



August 24, 2009

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Dear Parents and Athletes,

Welcome to the National Capital High School Sailing Program!

This program is sponsored by the National Maritime Heritage Foundation (NMHF), the official sailing and maritime heritage organization of the District of Columbia.

Included with this packet are several notices and flyers regarding deadlines, events, and general policies for the Fall 2009 Season. Please review these materials very carefully.

We welcome parental involvement through a parent booster organization. This season, we are looking for parent chaperones to accompany the team with Coach Blair at varsity and junior varsity regattas. Please review the regatta dates online or in the information packet and email me at [blairoverman@gmail.com](mailto:blairoverman@gmail.com) if you can help.

We look forward to working with parents and sailors as we set sail this Fall. Please feel free to contact Blair Overman with any questions at (202) 547-1250. For more information on the activities and programs of NMHF please visit <http://www.nmhf.org>.

Fair Winds,

Blair Overman  
Director, High School Sailing



## **National Maritime Heritage Foundation (NMHF) National Capital High School Sailing Program: Fall 2009**

On behalf of NMHF, we welcome your interest in the Fall 2009 National Capital High School Sailing Program! This seven week course is subsidized by NMHF, requiring a **\$350 registration**. Need-based scholarships are available.

The Fall 2009 practice schedule:

**Varsity:** Monday, Wednesday, Friday afternoons from 4:00-6:30pm

**Junior Varsity:** Tuesday, Thursday, Friday afternoons from 4:00-6:30pm

Friday practices will serve as an inner-team scrimmage. It allows both JV and Varsity sailors to practice their skills against each other as the coaches run mock races and evaluate the results afterwards. We expect JV and Varsity sailors to practice at these designated times so that we can cater drills to the various skill levels of our high school students.

Appropriate practice and regatta attire will be discussed on the first day of practice. The season will run from **Wednesday, September 9<sup>th</sup> – Friday, November 13<sup>th</sup>**.

All questions regarding the program should be directed to Blair Overman at (202) 547-1250 or by email: [boverman@nmhf.org](mailto:boverman@nmhf.org)

In the event of an emergency and a parent needs to contact one of the program directors or their child during practice hours, please call Blair Overman's mobile phone at (252)-670-7776.

**The Gangplank Marina  
600 Water Street, S.W.  
Washington, DC 20024**

### ***From I-395 (Virginia):***

Take 1-395 North toward Washington, D.C., cross the 14th Street bridge. Exit at Maine Avenue and keep to the right which puts you on 9th Street, SW. At the traffic light, go straight through the intersection to Water Street, SW. Turn left and proceed past 7th Street to the Gangplank Parking Lot on the right.

### ***From the Metro:***

Exit the Waterfront/SEU Station. Turn Right on M ST. which turns into Maine Ave. Turn Left onto 6th. Odyssey is located at Gangplank Marina, 6th and Water Street.

### ***From New York Avenue:***

Follow New York Avenue into Washington, D.C. Follow signs toward Massachusetts Avenue. Before reaching Massachusetts Ave., turn left onto 7th Street, NW and take 7th Street south across the Mall. 7th Street ends at Water Street, SW. Turn left on Water Street and proceed to the Gangplank Parking Lot on the right.



# Rules & Regulations

## Program Participation Checklist

<i>Attitude:</i>	demonstrates a positive, cooperative, and sportsmanlike attitude.
<i>Boat Skill:</i>	demonstrates competence and safety
<i>Attendance:</i>	misses no more than 2 practices in a 3-week period (exceptions may be made on a case-by-case basis by contacting Blair Overman at 252-670-7776
<i>Tardiness:</i>	tardy no more than 3 practices in a 3-week period (school dismissal time considered)

## Regatta Participation Checklist

<i>Attitude:</i>	demonstrates a positive, cooperative, and sportsmanlike attitude.
<i>Boat Skill:</i>	demonstrates competence and safety
<i>Racing Level:</i>	demonstrates understanding of basic rules and strategy
<i>Attendance:</i>	misses no more than 2 practices in a 3-week period
<i>Tardiness:</i>	tardy no more than 3 practices in a 3-week period (school dismissal time considered)

## Attendance

- Sailors should attend each practice
- Sailors should arrive on time to each practice
- A sailor is considered “on time” if he is standing on the dock, dressed and ready by 4:00 pm
- If a sailor anticipates an absence or being tardy, he must communicate in advance by calling Blair Overman at (252) 670-7776 or by emailing [boverman@nmhf.org](mailto:boverman@nmhf.org)
- An absence or two tardies not previously communicated with Blair Overman will result in a one-week suspension

## General Policies

- To ensure safety, sailors must follow the instructions of the coaches at all times.
- Good manners and sportsmanship are expected at all times
- Appropriate language must be used at all times
- Forms and registration fees must be completed prior to attending practice
- The coaches make the final determination as to qualification to participate on a daily basis

## On-the-Boat Policies

- Coast Guard-approved Personal Flotation Device (PFD) must be worn at all times on the water and at other times as directed by the coaches (provided by NMHF)
- Clothing appropriate to the weather and shoes must be worn at all times (NO COTTON!)
- Sailors will rig and sail their boats to and from the practice area in an orderly fashion
- Sailors will return boats and equipment to proper storage areas and alert coaches immediately of any discrepancies or broken equipment

### **Gangplank Marina Policies**

- Sailors must speak at an appropriate volume when inside the property of Gangplank Marina.
- Sailors should change clothing in the Marina bathrooms and not in the Cantina Marina bathrooms

### **Clothing Requirements**

- PFD provided by NMHF must be worn when on the boats
- Shoes must be worn at all times (water boots are best)
- Dry suit or wet suit w/spray top required when wind + water temp is less than 90° F.
- Boots (short dinghy boots best)
- Gloves are recommended

### **Transportation**

- Transportation to and from the Gangplank Marina is the responsibility of the parent / student.
- Transportation for out-of-town events is the responsibility of the parent / student.
- Blair Overman will help coordinate a carpool and phone list.

