

Parent/Camper Handbook

for

**Sail Camp 2018
at Concord Yacht Club
Knoxville, Tennessee**



www.concordyachtclub.org

CONCORD SAILING CENTER

865-671-1210

Welcome

Sail Camp is almost here! The Concord Sailing Center Sail Camp Committee has spent many hours planning and preparing to ensure we have a safe and fun Sail Camp. We are excited about the great response we have had from CYC and the general public. We have a staff of instructors certified by U.S. Sailing and many volunteers to help out with instruction, snacks, boats, and other sail camp activities.

We look forward to a successful sail camp again this year in our renewed Junior Sailing Program at CSC. **Please read the attached camp information** and feel free to ask any questions at the parent orientation meeting. We will need a printed hard copy of your child's **Emergency Medical Information** and your signed **Statement of Understanding** so your child may attend. You will find these at the end of this handbook, on our website, and at the Parents' Meeting.

2018 Important Dates

Parent Meeting / Volunteer Orientation

May 20th (Sunday) 4pm

CYC 11600 S. Northshore Drive Knoxville TN 37922

Balance due payments & question/answer session

Session 1

June 4-8, 2018 All levels, special Expert program

Session 2

June 11-15, 2018 All levels

Session 3

June 18-22, 2018 All levels

Extended Sail

June 25-29, 2018 4hrs/day sailing time, sign-up during camp

PARENT MEETING is Sunday May 20th, 4:00pm at Concord Yacht Club 11600 S. Northshore Drive, opposite the baseball diamonds. General guidelines and procedures for camp will be discussed, questions addressed, and final payments collected. A review of expectations of Volunteers will be covered to acquaint you with dockside responsibilities, and clubhouse assistance. This meeting will be kept as brief as possible and we expect to be done by 5:30pm. For your information, the phone number at Concord Yacht Club is 865-671-1210. Questions may be directed to concord sail@gmail.com or call Jeff Gamey at 865-599-0820.

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1. Program Objectives and Goals

Our objective is to ensure that everyone has a safe and fun time while at our Sail Camp. Our goals are to see that all campers are comfortable with sailboats and enjoy the sport of sailing. We hope that campers will want to continue with sailing activities at CSC or other places long after this Sail Camp. Although we teach the mechanics of sailing, the fundamental values underlying the instructions are threefold: safety and respect for the elements, stewardship and respect for the environment, sportsmanship and respect for others.

Specific goals at CSC Sail Camp are (in no particular order):

- Create a safe environment in which children can have fun.
- Create an atmosphere in which children want to participate.
- Develop a respect for the water, and the elements.
- Instill an admiration for sailing in the students.
- Learn and incorporate safety and seamanship.
- Instill responsibility for boats, equipment and respect for our waterways and environment.
- Develop sportsmanship, integrity, and interpersonal skills.
- Provide a setting and education for those who want to compete and those who do not.
- Run a cost effective program.

To accomplish these goals we need the help and active cooperation of the committee, staff, parents, sailors, and friends. Members of the board, CSC volunteers and Concord Yacht Club members spend countless hours every year working to make sail camp a success.

2. Hours of Operation

If the wind is good, the typical schedule is:

- 8:30-9:00 camper sign-in
- 9:00-12:00 sailing instruction with mid-morning snack
- 12:00-1:00 lunch and free play
- 1:00-4:00 sailing instruction with mid-afternoon snack
- 4:00-5:00 wrap up and afternoon activities
- 5:00 camper sign-out

The Shore Director and Head Instructor are in charge of supervision of campers and staff. Every morning, on-the-water training will formally begin at 9am and will end around 4pm, depending on the wind. Snacks will be served mid-morning and afternoon. If your child has restrictive dietary concerns it is best if you provide their snack. Afternoon Activities will follow until pick-up. During this time, campers will be interacting with other fleets in games, swimming or craft activities. A certified lifeguard will be on duty for supervised swimming in the CYC beach area. On Friday evening parents should expect to arrive earlier (4pm) to witness the parade or regatta scheduled on these days. The Awards Ceremony and Dinner on Friday typically concludes around 6pm.

3. Drop-Off and Pick-Up Procedures

Campers may be dropped off any time after **8:30 am**. All campers must be signed-in by a parent at the clubhouse by 9:00 am. Any campers arriving after 9:00 am should be delivered directly to a camp staff member. All campers should be **picked up at 5:00 pm**. For your child's safety, you must SIGN-IN and SIGN-OUT for your child each day. If you plan to drop off late or pick up early, please notify the Shore Director. If someone other than a parent or guardian is to pick up a camper, you must notify the Shore Director in writing of this change. Again, this is for your child's safety.

*Please be respectful of the 5:00 pm pick up time – many staff and volunteers have to leave for family obligations. **Pick-ups after 5:30 will be charged an additional fee.*** If you know in advance, or if you are running late, please call CYC 671-1210 to inform the staff and they will make accommodations. Similarly, if your child needs to leave early one day, please inform the Shore Director and we can have them ready. If you and your child need to leave prior to Awards Ceremony on Friday, please inform the Staff and we will be sure to have their award packet prepared in time for their departure.

