




Birmingham Sailing Club
2010 Junior Sailing Camp
June 4-6, 2010



Junior Sailing Camp is open to children and youth ages 7-17. Each camper will learn or improve basic sailing skills using Optimist sailboats, Lasers, and Club 420's. Sailing Camp will start at 2:00pm on Friday, June 4 and conclude with a family BBQ on Sunday, June 6. Juniors are welcome to stay after the BBQ to crew with club members during the Sunday races.

Camp participants will "camp out" in members' cabins on Friday and Saturday nights. Meals and entertainment are provided with registration. To register, please print and fill out the attached forms. Send the completed forms and camp fees to Kathaleen Rogers. The address is listed on the forms. Please make checks payable to BSC.

All camp participants must be able to swim 25 yards unassisted (the length of a swimming pool) and put on a life jacket while treading water.

OPTIMIST LEARN TO SAIL JUNIOR PROGRAM

Ages 7 – 17

2010 SIGN UP SHEET

NAME _____ AGE _____ MALE/FEMALE _____

ADDRESS _____

Zip Code _____

PARENTS(first , last) NAMES _____

EMAIL ADDRESS _____

PHONE _____ T-SHIRT SIZE _____

PRIOR SAILING EXPERIENCE _____

BSC Junior Camp June 4 thru June 6, 2010 - Cost \$95.00 \$ _____
(Space is limited to 20)

Above cost for 3 day event covers meals, entertainment, instructors' fees, and t-shirt.

Priority will be given to family members of BSC members.

Deadline for Priority registration is May 1, 2010

Donation \$ _____

Total Paid \$ _____

Check Payable to BSC

Send completed registration, attached forms and payment to:

**Kathaleen Rogers
3412 Laurel View Lane
Hoover, AL 35216**

If you have questions regarding the camp and/or registration, please contact Kathaleen Rogers at (205) 979-1831 or kathaleenrogers@gmail.com.

Please circle the level your Junior should begin in:

Prerequisite skills needed for each level:

LEVEL 1 BEGINNER

No Prior boating experience required.

Must be able to swim unassisted for 25 yards.

Must have and wear a US Coast Guard Approved life jacket that fits and shoes or strapped on sandals that can be worn in and around the water.

LEVEL 2 INTERMEDIATE

In addition to the above:

Should know basic names of boat parts.

Be able to steer boat away from and back to the dock under sail alone.

LEVEL 3 INTRO TO RACING

In addition to the above:

Should know the basic right of way rules

Should know how to get out of the NO GO ZONE (irons)

Should have a desire to learn more about sailing through racing.

The program will be very flexible as to which group the juniors begin in. As skill levels progress, the junior will be offered a chance to move or visit in another level. Review the attached course descriptions of each level. Each level will review skills of prior levels and focus on developing skills presented in the course outline through repetitive games, lectures, demonstrations and drills both on and off the water throughout the season.

RELEASE AND INDEMNITY AGREEMENT

KNOW ALL MEN BY THESE PRESENTS:

That I, as parent or guardian of _____ (“My Child”) on behalf of my self, my spouse. My child and our respective heirs executors and administrators, for the consideration granted by Birmingham Sailing Club, Inc. of permitting My Child to participate in its Junior Sailing Program hereby assume all risks and hazards of My Child’s participation in the aforesaid activity including all activities incidental thereto such as traveling and dining; and further, do hereby release acquit and forever discharge Birmingham Sailing Club, Inc. (“BSC”), its officers, directors, governors, members, employees, adult supervisors of the activity, other participants, servants and agents from any and all actions, caused of action, claims, demands, losses, expenses, damages, cost and/or liabilities accruing now or to accrue to any one or more of me, my spouse, or My Child in the future on account of any known or unknown injury, loss or damage, whether direct or indirect, sustained by My Child in connection with or arising out of or occurring in or resulting from such participation by My Child in the said activity even though such injury, damage or loss is occasioned, caused, contributed to or brought about in whole or in part by the sole or concurring negligence of BSC, its officers, directors, governors, members, employees, adult supervisors of the activity, other participants, servants and agents. Further, I agree to indemnify and hold and save harmless BSC, its officers, directors, governors, members, employees, adult supervisors of the activity, other participants, servants, and agents from and against all claims, losses, costs, expenses, damages, liabilities or judgments, including reasonable attorneys’ fees incurred or sustained by them, or any of them, as a result of any injury, damage or loss to My Child sustained in connection with or arising out of or occurring in or resulting from his or her participation on the aforesaid activities. In the event that this Release and Indemnity Agreement is not signed by both parents or all guardians of My Child, I hereby represent that my consent to its terms and conditions binds such other parents or guardians and I understand that such consent of both of My Child’s parents or all of My Child’s guardians is an express condition to BSC’s permission for My Child to participate in the aforesaid activity.

