship.*

*-Uffa Fox*

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I. Introduction

a. **This Program Handbook** is intended to serve as a guide for the Coaches, Parents and Student Athletes who participate with the USSCMC High School Sailing Program. The administration of the USSCMC reserves the right to modify the contents of this manual at any time when it deems a change is in the best interest of the USSCMC and/ or this program.

b. **Sponsored Teams as of August 2018**

- i. Jensen Beach High School
- ii. Martin County High School
- iii. Marine Oceanographic Academy
- iv. South Fork High School
- v. The Pine School

SPONSORED TEAM: A team that receives the full resources of boats, equipment and coaching offered by the USSCMC High School Sailing Program. (see section X)

c. **COACHING STAFF**

- o Head Coach – Ryan Clarke [ryan@usscmc.org](mailto:ryan@usscmc.org)
- o Coach - Terry Wilson [terry@usscmc.org](mailto:terry@usscmc.org)
- o Coach – Nathaniel Osborn [nosborn@thepineschool.org](mailto:nosborn@thepineschool.org)
- o Coach – Justin Lewandowski  
[jlewandowski@lucidodesign.com](mailto:jlewandowski@lucidodesign.com)

d. **TEAM MISSION**

To encourage student-athletes to strive for excellence on the sailing race course as well as in the classroom. High School Sailing emphasizes sportsmanship, team work, self-discipline, and personal character to produce outstanding citizens on and off the campus.

e. **TEAM GOALS**

The goal for the High School Sailing Teams is to practice, train and compete with the intensity required to qualify for the ISSA National Championship events. This is to be accomplished while respecting the values and ethics of our sport. Individual teams will have the opportunity to set strategic goals each season.

In order to accomplish these goals, each team will require a strong commitment from individual sailors and parents alike.

f. **TEAM OPPORTUNITIES & SPONSORED TEAMS**

Student members of this USSCMC High School Sailing Program have the on-going opportunity to attend team practices and training sessions. Teams that have become established within this program are considered sponsored by the USSCMC and will have the opportunity to represent their High School in formal High School competitions at SAISA regattas.

All of the High Schools located in South Florida compete as members of the Interscholastic Sailing Association (ISSA) in the South Atlantic District (SAISA). The USSCMC Sailing Coach coordinates the registration of the individual teams with SAISA.

The South Atlantic District is further divided into North and South Divisions. SAISA North encompasses all of northeast Florida, Georgia, South Carolina, North Carolina, Tennessee and northern Alabama. SAISA South encompasses the balance of Florida except the Florida Panhandle and the Caribbean.

SAISA South uses a series of regattas called South Points to determine its representatives for the SAISA Mallory Qualifier. The SAISA Mallory Qualifier will determine SAISA's representatives to the Mallory Nationals.

All SAISA teams are eligible to compete at the regional level for a berth at the Baker Team Racing National Championship.

### **USSCMC PARTICIPATION REQUIREMENTS**

- i. Students must be members of the USSCMC (either Junior or Family membership)
- ii. Sailors are expected to bring a personal flotation device (PFD) of their own. Any sailor reporting for the first practice without a privately owned PFD will be assigned an older club owned PFD for the season. They will be responsible for that jacket for the entire season.
- iii. Students shall demonstrate the ability to swim with a life vest on and the ability to upright a capsized boat.
- iv. Students shall register on line through regatta network and to pay the entry fee in section XIII. Link to registration:  
[https://www.regattanetwork.com/clubmgmt/applet\\_registration\\_form.php?regatta\\_id=17272](https://www.regattanetwork.com/clubmgmt/applet_registration_form.php?regatta_id=17272)
- v. All High School Sailors must complete the SAISA and USSCMC Waivers. These must be turned in at the meeting on August 25th or prior to attending any practices or regattas. Link to forms:  
[https://www.regattanetwork.com/clubmgmt/regatta\\_uploads/14922/SAISAandUSSCMCWaivers.pdf](https://www.regattanetwork.com/clubmgmt/regatta_uploads/14922/SAISAandUSSCMCWaivers.pdf)
- vi. All MCHS, SFHS & JBHS Sailors must complete required MARTIN SCHOOLS ATHLETIC PARTICIPATION FORMS. These must be turned in at the meeting on August 25<sup>th</sup> or prior to the first team practice. Link to forms:  
[https://www.regattanetwork.com/clubmgmt/regatta\\_uploads/14922/RequiredFormsforMartinCountySchools.pdf](https://www.regattanetwork.com/clubmgmt/regatta_uploads/14922/RequiredFormsforMartinCountySchools.pdf)
- vii. FLEET MAINTENANCE  
Every sailor has a responsibility to help provide the ongoing maintenance of the hulls, rigging, center boards, rudders, lines, sails, dollies and trailers for the practice fleet.

