



**Southern Maryland Sailing Association (SMSA)
High School Sailing Program, Spring 2009**

On behalf of SMSA, we welcome your interest in Spring 2009 High School Sailing. This program is intended to instruct high school teams in the sailing techniques, supporting varsity and junior varsity interscholastic competition and to support these teams in competition against other high schools in the Middle Atlantic area.

If you are interested in participating, please fill out, sign, and return the attached registration forms along with checks for appropriate fees. Registration forms can be mailed to:

**Laura Comeau Stanley
SMSA Membership Chair
23460 Myrtle Point Road
California, MD 20619**

This Spring program consists of:

1. Three weekly practice sessions, hosted by SMSA:
 - The SMSA sessions will run from 3:00 pm to 6:30 pm., Wednesdays, Thursdays, and Fridays, from March 4, 2009 to May 15, 2008.
 - Wednesday and Thursday sessions will be conducted at the SMSA site on Solomons Island. Most Friday practices will be conducted at St. Mary's College.
 - See the schedule on the SMSA High School Sailing web pages for exceptions, such as holidays, early starts, or alternative locations. (<http://www.smsa.com/Jr/highschool/main.htm>)
2. High schools may have organized varsity and junior varsity teams that compete in interscholastic events sanctioned by the Middle Atlantic Scholastic Sailing Association and its Central League, district organizations of the Interscholastic Sailing Association, the national coordinating authority for high school sailboat racing. Participation in these events is usually organized by the parents of the individual high school sailors and the SMSA coaches.
 - Patuxent, St. Mary's Ryken, and Leonardtown already have such teams.
 - SMSA's practice sessions are open to students in all Southern Maryland high schools whether there is a formal competitive team or not.
 - SMSA will host several varsity events this spring.
3. Coaching will be overseen by Volunteer High School Coordinator Stovy Brown and other volunteers. They will be assisted by members of the SMSA Junior Committee. They will coach high school competitive teams at most weekend events.
4. Parents and siblings are welcome to join the several pot luck dinner events held during the season. Useful information about the course of the program and logistics supporting interscholastic competition is always part of these events. They will be held on Wednesday, March 11 2009, and Thursday, April 9, 2009. A pot luck Spring Awards Dinner will be held at SMSA in Solomons on Sunday, May 17, 2009, following our last varsity regatta on that day.
5. For each practice session, participants will need to provide their own soft drinks, sunscreen lotion, PFDs, wet or dry suits, sailing boots, and gloves.
 - Wet or dry suits will be required whenever the total of the air and water temperatures is below 120° or the water temperature is below 60°.
 - A type 3 PFD (personal floatation device) must be worn at all times while on the water.
 - Shoes or boots must be worn at all times. Sailing gloves are recommended in cold weather.
6. All participants are required to be junior members of SMSA. If you are not a family or junior member already for the 2009 calendar year, you must include an additional \$60 with your spring semester high school sailing fee of \$120.

**Thank you,
G.S. (Stovy) Brown
SMSA High School Sailing Program Coordinator**

Student Information

Name _____ Birth Date _____
 High School: _____ Class of _____
 Mailing Address _____

 Street Address _____
 (if different) _____
 Home telephone _____ e-mail _____
 Cell telephone _____
 Sailing experience (if first time applicant): _____

Parent Information

(1) Name _____	(2) Name _____
Phone: Home _____	Home _____
Work _____	Work _____
Cell _____	Cell _____
e-mail: Home _____	Home _____
Work _____	Work _____

Semester Registration Fee: \$120.00 (make checks payable to SMSA)

SMSA Membership: If you are not a family or already a junior member of SMSA, please include an additional \$60.00 junior membership fee for the 2008 calendar year (one check for \$180.00). If you have questions, contact Laura Comeau-Stanley at membership@smsa.com to verify your current membership status.

Parent's Signature _____ Date _____

Please send completed forms, Application, Waiver of Liability, Authorization to Consent to Treatment of Minor, and the Student Code of Conduct, and a check for the registration fee, plus junior dues, if needed, made out to SMSA, and a check made out PHS for club dues, if applicable, to:

Laura Comeau-Stanley
SMSA Membership Chair
23460 Myrtle Point Road
California, MD 20619

If you will be competing on for your high school's sailing team in regattas, please make sure that all required forms are on file with your school (physical, field trip permission, authorization to compete on an athletic team, etc.)

