

Gull Lake Sailing School
High School Sailing Team Handbook
Revised 8/26/21

Contacts

General Information:

www.GLYC.org

GullLakeSailingTeam@gmail.com

GLSS Office Phone: (218) 963-6089

Office hours: 12:00pm-2:00pm, T-TH

Student/Coaching hours: 3:00pm – 7:00pm T-TH and 8:00am - 5:00pm S-Su

Head Coach: Josh Sullivan

Direct Cell: (651) 270-5882

Assistant Coach: Chris Holmes

Direct Cell: (218) 330-1532

Holmeswake@gmail.com

GLSS Board Representative: Mary Jetland

Direct Cell: (612) 750-7003

school@glyc.com

mmjetland@stthomas.edu

Basic Information

Location:

- Gull Lake Yacht Club: 19696 Love Lake Road, Brainerd, MN 56401

Practice:

- 3:30 PM - 6:30 PM on Tuesday, Wednesday, and Thursday at GLSS.
- ***Please try to arrive in your base layers – preserve practice time!***
- Please arrive as promptly as possible.
- Sailors must check in with the coaching staff at every practice before rigging.
- The GLSS coaching staff carefully and thoughtfully choose pairing assignments for the benefit of the individual sailor and for the overall group. If sailors would like to make a request, they may do so. Coaches will make the final decisions.
- Wear weather appropriate clothing and a US Coast Guard Approved Life Jacket.
- Sailors may keep life jackets and team provided gear at GLSS.
- Practice sessions will generally include a chalk talk at 3:45pm and debrief at 6:15pm. These are integral components of practice and attendance is expected.
- No practice is required (except for lettering) but attendance record will be considered when choosing teams for regattas.

Conference High School Events:

- Open to all ability levels and registered sailors 7-12 grade students on a registered school team

- Local one or two day racing events, in the greater Twin Cities area
- \$20 per day, lunch is included (this may vary with COVID-19 restrictions)
- Anyone can sail but teams are arranged by coaching staff, with the priority being participation of all sailors. True teams will be created first; however, mixed teams (multiple schools) may be made to increase opportunity.
- Sailors are required to notify their coach by Tuesday before the event if they plan to participate
- Pairings may not be announced until the morning of the event

Non-Conference events:

- These events are organized by the Midwest Inter-Scholastic Sailing Association (MISSA) and may require travel.
- These events are available only to eligible sailors chosen from the interest list unless otherwise specified, rules differ on number of schools and eligibility.
- Sailors chosen by the coaches to represent their school will work with their team's liaison to organize travel, chaperoning, and lodging .

Practice schedule (T/W/Th):

September 7-9	Practice	3:30-6:30PM
September 14-16	Practice	3:30-6:30PM
September 21-23	Practice	3:30-6:30PM
September 28-30	Practice	3:30-6:30PM
October 5-7	Practice	3:30-6:30PM
October 12-14	Practice	3:30-6:30PM
October 19-21	Practice	3:30-6:30PM

Conference event Schedule:

9/11-12	MN Singlehanded	Wayzata Sailing
9/18	Conference #1	White Bear Sailing School
9/25	Conference #2	Minneapolis Sailing Center
10/2	Conference #3	Lake Minnetonka Sailing School
10/9	Conference #4	St. Croix Sailing School

Regional Tier 3 events :

9/18-19	Fall Colors	Pewaukee Lake Sailing School
10/9-10	Dusty Waters Tier 3	Pewaukee Lake Sailing School
10/16-17	Art Johnson Invite	White Bear Sailing School

Midwest / Championship Schedule:

9/18-19	Cressy Qualifier*	Lake Forest
9/25-26	Girl's Qualifier*	Lake Minnetonka Sailing School
9/25-26	Great Oaks Qualifier*	Pontiac Yacht Club
10/9-10	West Great Lakes Qualifier*	Pewaukee Lake Sailing School
10/16-17	PICSA Girl's Championship**	San Diego
10/30/31	Cressy Nationals	Seattle

11/6-7	Great Lakes Championship**	Chicago Yacht Club (Monroe)
11/6-7	Shepherd Championship**	Columbia Yacht Club
11/20-20	Great Oaks National Invite**	Southern Yacht Club New Orleans

* Denotes qualifying event

** Denotes an event requiring results from * event to qualify (regional event)

*** Event requiring results from ** event to qualify (National Event)

Lettering Criteria

Lettering Criteria is yet confirmed as we continue to work out an agreement with the High School athletic departments. We will update letter requirements for regatta participation and practice attendance as soon as we can.

1. *Regatta Participation:*

2. *Practice Attendance:*

3. *Coaches/School Discretion:*

Team attitude and sportsmanship, including attendance, work ethic, and other factors will be considered for letter selection. Some schools may choose not to recognize 7/8th graders.