It is the responsibility of each sailor to examine the condition of their boat before and after sailing. All concerns should be immediately brought to the coach's attention and all repairs should be done with the guidance of coaches, and sailing center personnel, unless otherwise instructed.

## II. 2018-2019 Key Dates

### August 25 - 4 PM Parent & Student Program Meeting

#### South Points (SP) Regattas

SP1 September 29 @ Hollywood  
SP2 October 20 @ USSCMC  
SP3 December 8 @ Sarasota  
SP4 January 19 @ Ransom Everglades  
SP5 Jan 26 @ SPYC/USF  
SP6 March 9 @ DIYC  
SP7 Mar 16 @ TBD

#### Club 420 Regattas (For Conflict Reference)

Labor Day Regatta @ Sarasota Sept 1-2, 2018  
River Romp @ Ft Myers Oct 20-21, 2018  
Naples Cup Nov 11-12, 2018  
JO @ USSCMC, Dec 1-2, 2018  
Orange Bowl, Dec 26-30, 2018  
Boomerang @ LYC, Jan 26-27  
C420 Midwinters @ USSCMC, Feb 16-18, 2019

#### Other SAISA Regattas NOT SUPPORTED WITH PROGRAM FEES

Cressy Qualifier (Laser & Radial) October 13-14 @ SPYC  
South Great Oaks Qualifier, Oct \_\_\_\_ @ TBD  
Cressy Nationals (Laser & Radial) October 27-28 @ SPYC  
Great Oaks, Nov \_\_\_\_ @ TBD  
Crossroads Regatta, Feb 9 @ USSCMC  
SAISA Women's, March \_\_\_\_ @ TBD  
SAISA Team Race, April 6-7 @ DIYC

### **PRACTICE SCHEDULE** (Evaluation days are highlighted in yellow); OFF Days in Red)

#### Tuesdays (Nat)

4:00- 6PM (Rigged and Ready 4:15) **Pine School**  
Sept 4, 11, 18, 25; Oct 2, 9, 16, 23, 30; Nov 6, 13; Dec 4; Jan 8, 15, 22, 29; Feb 5, 12, 19, 26; Mar 5, 12  
OFF Days Winter Break = Dec 9-Jan 7

#### Wednesdays (Ryan & Terry)

3:30- 6PM (Rigged and Ready 3:45) **JBHS & MOA ?**  
Sept 5, 12, 19, 26; Oct 3, 10, 17, 24, 31; Nov 7, 14; Dec 5; Jan 9, 16, 23, 30; Feb 6, 13, 20, 27; Mar 6, 13  
OFF Days Winter Break = Dec 9-Jan 7

#### Thursdays (Ryan & Terry)

3:30- 6PM (Rigged and Ready 3:45) **SFHS, MCHS & MOA**  
Sept 6, 13, 20, 27; Oct 4, 11, 18, 25; Nov 1, 8, 15; Dec 6; Jan 10, 17, 24, 31; Feb 7, 14, 21, 28; Mar 7, 14  
OFF Days Winter Break = Dec 9-Jan 7

#### Fridays (Ryan & Terry & Justin)

3:30- 6PM (Rigged and Ready 3:45) **Advanced Skippers & their Crew** (by coach's invitation)  
Sept 7, 14, 21, 28; Oct 5, 12, 19, 26; Nov 2, 9, 16; Dec 7; Jan 11, 18, 25; Feb 1, 8, 15, 22; Mar 8, 15  
OFF Days Winter Break = Dec 9-Jan 7; Feb 15, Mar 1

#### Saturdays

9AM-12PM (Nat & Terry) **Learn to Sail, Learn to Race, Learn to Skipper**  
OFF Days Due to Local Regatta Conflicts = Oct 21; Jan 26; Feb 16; Mar 2

1PM-4PM (Ryan & Terry & Justin) **All Schools Racing** (all who are prepared to race)

