



## Lakewood Yacht Club Youth Sailing

### Training Policy

*The mission of the Lakewood Yacht Club Youth Sailing Program is to provide an inclusive and fun youth sailing program in the true yacht club tradition, which not only teaches competitive sailing skills but also instills responsibility, leadership, seamanship, camaraderie and a lifelong love of “messing about in boats.”*

#### **Our promise to you:**

1. The SAFETY of our sailors is ALWAYS the PRIORITY.
2. Training sessions will start and end at the agreed upon time.
3. Our coaches are always happy to discuss the progress of your sailor(s).
4. Boat specific trainings with a dedicated coach will be conducted if at least one sailor from that class is present.
5. On-the-water training may be cancelled from time to time to due to weather conditions. Wind speed (including gusts), wave height, air temperature and water temperature are all considered when making this decision. The Head Coach or Waterfront Director will have the final say.
6. Should on-the-water training be cancelled, an alternative training session will be held. This may include classroom discussion, boat work, physical training, etc. The change will be communicated as early as possible.
7. Sailors in our Learn-to-Sail and Green Fleets will be provided a written evaluation at the end of each semester, identifying areas of that require further development as well as those skills that are being performed consistently.
8. The goal is to advance the skill levels of our sailors in a manner consistent with the program’s mission statement.

#### **LYC Expectations of Sailors for Training:**

1. Adhere to the Club’s Junior Sailing Code of Conduct at all times.
2. Commit to trainings. Group sessions often require coaching to the least experienced. Missed trainings can be impactful to your fellow sailors.
3. Come prepared to sail in any weather condition, unless notified of class change. Preparation includes boat readiness, clothing, sun/weather protection, and safety gear.

4. If you don't understand something, please ask questions. Others might also need additional instruction as well. We would rather you learn something seven times than not at all.
5. Register for regattas and events as early as possible. This helps us plan travel and other preparations.
6. Arrangements should be made for sailors to be dropped off and picked up at the appropriate times.

### **Private Trainings**

Our coaching staff is available for private trainings. The private training policy requires that billing for private training be done through the club's accounting office.