AUTHORIZATION TO CONSENT TO TREATMENT OF MINOR

I, the undersigned parent or guardian of _____, a minor, does hereby consent to any emergency X-Ray, medical, or surgical treatment or hospital care which is deemed appropriate by, and is to be rendered under the general or special supervision of any physician or surgeon licensed under the provisions of the Medical Practice Act.

It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required, but is given to provide authority and power on the part of the aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which the aforementioned physician in the exercise of his best judgment may deem advisable; and neither said agents or organizations involved assumes any financial responsibility for exercising this action.

This authorization is given pursuant to the provisions of the Civil Code for the County of Calvert in the State of Maryland.

Family Doctor: _____ Phone: _____

Persons to contact in emergency:

1. _____ Phone: _____

2. _____ Phone: _____

Existing medical or learning problems:

Known Allergies (e.g. bee stings): _____

Health Insurance Policy Holder: _____

Social security number: _____

Plan and group number: _____

This authorization shall remain effective until revoked in writing.

Signature (parent or legal guardian) _____

Address: _____

City: _____ State: _____ Zip: _____

Mother's Phone (H) () _____ (W) () _____ (cell) () _____

Father's Phone (H) () _____ (W) () _____ (cell) () _____

**Parents Consent
And
Waiver of Liability - Assumption of Risk - Indemnity Agreement**

We, the undersigned parents or legal guardians of (hereafter referred to in the singular) _____
_____ (herein referred to as the "child"), request that the child be allowed to participate
in the Southern Maryland Sailing Association's Spring 2009 High School Sailing Program (herein referred to as
"the activities").

This agreement shall remain in effect until Southern Maryland Sailing Association receives written notice of the
cancellation of the consent, or until the end of the activities described above.

In return for the child being permitted to take part in the activities and to use the facilities and property of Southern
Maryland Sailing Association, each of us makes the following promises and warrants the truth of the following
facts:

1. I am familiar with the programs included in the activities, and I understand officers of Southern Maryland
Sailing Association are available to discuss the activities if I should wish additional information. I also
understand I am solely responsible for the arrival and departure of my child at the beginning and end of each
day's program. I will not allow my child to remain on the premises of Southern Maryland Sailing Association
after each day's program without appropriate supervision or the written permission of Southern Maryland
Sailing Association. I agree that the Southern Maryland Sailing Association will have no responsibility for the
supervision of my child at times other than during the scheduled activities. I will inform my child that he/she
is expected to cooperate with, and follow the directions of, the persons in charge of the activities and to act in a
manner consistent with the spirit of good sportsmanship and respect for the rights of others.
2. My child is in good health, and I know of no reason why he/she would be incapable of participating in the
activities. My child knows how to swim or can pass the required swim test. I will immediately notify the
designated Southern Maryland Sailing Association Junior Program Chairman, if a change in my child's health
or other condition would affect my child's ability to participate in the activities.
3. **WAIVER OF LIABILITY:** I waive and release any right I, my heirs, distributees, guardians, legal
representatives and assigns may have or acquire to make a claim against, sue, attach the property of, or
prosecute the Southern Maryland Sailing Association or any of its members, governors, officers, agents,
instructors, and affiliated organizations (herein referred to as "the releasees") for monetary damages caused by
injury to my child or damage to the property of my child or myself arising from my child's participation in the
activities and use of the facilities and property of the Southern Maryland Sailing Association, whether or not the
injury or damage results from the negligence or other action, except intentional acts, of any of the releasees.
4. **ASSUMPTION OF RISK:** I am aware that the activities may involve maneuvering a boat, sailboard or other
watercraft on deep waters in potentially hazardous conditions which may include, among other things, strong
winds and high waves, sudden and unexpected immersion in deep waters and collision with other watercraft or
stationary objects such as docks, pilings, and buoys. With knowledge of the dangers involved, I voluntarily ask
that my child be allowed to take part in the activities. I ACCEPT ANY AND ALL RISKS TO MYSELF AND
MY CHILD OF INJURY, DEATH, AND PROPERTY DAMAGE ARISING FROM PARTICIPATION IN
THE ACTIVITIES AND THE USE OF THE FACILITIES AND PROPERTY OF THE SOUTHERN
MARYLAND SAILING ASSOCIATION, WHETHER OR NOT CAUSED BY THE NEGLIGENCE OR
OTHER ACTION, EXCEPT INTENTIONAL ACTS, OF ANY OF THE RELEASEES.