Sept 8, 15, 22, 29; Oct 6, 13, 20, 27; Nov 3, 10, 17; Dec 1; Jan 12, 19, 26; Feb 2, 9, 23; Mar 9, 16  
OFF Days = Dec 9-Jan 7; OFF Due to Local Regattas Jan 26; Feb 16; Mar 2

## **PRACTICE SCHEDULES**

There are four practices each week:

1. Weekday Team Practice (3:45-6:15) All team members welcome to participate
2. Advanced Practice (Fridays; (3:45-6:15) Advanced skippers & their crew  
Requires coach's invitation
3. Developmental practice (Saturdays, 9:00-12:00)  
Learn to sail, Learn to race, Learn to skipper
4. Race practice (Saturdays, 1-4) All team members who are ready to race

Which practices should I attend?

<b>If you are:</b>	<b>Then you attend:</b>
New to sailing, new to racing, new to skippering	Weekday and Saturday mornings
An Intermediate Sailor, Race Ready	Weekday and Saturday afternoons
Experienced competitive racer who has skippered at SAISA regattas. Crew members are by invitation.	Weekday, Friday, and Saturday afternoons. You may also compete in SAISA regattas.

*Note: The coach will have the final say as to when a sailor is eligible or not for the Advanced Training Friday practices and the Saturday afternoon Races. Athletes are encouraged to discuss with the coach their readiness.*

- Each month new drills and learning activities will be introduced into practices, with the intention of meeting the needs of all sailors, regardless of their skill level.
- It is the responsibility of each team captain to lead the team in rigging boats upon arrival at USSCMC so that boats are rigged and ready at 3:45.

### III. **ADVANCED TEAM**

Based on competitive performance at regular team practice, sailors can earn a position on the Advanced Practice Team for their respective high school. This qualifies them to participate in the advanced team practice held on Friday each week.

Advanced team members may have the opportunity to compete in all SAISA events.

For the purposes of registration for SAISA regattas, the coach will determine which advanced sailors will be registered as “varsity” and which as “junior varsity.” It is VERY possible for an advanced sailor to be entered in a regatta as “junior varsity”. Moving sailors from JV to V and V to JV is common place. Sailors should not see this as a demotion.

### IV. **VARSITY LETTER**

The Martin County School Board, The Pine School Head, and the MOA Principle, fully recognize the High School Sailing Program under the auspices of the USSCMC and authorize the award of Varsity Letters and Certificates of Participation. The Athletic Directors and USSCMC Sailing Team Coach maintain overall authority of these Letters and have defined the criteria listed below.

To be eligible for a Varsity Letter, a sailor must:

1. Maintain a cumulative “C” average (verified by Teacher/Sponsor)
2. Participate with the Sailing Team for the entire program year.
3. Sail in at least twelve (12) races (cumulative) in South Points Regattas or district championships.
4. Attend a majority of practices.

### V. **MULTI-SPORT ATHLETES**

USSCMC Sailing Team Coach will coordinate the participation of multi-sport athletes where possible. The Sailing Team Coach will accommodate other conflicts such as activities, family travel etc. where possible. All conflicts in an athlete’s schedule should be communicated to the Head Coach well in advance. Ongoing absentees, whether excused or not, may have a negative impact on a student’s team. It may also affect the athlete’s standings amongst his teammates; therefore, it is ideal when a student chooses to make sailing his or her priority.

### VI. **EXTENDED SEASON**

Any sponsored team that qualifies for Regional or National Regattas will sail an extended race season to include three after school practices every week until the championship/qualifying regattas. The practices will be Wednesdays, Thursdays, and Fridays at 3:30. There will be no additional fees for coaching to see the team(s) through all extended season regattas. All expenses for team travel, lodging and regatta entry fees for season competition will be the individual responsibility of each of the travelling sailors and their families. A coach will travel with the team, but will not be responsible for chaperoning the travelling students.

## VII. HOMESCHOOL & COMPOSITE TEAMS

### Homeschool Sailors

The following is cut directly from the SAISA supplemental rules regarding SAISA regattas:  
*2.7. A Home school, virtual school or privately tutored student may participate upon approval of the SAISA President who will assign the student to be associated with an existing SAISA team. First priority will be the team of the public school the student would attend; second priority will be a team in their public school district. If neither exists then they will be assigned to the closest public team based upon their permanent home address. Once assigned the student must sail for this team for the remainder of their high school sailing years unless in the future they attend a different public or private school that has a team.*

Homeschool sailors are welcome to join the team of an existing high school provided they are officially zoned for the school they are joining.