### **Insurance**

- Students are covered under NMHF insurance when on NMHF property.
- Students must be covered by their schools when traveling and participating in regattas and/or practices not held on NMHF premises.



## AUTHORIZATION AND CONSENT TO MEDICAL TREATMENT OF MINOR

I, the undersigned parent or guardian of \_\_\_\_\_, a minor, do hereby consent to any emergency X-Ray, medical, or surgical treatment or hospital care which is deemed appropriate by, and is to be rendered to my child 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 District of Columbia.

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) ( )

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



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

I, the undersigned parent or legal guardian of \_\_\_\_\_ (herein referred to as the "child"), request that the child be allowed to participate in the National Maritime Heritage Foundation's Fall 2009 High School Sailing Program (herein referred to as "the Program").

This agreement shall remain in effect until National Maritime Heritage Foundation receives written notice of the cancellation of the consent, or until the end of the Program described above.

In return for the child being permitted to take part in the activities and to use the facilities and property of the National Maritime Heritage Foundation and the Gangplank Marina, I make the following promises and warrant the truth of the following facts.

1. I am familiar with the programs included in the activities, and I understand employees of the National Maritime Heritage Foundation 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 the National Maritime Heritage Foundation or the Gangplank Marina after each day's program without appropriate supervision or the written permission of the National Maritime Heritage Foundation. I agree the National Maritime Heritage Foundation and the Gangplank Marina 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 National Maritime Heritage Foundation, 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 hereby 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 National Maritime Heritage Foundation or the Gangplank Marina 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 National Maritime Heritage Foundation and Gangplank Marina, 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 MY CHILD OF INJURY, DEATH, AND PROPERTY DAMAGE ARISING FROM PARTICIPATION IN THE ACTIVITIES AND THE USE OF THE FACILITIES AND PROPERTY OF NATIONAL MARITIME HERITAGE FOUNDATION, GANGPLANK MARINA, THE GOVERNMENT OF THE DISTRICT OF COLOUMBIA, ITS ELECTED OFFICIALS, OFFICERS AND EMPLOYEES, WHETHER OR NOT CAUSED BY THE NEGLIGENCE OR OTHER ACTION OF ANY OF THE RELEASEES.**

5. **INDEMNITY AGREEMENT:** I agree to indemnify and hold the releasees harmless from any loss, liability, damage or cost, including reasonable attorneys fees, they may incur due to my child's participation in the activities and use of the property and facilities of National Maritime Heritage Foundation and the Gangplank Marina, 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)** \_\_\_\_\_

**STUDENT SIGNATURE (Sign if 18 or older)** \_\_\_\_\_

**DATE** \_\_\_\_\_ **(Print Name)** \_\_\_\_\_

# STUDENT CODE OF CONDUCT

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

The primary goal of the National Maritime Heritage Foundation 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, NMHF 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 of NMHF 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.
2. No running, pushing, or unauthorized swimming is permitted.
3. Piers, ramps, 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. Students must recognize that we are guests of the Gangplank Marina
7. Use of alcohol, drugs, and other banned substances is strictly forbidden.

## STUDENT AGREEMENT:

I understand that in entering this sailing course 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 their disruptive behavior. I understand that failure to attend regularly, arrive promptly, and abide by the rules here set forth may result in my suspension or expulsion from the program.

Student's signature \_\_\_\_\_

Date \_\_\_\_\_

## GUARDIAN'S AGREEMENT:

I understand the contents of this statement and agree to see to it that our child adheres to the program rules. I 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 agree to make an appointment for a parent-instructor conference, if requested.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date



**National Maritime Heritage Foundation**

Interscholastic High School Sailing Program

**CONFIDENTIAL – Scholarship Application Form**

*(To be completed by parent or legal guardian)*

1. Name of Program Participant: \_\_\_\_\_
2. Name of Parent or Legal Guardian of Program Participant \_\_\_\_\_
3. Address \_\_\_\_\_
4. City \_\_\_\_\_ 4. State \_\_\_\_\_ 5. Zip \_\_\_\_\_
5. Telephone \_\_\_\_\_
6. Email Address \_\_\_\_\_
7. Program: High School Sailing Program Tuition-\$350.00 per semester

8. In order for the Program Participant to be eligible to receive a NMHF Scholarship, your annual household gross income for the previous calendar year must not exceed \$50,000. Please attach copies of one or more of the following documents as proof of eligibility (Note: *Applications received without attached documentation will not be considered. All Scholarship Application Forms are kept strictly confidential*):

- a) Completed and signed IRS Form 1040, 1040A, 1040EZ or other tax form.
- b) IRS Form W-2 issued by Parent or Guardian’s Employer.
- c) Last Pay Statement showing gross income paid to Parent or Guardian.

I understand that financial support by the National Maritime Heritage Foundation (NMHF) of my child’s participation in no way implies endorsement or a guarantee of safety on behalf of any sail training program. I understand that activities on the water carry some risk, and that I have examined the operations of the NMHF to the degree that I am comfortable in bearing responsibility for that risk.

Parent/Legal Guardian Signature \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

National Maritime Heritage Foundation  
236 Massachusetts Ave, NE, Suite 410  
Washington, DC 20002