Parent or Guardian Signature

Date

Parent or Guardian Signature

Date

MEDICAL RESPONSE INFORMATION
AND CONSENT FORM

MINOR'S FULL NAME: _____ **Age** _____

DATE OF BIRTH: _____

HOME ADDRESS: _____

PEOPLE TO CONTACT IN CASE OF AN EMERGENCY:

Father's name: _____ Home: _____ Office: _____

Mother's name: _____ Home: _____ Office: _____

Other name: _____ Home: _____ Office: _____

(other person/relationship): _____

FAMILY DOCTOR:

NAME: _____ **TELEPHONE:** _____

POLICY NUMBER: _____

FOR GROUP PLANS:

Name of Parent in Group: _____

Social Security Number or Policy Number: _____

Name of Employer: _____

MEDICAL INFORMATION:

Allergies: _____

Medical Conditions: _____

Regularly taken medications: _____

Other information that may be helpful in case of an emergency: _____

**AUTHORIZATION AND CONSENT TO
TREATMENT OF A MINOR**

I the undersigned parent/guardian (circle one) of _____
(minor's full name) hereby consent to any medical and/or surgical treatment, diagnosis,
anesthesia and hospital care which is deemed advisable by, and is to be rendered under
the general and special supervision of , any physician licensed under the provisions of the
law of the state in which said physician practices.

It is understood that this authorization and consent is given in advance of any specific
diagnosis or need for treatment, but is provided to give authority to such physician and
medical facilities in advance in the event that any such medical and/or surgical treatment,
diagnosis, anesthesia or hospital care is deemed necessary by the above described
physician.

I am aware that hospital procedures as well as the practice of medicine are not an exact
science and I acknowledge that there is no guarantee expressed or implied as to the
results of such diagnosis, examination or other procedures carried on by any such
physician and/or hospital.

I acknowledge that the efforts of Birmingham Sailing Club and those acting on its behalf
in connection with any such medical situation do not constitute an acceptance or
acknowledgement by Birmingham Sailing Club or any such individual acting on its
behalf of responsibility for the medical situation involved, the results of any such
treatment or care, or financial responsibility for such treatment or care.

Date

Signature

Name Printed

OPTIMIST LEARN TO SAIL PROGRAM COURSE OUTLINE

LEVEL I - BEGINNER

Goal – To learn basic boat and sail parts and to be able to leave and return to dock under sail alone.

Capsize recovery
Learn general nautical terms
Learn names for boat parts
Learn names for sail parts
Learn the points of sail (recognize)
Use of life jacket
How to fold a sail
How to rig boat
How to launch a boat from dock
Proper boat posture and position where to sit,
how to trim sail, how to hold a hiking stick,
how to hike, how to move around in a boat
How to get out of the no go zone (irons)
Landing - leave dock and return to dock under sail
Avoiding collisions, tiller toward trouble
Getting into the safety position
Basic knots
Steering – straight course,
proper tiller grasp,
correct body position

LEVEL TWO - INTERMEDIATE

Goal - To be able to steer a boat with correct sail trim through all points of sail and know the basic right of way rules

All items listed in Level I will be reviewed and perfected
Bailing out boat
Basic right of way rules
Demonstrate in the boat all points of sail – learn
correct sail trim for each point of sail
Tacking smoothly through all points of sail
Jibing downwind
Stopping and starting
Introduce basic racing techniques

LEVEL THREE – INTRODUCTION TO RACING

Goal – To advance boat handling and sailing skills as a beginning sail-boat racer

All items listed in Level II will be reviewed and perfected
Upwind sailing – without excessive luffing or falling off
Finding a lay line
Racing posture
Trimming and steering
Acceleration
Tacks, jibes, maneuvering
Sail trim/ weight/ rudder-relationships
Starting techniques
Basic racing techniques
Tactical and rules situations (on the water)
Finding way around various race course layouts