**Composite teams** are when students from several different high schools (or homeschools) assemble to make a team. It should be noted that “composite teams” at the USSCMC are only permitted to be practice teams. The USSCMC does not support composite teams with boats and program resources to compete at any home or away regattas.

## VIII. EIGHTH GRADE STUDENTS

For Eighth Graders to join HS Sailing, they should be recommended by their Middle School Coach to join the HS Sailing Program.

For an 8<sup>th</sup> grade student to join HS they must be enrolled in both HS and Middle School Sailing. The cost, as an eighth grader, to participate in HS sailing will be \$260. This is in addition to the FALL Middle School (Sat- AM program) Sailing fees. When SPRING Middle School Session starts again, the fees for Middle School Sailing will be the additional \$240 (Sat- AM SPRING program). If the 8<sup>th</sup> grader in the spring chooses only to do HS sailing and not pay the spring middle school registration, they may do so, but they will not be included in the morning beginner HS training session.

Those eighth graders who join the HS program will only be able to compete at a JV level and they will need to earn that opportunity over the other eligible sailors. If their school does not enter a JV team, then an eighth grader can participate on the varsity team, but 8<sup>th</sup> grade students are not eligible to participate in SAISA North Championships, SAISA South Championships and qualifiers for ISSA National Championships (Mallory, Baker, Cressy). Teams with eighth grade sailors are eligible for division and overall awards in that regatta, but results do not count toward SAISA district championship qualification. If a school enters a JV team, then an 8th grade student on that team may only participate on the JV team in that regatta.

Eighth grade sailors will participate in Middle School Saturday mornings practice. They can attend Saturday afternoon and the team weekday practices. Upon invitation from the Head Coach, they can earn a place on the Friday advanced practices. Additional information regarding eighth grade students can be found in SAISA supplemental rules, 2.6.

*Note: This policy may be amended by the coach if he deems it prudent.*



**IX. PARTICIPATING WITHOUT AN ESTABLISHED (SPONSORED) TEAM**

Students without a team may join this program; however, students who are not part of a USSCMC sponsored team, will only be eligible for practices and will not compete in the SAISA regattas.

**X. DEVELOPING AND MAINTAINING A USSCMC SPONSORED TEAM**

To develop a team within this program with the status of “USSCMC sponsored”, a team must meet or exceed each of the follow standards. (1) There shall be 4 or more students registered with the team for one full school year. (2) Each team shall have 4 students present at 75% or more of the scheduled practices including Saturdays and the team weekday practice. (3) The team must demonstrate good sportsmanship and team unity. (4) There must be at least one parent serving as the team parent on one year prior to becoming a sponsored team and for the team’s first year of earning the status of USSCMC Sponsored.

To maintain the team’s status as “USSCMC sponsored” every year a team must maintain each of the follow standards: (1) A 4-student roster that includes two sailors capable of skippering in a regatta. (2) Each team shall have 4 students present at 75% or more of the scheduled practices including Saturdays and the team weekday practice. (3) The team must demonstrate good sportsmanship and team unity. (4) The duties of “team parent” must be maintained by one or more parents from the team.

If an existing “USSCMC sponsored team” slips below these standards they will have a one-year probationary period where they will not be allowed to participate in travel regattas. If a team falls below these standards for two consecutive years, they will become a practice team that would need to re-establish their status as “USSCMC Sponsored” just as if they were a new team.

**XI. TEAM ELIGIBILITY FOR AWAY REGATTAS**

For any team to be eligible to participate in an away regatta, the team shall first be a USSCMC Sponsored team, and they must meet two of the following criteria:

- (1) The team successfully competed in a home regatta
- (2) The team shall have a minimum of 4 travelling sailors present at the previous Saturday Practice Racing
- (3) Approved at the coach’s discretion

**XII. TEAM CAPTAINS**

A captain (or co-captains) for each team will be selected by the registered members of each team with the final approval of the Head Coach. Team captains are responsible for ensuring that each boat is rigged and ready by 3:45 pm during weekday practices. Additionally, team captains are responsible for working closely with the coach to lead the team. A captain shall lead by example and support all decisions made by the coaching staff.