5. **INDEMNITY AGREEMENT:** I agree to indemnify and hold the releasees harmless from any loss, liability, damage or costs, including reasonable attorneys fees, they may incur due to my child's participation in the activities and use of the property and facilities of the Southern Maryland Sailing Association, whether or not such loss, liability, damage or cost results from the negligence or other action, except intentional acts, of any of the releasees.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THE AGREEMENT INCLUDES A WAIVER OF LIABILITY, AN ASSUMPTION OF RISK, AND AN AGREEMENT BY ME TO INDEMNIFY THE RELEASEES, AND I SIGN IT OF MY OWN FREE WILL.

PARENT or LEGAL GUARDIAN SIGNATURE _____

DATE _____ (Print Name) _____

PARENT or LEGAL GUARDIAN SIGNATURE _____

DATE _____ (Print Name) _____



SMSA STUDENT CODE OF CONDUCT

Please read the following provisions carefully. Both the student and a parent or guardian is required to sign below and return to SMSA.

The primary goal of the Southern Maryland Sailing Association’s High School Sailing Program is to train young men and women in the basic and advanced skills of sailing, seamanship, and competitive sailboat racing. Safe boat handling skills and good sportsmanship are important aspects of the program. To achieve these goals, SMSA requires all students to follow these rules:

GENERAL SAFETY

1. A Coast Guard-approved PERSONAL FLOATATION DEVICE (PFD) must be worn properly secured at all times when in boats and at other times as directed.
2. Students should wear clothing appropriate for prevailing weather conditions. Suitable footwear must be worn at all times. Open-toed footwear is not acceptable.
3. No glass containers are allowed anywhere on the grounds or in the boats.

A. BEHAVIOR

1. Sportsmanlike conduct is expected of students at all times, on and off the water. Foul language, disruptive behavior, or disrespectful comments or gestures will not be tolerated. Failure to comply may result in disciplinary action enforced by the coaches and committee volunteers.
2. No running, pushing, or unauthorized swimming is permitted.
3. Piers, ramps, and manual and electric hoists are to be used only for their specified purposes.
4. Students will return boats and equipment to proper storage areas as soon as possible upon completion of the day’s activities. All personal gear and items will be properly secured and the dock and ramp areas will be kept clean, neat and free from obstructions.
5. Student will not tamper with, use or borrow equipment or other items that do not belong to them. Unauthorized use of another’s property constitutes theft.
6. Use of alcohol, drugs, and other banned substances is strictly forbidden.

B. RESTRICTED AREAS

1. Designated rooms are to be used for changing clothes only. Restrooms and other areas will be kept clean and neat at all times.
2. Sailors must store their gear in designated areas only.

STUDENT AGREEMENT:

I understand that in joining the high school sailing program, I agree to obey all program rules as set forth by the program staff, that I will use utmost care in the use of boats and equipment, and that I will not engage in any horseplay or disruptive behavior. I understand that failure to attend regularly, arrive promptly, and abide by the rules of this Code of Conduct may result in my suspension or expulsion from the program.

Student’s signature _____ Date _____

GUARDIAN’S AGREEMENT:

I/We understand the contents of this statement and agree to see to it that our child adheres to the program rules. I/We agree to assume the obligation for the expenses of repair and/or replacement of club/program equipment that is attributable to my child’s reckless or irresponsible behavior. I/We agree to make an appointment for a parent-instructor conference, if requested.

Parent/Guardian Signature _____ Date _____

Parent/Guardian Signature _____ Date _____