Communication Policy

Gull Lake Sailing School Communication Pledge

The coaching staff is committed to keeping an open line of communication with the student athletes and their parents/legal guardians. We will do our best to address concerns or questions promptly.

Communication Methods

Certain modes of communication work best for certain situations. Please refer to the following list to help us best address your concerns. Please schedule meetings or conferences ahead of time to avoid conflicts with practice, events or other duties. Email or texting should be avoided when concern requires a coaching decision. Face-to-face conversations are the most respectful way to resolve complex issues. Email is a written communication format and is not for items needing an immediate response.

- Band
 - Uses: non-contentious quick questions, running late, simple reminders, reporting absences, etc.
- Email
 - Volunteering, receiving race documents, confirming regatta signups, scheduling meetings, etc.
- Office Phone and personal conversation
 - Uses: Discussing potentially contentious issues such as pairings, rotations, sailing time, regatta selections, bullying, personality conflicts, etc. Please consider timing and availability, which may require scheduling a time to talk.

Please note that the office phone does not have voicemail. If you are unable to reach someone on this phone, please send an email.

- Coaches' Cell Phones
 - Uses: Regatta communication during event or time critical issues - these are personal numbers, please try to restrict calls to work hours.

Band

The high school sailing program will be using Band as its primary communication and planning platform. These are the ways you can expect Band to be used this season.

- Coach to sailor/parent
 - Practice plan: A plan for practice will be sent out by noon for that afternoon. This will include pairings, drills, and chalk talk subject.
 - Notifications: Anything that might pertain to practice for that day such as weather constraints or potential cancelations.
 - Calendar: All practices, regattas, and other events will be posted to the Band calendar
- Sailor/parent to Coach
 - Practices: Please RSVP for all practices you are able to attend, this will help coaches make pairings before practice. If possible, RSVP the Sunday before the week for the three practices that week. At the latest, make sure you are RSVP'd by the night before practice.
 - Regattas: Please RSVP for regattas or events by the RSVP deadline. There will also be regatta signup sheets in the classroom. Please sign up in both locations.
 - Other: Any quick questions, unexpected absences, or other information pertaining to a given practice.

Click this link to join the Band group: <https://band.us/n/a3a15bM0J9Vdi>

Self-Advocacy

Gull Lake Sailing School emphasizes the development of well-rounded athletes capable of voicing their own concerns. Please encourage your student athlete to become a self-advocate by recommending your student communicate their concerns directly to their coach. We welcome parent communication if students are unable to self-advocate, but please, for the benefit of your student athletes' growth, self-advocacy should always be your student's first step toward resolving their concerns. If a student feels uncomfortable talking with their coach, please suggest they try communicating through the team captains for support. Respectful communication is always welcome at Gull Lake Sailing School. Athlete to coach communication is valued and encouraged.

Chain of Communication

Should an issue not be resolved through self-advocacy or with the help of a team captain, a face-to-face meeting should be scheduled with the coaching staff. Should an issue remain unresolved, a Gull Lake Sailing School board member will act as a Parent Liaison.

Contact Times

Please be respectful of the coaching staff schedule. Our staff will respond as soon as possible during our office and business hours. Please be aware that many of our operations during the season are on water or out of town, which may cause delays.

Coaching Communication

The GLSS coaching staff will send out a weekly email providing general updates and pertinent information. Practice plans and any short notice information will be provided using Band.

Ethical Behavior Policy

We strive to provide an environment that consistently supports ethical behavior and good sportsmanship. We proactively stress making sound decisions upfront versus amending the consequences of poor choices retroactively. Our commitment to reinforcing ethical decision-making gives our sailors the opportunity to develop valuable life-skills. We champion the skills our sailors need to be successful members of their communities now and in the future. Parents, you hold the keys to strengthening your student athletes ethical behavior and thoughtful decision-making by modeling good sportsmanship and standing behind the process used by Gull Lake Sailing School staff to resolve issues.

Expectations for Sailors

- Learn and abide by the Racing Rules of Sailing. Promptly take a penalty or retire when you have broken a rule, or file a protest when appropriate.
- Obey event regulations on and off the water, including housing rules.
- Sailors come to all practices and events organized and prepared. Sailors are responsible for their own equipment.
- Honor the sport by respecting all competitors, coaches, volunteers, rules, equipment, race officials, the venue, and housing officials.
- Alcohol and other substances have no place at any youth sailing event.

Expectations for Parents

- Support the coaches' decisions. The coaches have the best interests of your student athlete and their team at heart.
- Place life lessons, sportsmanship, and fun before winning.
- Emphasize performance goals rather than outcome goals.
- Promote the total sport of sailing, not just racing.
- Honor the sport by respecting all competitors, coaches, volunteers, rules, equipment, race officials, the venue, and housing officials.
- Uphold event regulations on and off the water.
- Learn and understand the rules and structure of sailing competition.
- Alcohol and other substances have no place at any youth sailing event.
- Assist all sailors develop to their fullest potential.
- Expect your sailor to be organized and responsible for his or her own equipment.