**XIII. SKIPPER/CREW**

All sailors are encouraged to practice at the helm and as crew. Sailors should bring it to the attention of the coach if they do not find a partner with whom they enjoy regularly sailing, or are displeased with their position as crew or skipper. Sailors are encouraged, and may be assigned by the coaching staff, to sail with several different teammates.

#### XIV. PROGRAM COSTS

##### a. REGISTRATION & FEES

All registration is online through Regatta Network. Links are available on the USSCMC website on our High School Sailing web page. Link to registration:

[https://www.regattanetwork.com/clubmgmt/applet\\_registration\\_form.php?regatta\\_id=17272](https://www.regattanetwork.com/clubmgmt/applet_registration_form.php?regatta_id=17272)

Students are required to have active USSCMC (Junior or Family) Memberships at registration and through the entire sailing season. Students who have not completed their online registration and those who have not paid their registration fee or kept their USSCMC membership active will not be allowed to participate. Membership fees are prerequisites to Participation Fees.

Participation Fee 2018-2019	\$600
Payment schedule:	\$300.00 upon registration \$300.00 due November 16, 2018
Discount when paid in full	\$500

##### b. REFUNDS

A very expensive sport is being made affordable to all. It takes everyone's registration fee in order to keep the costs low. Therefore, there will be no refunds. No exceptions.

##### c. FINANCIAL ASSISTANCE

Students who receive financial assistance for school lunches may qualify for financial assistance through the USSCMC scholarship fund to assist with the HS SAILING program. Details may be found on the USSCMC website High School Sailing "Program Details" page.

##### d. FUND-RAISING

The costs for the sailboats, travel trailers, the safety powerboats, the powerboat fuel, boat maintenance, all associated equipment and the coaching salaries are not fully covered by the participation fees. It is the philosophy of the USSCMC that the High School Sailing Program should be affordable. It is also their philosophy that all parents and students shall be actively involved in the fundraising efforts to offset the short fall. As a family every student who enrolls in the High School Sailing program, regardless of their financial means, shall participate in the fundraising efforts.

For 2018 Fall Season there are three HIGH SCHOOL fundraising efforts to support with your time, talent and financial resources.

- "All Hands on Deck" annual Fall High School Sailing Benefit Cocktail Party. **Mark your calendars now for the evening of November 1, 2018.**
- Selling team and program sponsor banners
- Team fundraising activities organized from within the teams. (Car washes, t-shirts, lunches, team socials, etc.)

The "All Hands on Deck" party needs volunteers to help coordinate, food, beverage, entertainment, sponsorships, and a few auction items. This Party Fundraiser requires a team effort with everyone participating at some level.

## XV. TRAVEL/ TRANSPORTATION TO REGATTAS, PRACTICES, CLINICS, ETC

a. **Student Transportation** - All transportation is the responsibility of each individual student and their parents. The USSCMC does not provide any vehicles or expenses to assist with any transportation associated with the High School Sailing programs. Carpooling is recommended but is the responsibility of each student family to make their own arrangements and plans. The "Team Parents" are encouraged to assist with the communications amongst the student families with respect to carpooling, but all transportation decisions are ultimately the sole responsibility of each student. It is the students' and parent's responsibility to be familiar with any transportation/ carpooling guidelines that their school requires.

### b. Trailers & Boats to Regattas

Typically, the host of a regatta has a fixed number of sailboats to offer to the first teams who register for the regatta. Once the available boats are assigned to the first group of teams to register, all remaining teams are responsible to bring their own boats and JV Teams are always responsible to bring their own boat. The USSCMC permits the HS Sailing Program to take USSCMC sailboats to distant regattas; however, it should be understood that proper care and safe handling of the boats is imperative for the safety of the boats and the safety of those pulling the trailers. For each team that is required to bring a boat, those teams shall be fully responsible for making all necessary arrangements to get a boat to the regatta. Loading and unloading the trailers is the responsibility of all members of each school that is required to bring a boat. This is the students' responsibility with the help and supervision of the parents. The burden of this project should not fall on the coach or the "Team Parent(s)", or even the JV Teams alone but rather **all students who are travelling to the regatta from the school taking a boat (with the support of many parents) should share the labor burden of loading and unloading trailers.** Upon the return of the trailers to the USSCMC property a plan should be in place for the unloading of the trailers to include all travelling sailors. A loaded trailer should not become the burden of another team to unload at their weekday practice. Prior to departing from the Sailing Center those pulling trailers shall be responsible for checking trailer lights, tires, etc. and tie down lines.

