



“Team Willamette” Race Team Application

Hello All! Thank you for applying for the Summer Race Team.

Michael Cornew will be the primary coach of the race teams. If there is enough interest a second coach may be added to get more people on the water.

Mandatory Parent Meeting on May 1st @ 7:30 pm!

Schedule:

Practice will be Tuesday, Wednesday, Thursday, 5:00pm - 8:00pm*

We have reduced the practice days from 4 days a week to 3 days a week. First, coaches need at least one day off a week considering the travel schedule. Second, we will get more consistent attendance at practices during the week and prevent burnout among our top sailors who are also our employees. Monday's we will unload the trailer after travel events but not have regularly scheduled training. Sailors have the option to join Monday night laser racing if they wish.

There will be 3 sessions - June, July, and August.

June Training Dates: June 12th - June 20th

WIND WEEK June 24th - 27th

(This is not included with the program, but we encourage everyone to attend. More info on WIND Week to come)

July Training Dates*: July 2nd - July 11th, July 23rd - 31th

*The reason July is broken up is to make space for the WIND Clinic in Cascade Locks (the gorge). This is an incredibly valuable clinic with world class coaching and will be in the gorge for a week. This is probably the most valuable sailing experience of the year with conditions and guest coaching. There will be no scheduled practice during this week of July 15th-19th.

August Training Dates: August 1st - 22nd

This is a 4-week session but sailors are encouraged to take a week or few days off in this session to prevent burnout. This is a heavy event session as well.

Boats

We will be supporting 5 types of boats this summer for the team Willamette. The Optimist, the club 420, the laser radial, the laser 4.7, and the FJ.

For the lasers and Optis, it is encouraged that you consider own your own boat. It allows for more personalized boat work and rigging. The Club lasers and Optimists are adequate but are somewhat soft and non-competitive in chop when we travel for events. Choosing between a 4.7 rig and a radial rig is a weight dependent question. Please talk to the coach about what is right for you! For those of you who own a boat, we offer a \$50 per month discount of program fees.

The Club 420 is a new focus this summer with trapeze and spinnaker. We will be using up to 6 boats of the club fleet both in training on the river and in traveling on weekends. I am hoping that bringing 420's around the northwest with trapeze and spinnakers will encourage other clubs to buy 420s and use the ones they already have. Olympia owns 6, Seattle Yacht Club owns 6 etc. **If you would like to sail a club 420, preference will be given to those that apply with a set crew/skipper.**

FJ's will no longer be the focus of the double handed sailing. We will support them at some regattas if we don't have enough 420's for everyone but I would rather people sail 420's due to the trapeze and spinnaker which will raise our skill level.

Regattas and Gorge Clinics

It is strongly encouraged for each sailor to travel to at least 2 regattas in the summer schedule.

You only need to sign up for one session to attend any of the supported regattas. Preference will be given to sailors that actively train with the team for the weeks leading up to an event but it will not be a prerequisite to attend a regatta.

The Gorge clinics will be something new I am trying this year. The Willamette River is a great place to sail but it rarely produces heavy winds. Let's turn that weakness into a strength by going to the Gorge more frequently! Our two weekend clinics are tentatively divided into an introduction to the Gorge and a more advanced clinic. Matt Berger will be coaching the Optis at these events, myself the club 420's and lasers, and we will potentially hire another coach as well.

Signing up for Regattas will take place 1 month before the event. The head coach will send out a google form for signing up. You will have 1 week to decide and the following week will be devoted to logistics. Ideally the logistics for each event will be wrapped up two weeks ahead of schedule.

**Team Willamette
Summer Race Team
Application**

Practice Dates: June 12-20 (\$160) July 2-11, 23-31 (\$300) August 1-22 (\$270)

Optis, Lasers, and 420s: Tuesday through Thursday, 5:00 - 8:00pm, WSC

Optis, Lasers, and 420s: Includes practice and regatta coaching (all clinics are not included)

*Save \$50 per month if you have your own boat (you must commit to using that boat for that month)

Participation in regattas will include additional expenses (registration, airfare, gas, housing, food, other)

Regatta Dates

See attached calendar and Team Snap for details. Families are expected to use Team Snap and Google Drive for communications and planning information.

Name _____ **Birthdate (mm/dd/yy)** _____

Phone Number _____ **Email Address** _____

Parent Name(s) _____

Parent Phone Number(s) _____

Parent Email Address(es) _____

I want to sail: Optis Lasers 420s

(If double-hand) I want to: skipper crew not sure yet

(If double-hand) I hope to sail with: 1st choice _____

2nd choice _____

Sailing Experience (add additional pages if necessary)

Why do you want to join Team Willamette? (add additional pages if necessary)

What are your goals for the season? (add additional pages if necessary)

**Team Willamette
Summer Race Team**

I understand that I am expected notify the coach about my attendance plans by marking my availability on Team Snap. I understand that sailors are expected to attend a minimum of two (2) regattas with the team. I understand that the sailor must wear weather appropriate sailing gear as determined by the coach and this may include a wetsuit. I understand that sailors are required to wear shoes and a USCG-approved life jacket while sailing in club-sponsored programs. I understand that the coach has final say on all matters regarding participation in this program and agree to respect the coach's decisions.

Sailor signature _____ **Date** _____

Parent signature _____ **Date** _____

As a sailor, I promise to give 100% at every practice and regatta we attend as Team Willamette and I will conduct myself in a manner that represents the values of sportsmanship, camaraderie, and Corinthian Spirit. I will arrive on time to all practices and I will respect the coach's decisions. I understand that I am responsible for arriving on time to practices and regattas with all the necessary gear, and for rigging and derigging my own boat. I understand that I am expected to contribute my time for maintenance of my boat. I agree to come prepared for a workout and/or boat maintenance in the event of a no-wind practice because I understand the importance of keeping myself and my boat in top condition.

Sailor signature _____ **Date** _____

As a parent, I agree to trust and respect the coach's decisions, and to keep open lines of communication. I will not ask to be a spectator on the coach boat because this ensures equitable coaching for all. I understand that outside coaching during practice and regattas is not permitted and parents in specifically designated spectator boats are asked to maintain a 100-yard safety perimeter around sailing activities. I understand that rigging boats is an important part of the sailing and learning experience and will not help my child rig their own boat beyond helping with physical tasks my child cannot complete alone. I understand that parents are not to be in the learning area during practice including within the 100-yard safety perimeter during on the water practices and in the "classroom" during dry land lessons.

Parent Signature _____ **Date** _____

TEAM WILLAMETTE WEEKEND AND EVENT SCHEDULE

Laser Youth Nationals Qualifier @ Lake Leschi, Seattle June 15th-16th

Vancouver Lake Regatta @ Vancouver Lake- June 22-23rd (420 Qualifier for nationals!)

WIND Week @ CGRA, Cascade Locks June 24-27th

Wind Clinic July @ CGRA 16th-19th (NO SCHEDULED TRAINING THIS WEEK @ WSC)

Wind Regatta @ CGRA July 20-21st

Bellingham Regatta @ Bellingham - August 3-4th

Junior Olympics @ Shilshole - August 24th - 25th

420 Gorge Clinic @ CGRA - September 8th-9th

Oktoberfest @ Sail Sand Point - September 15th-16th (Coach Matt Berger will be the primary coach for this one)