Team and Pairing Selection

Selection and pairings for events and practices are made at the coach's discretion. The coaching staff puts a significant amount of time and thought into making these decisions. Selections are made in the best interest of the entire team. Be advised selections and pairings may ask an individual sailor to make adjustments in order to keep the entire team at its best. The coaches' decisions will be based on a variety of factors including but not limited to:

- Attendance
- Performance at practice
- Performance at events (past and present)
- Ability to fill multiple roles
- Leadership qualities
- Participation in team functions

- Self advocacy
- Attitude
- Sportsmanlike behavior
- Seniority
- Event factors including wind, weather, waves, and current.

Team Liaison

Each of our high school teams will be accepting volunteers for a Team Liaison (TL). If multiple volunteers run, the slate will be put to a vote. Each TL must be willing to coordinate travel and coordinate parent support for their students and coaches. If a team does not have a TL - on some level a parent must step up to arrange travel and uniforms to compete. A team may operate without a TL but generally is limited in growth, fun, and travel ability.

The TL position is intended to help develop a stronger team atmosphere and team resource. Additional responsibilities may be expected of the TL but will include:

- At the instruction of staff, arrange conference calls/email to coordinate travel
- Assist Team Captain with team gear orders
- Act as their team's "Culture Keeper"
- Participate in MISSA (organizing body) conference calls monthly
- Recruit team volunteers

The responsibility for team selection, event selection, coaching selection, and dispute resolution will remain with GLSS and the coaching staff.

Traveling Events

Protocols and procedures for traveling regattas will be created at a time when a Brainerd Area High School team reaches a size and skill level to be ready to attend traveling regattas.

Local Travel to Events

Local Travel to Metro Venues:

- Parents are responsible for transportation and supervision before and after conference events/State Tournament
- Coaches will do their best to estimate and communicate ending times to students at the event, who will communicate to their rides
- For local events **ONLY**, athletes who are licensed drivers may provide their own transportation to events with their parent's permission.

Trailing to an event

- Coaches will coordinate sailboat towing to events if necessary.
- The team may use class time to load boats onto the trailer.
- Trailer space will be provided on a first come, first serve basis; however, priority will be given to students whose parents are towing to the event and have participated in towing responsibilities.
- Student athletes are responsible for loading and unloading their own boat.
- Students may not tow GLSS trailers or equipment.

Boat Collision/Breakages

At all practices and events, sailors are expected to treat equipment with the utmost care and respect. No sailor will be allowed to leave practice or a regatta before all equipment, including equipment used by their teammates, is properly put away in its appropriate place. While traveling to other venues, sailors are responsible for leaving borrowed equipment in a better condition than it was when received. If sailors must leave a practice or regatta early and cannot fulfill their responsibilities, they must provide advanced warning and request help from their teammates to fulfill their responsibilities.

All aspects of on the water sailing with Gull Lake Sailing School including racing, drills, and free sailing shall be governed by the racing rules of sailing. When two or more boats collide causing damage to any boat, all parties involved shall follow this procedure:

1. Incident Report

The students shall file an incident report in writing. Report must identify parties involved, incident description, time, place, rule party believe was broken, and the name of each party's representative.

2. Hearing

On the day of an incident, an informal hearing mirroring the proceedings of a protest hearing shall be held. The coaches will serve as the protest committee. Their decision will be rendered based on the Racing Rules of Sailing. An attempt to contact all interested parties (including boat owners if privately owned boats are involved) by phone will be made or a written summary of the incident will be sent home with the students involved.

3. Responsibility for equipment

The Director shall represent Gull Lake Sailing School for boats owned by GLSS but not for boats chartered at the time of collision. Any appeals based on the decisions made by the coaches shall be filed first with the Director and if necessary, with a Gull Lake Sailing School Board Member.

4. Repair Costs

Our staff prepares students well to avoid the mistakes that can cause equipment breakages. GLSS assumes responsibility for the normal maintenance costs of equipment. Student athletes however will be asked to contribute to these costs if excessive or repeated damage occurs after instruction to prevent such incidents has taken place.

Preventable damage may include but is not limited to; major collisions, dolly fitting failures, damage or loss of GLSS sailing equipment. Parents will be issued a letter explaining the incident, as well as an invoice for the damage, within 72 hours of the incident. Whenever possible, staff will bill for repair over replacement to control costs.

Gull Lake Sailing School reserves the right to withhold its equipment or storage space from use by students/families with outstanding damage invoices.