## **XVI. PARENT & STUDENT RESPONSIBILITIES**

- a. **PARENT RESPONSIBILITIES-** While parental involvement is essential to the success of this program, no parent shall assume a coaching role and shall at no time be involved with coaching decisions regarding practices and regattas. Parents are expected to participate fully in the parent group, which supports the USSCMC High School Sailing Program. Regular meetings will be held at the USSCMC to keep parents informed. Among the many activities where parents are expected to participate are:

- Serve as needed when requested by coach
- Participate in the November 10<sup>th</sup> parent run fall high school fundraising event held at the USSCMC
- Support the efforts for High School Fundraising
- Team/Parent Communication
- Tow trailers to away regattas
- Assist with supervision at away regattas as needed
- Production of team news articles for the USSCMC website/Newsletter
- Driver/chaperon duty on away Regattas
- Assist in carpooling to and from team practice and events
- Shall assist with loading and unloading boats that travel to regattas
- Participate and recruit help in fund-raising activities and maintenance workdays

b. **TEAM PARENTS**

Team Parents play a very important role in the success of each individual High School Team; however, it should be understood that the Team Parents are not the coaches and at no time shall any parent interfere with coaching decisions regarding practices and regattas. Team Parent(s) shall be responsible to organize and coordinate with their team the transportation of a sailboat when needed, in addition to any carpooling and other logistics with regards to travel. The Team Parent(s) shall identify those who can pull a trailer to and from the regattas and amongst the other Team Parent(s) identify who will be responsible on a per regatta basis to transport the trailer. Loading and unloading trailers with boats shall be the responsibility of the sailors with help from their parents. This should not become a burden to the Team Parent(s) as sailors and families MUST support and participate with the task of loading and unloading trailers.

If casual discussion among parents does not lead to a consensus on an appropriate team parent for each high school, then a brief election will be held by the coach, in which votes will be accepted through email.

c. **STUDENT ATHLETE RESPONSIBILITIES**

It is the role of each Student enrolled in High School Sailing to:

- ◆ Arrive on time!
- ◆ Listen to the coach to be a team player and work cooperatively with all instructors and peers.
- ◆ Follow the USSCMC Code of Conduct and Ethics guidelines.
- ◆ Always treat all USSCMC boats, facilities, grounds and the Indian River with the utmost respect and care always showing a respect and appreciation for what has been entrusted to the High School Sailing Program for its use and benefit.
- ◆ After every practice, perform proper maintenance and storage procedures for caring for the USSCMC boats.
- ◆ Clean up the areas of the USSCMC where practice and meetings occurred.
- ◆ Follow all of the rules and regulations of the USSCMC as posted and instructed by the USSCMC staff.

Sailors must bring the following items to class everyday:

- ◆ Sailing clothes (bathing suit, shorts, rash guard-clothes that can get wet)
- ◆ Closed toe water friendly shoes – NO bare feet or Flip flops!
- ◆ Life Jacket (PFD) USCG approved type 3 – No buoyancy aids or inflatables
- ◆ Foul weather gear (we will sail in a variety of conditions, including rain)
- ◆ Water bottle
- ◆ Sun block (applied before arriving to sailing and extra for reapplication)
- ◆ Additional Items that are suggested (hat, sunglasses, change of clothes, towel)

**Label all belongings! Lost, misplaced or stolen articles are not the responsibility of the USSCMC**

Student Sailors are expected to follow the USSCMC Code of Ethics, which have been developed by and for the entire sailing community.

d. **USSCMC CODE OF ETHICS**

*Respected Sailors Always:*

1. Know and abide by the Racing Rules of Sailing. They promptly:
  - a. Take a penalty or retire when they know they broke a rule, or,
  - b. File a protest when appropriate.
2. Obey event regulations, on and off the water, including housing rules.
3. Are organized, prepared and responsible for their own equipment.
4. Show respect to fellow sailors and those helping to run regattas and programs.

*Respected Sailors Never:*

1. Swear at, intimidate or harass anyone, including teammates, on or off the water.
2. Steal or borrow, without permission, anything that does not belong to them.
3. Break laws regarding alcohol, tobacco or illegal drugs.