4. Snacks & Lunch

Two snacks with drinks (one in the morning and one in the afternoon) will be provided for all campers Monday through Friday. Cold water will be available all day and campers should bring a refillable water bottle they can carry on boat while sailing. It is important that any **food allergies** be noted on the camper's medical form. If they are very challenging, we suggest camper bring their own snacks. Campers are required to **bring their own lunches** from home. Drinks for lunch will be provided.

5. Regatta and Sailing Parade

Friday late afternoon, 4:00 pm, culminates in a regatta or sailing parade to highlight skills Sail Campers have learned that week. Dinner and an Awards Ceremony will follow these events. All campers are able to participate in these events. Should inclement weather not allow these events to take place on Friday afternoon, we progress directly to the Awards Ceremony. Parents who want to witness their child in these events should plan on being at CYC by 4:00 pm.

6. Big Boat Ride

On Wednesday's, weather permitting, several Captains of "Big Boats" at Concord Yacht Club open their boat to campers. This allows insight into yet another aspect of sailing. This is a popular part of our program and we invite campers to enjoy the experience. At the request of the captains, campers are reminded to wear non-marking shoes for the big boat ride. If you own a cruiser and would like to participate in the Big Boat Rides, contact the camp director or the head instructor at concord sail@gmail.com.

If your child is unable to participate in camp for the full day, please notify the Shore Director so that he/she may schedule the timing of the Big Boat Ride appropriately.

7. Drugs and Medication

Any campers on or in need of medication during the normal camp day should bring it with them with a written notice authorizing the dispersal. The camp staff will hold it and give it at the correct times. Please be sure to have the medication in its original prescription container. No medications will be available from the camp or its staff without parental consent. A log will be kept for this purpose.

If your child is on medication during the school year, we ask that he/she continue it during sail camp. Your children's safety is our utmost concern. Please help us keep all children safe! Sailing and outdoor activities are demanding and children who require medicine should continue to take it to facilitate their ability to function at their highest level. If daily medicine is forgotten, a parent needs to return with it in time for dispensing.

8. Registration and Fees

All campers must be 8-16 years old. 7 year old campers may, at the discretion of the Camp Director, be accepted if a parent or volunteer stays all day throughout the week. All campers, regardless of age, **must** be able to swim 50 yards without a life jacket. This will be tested on the first day of camp.

All campers are required to have the Registration/Medical Form completed, Statement of Understanding signed, Photo Waiver signed, and all fees paid in full by the PARENT MEETING at Concord Yacht Club.

Fees for Sail Camp are refundable except for a \$50.00 deposit. Your withdrawal must be made in writing by the day of the Parent Meeting to receive a refund for any session of Camp.

9. The Staff

Staff members include:

- Shore Director
- Head Instructor
- US Sailing-certified Sailing Instructors
- Teaching Assistants
- Red Cross-certified Life Guard

Our Shore Director will be in charge of camper sign-in and sign-out. They will coordinate volunteers in preparing snacks and supervision at lunchtime and during afternoon activities. The Shore Director supervises and coordinates the Instructors and staff in presenting afternoon activities.

Our Head Instructor is responsible for all sailing programming and supervision of the staff during instructional time. They will visit each fleet on a daily basis to interact and observe the instructional process. They are responsible for fleet assignments, and assuring camp is fun and running well. They assure all proper paper work on skill level documentation is filed and safety of campers and staff is secure.

Our instructors have been certified by U.S. Sailing. Certification requirements include successful completion of the U.S. Sailing's "Level 1 Small Boat Sailing Instructor Course" (4-day, 40-hrs training), and American Red Cross Standard First Aid and CPR training. Some instructors may be certified as U.S. Sailing's "Level 2 Small Boat Racing Coach" giving them approximately 25 hours additional training in the area of coaching and program management. The Instructors and TA's are responsible for all planned sailing activities and interacting with youths during camp.

A Teaching Assistant will aid each instructor every day, and will provide assistance in all sailing and non-sailing activities. This position provides leadership experience for older teens experienced in sailing but who are not yet fully certified. Youths aged 16 years (within the calendar year) are welcome to apply. We ask each TA to prepare and present at least one lesson during the week under their Instructor's supervision. They are invaluable in giving attention and care to sail campers.

We will have a Certified Lifeguard on staff to supervise "free swims."

Please note that these are group lessons rather than private lessons. Instructors will provide guidance and supervision to a Fleet of approximately 6 sailboats from a dedicated motorboat.

10. Parental Involvement

Parents should be involved with their children in the program. Each day, before coming to sail camp, please help your child(ren) by making certain they are prepared for class. Sailing and being outdoors most of the day during the summer is hard work and can, at times, be dangerous. It is imperative *everyone at sail camp is on their best behavior, well rested, alert, well nourished, and has all the proper equipment*. This includes making sure that campers have a good breakfast, have applied sun block, have adequate and appropriate clothing, and arrive at class on time with life jacket, sun glasses, water bottle, U.S. Sailing's Red Certification Record book, a.k.a. "The Red Book" (if they attended previous sessions), and other needed items. A **checklist** of items is provided at the end of this Handbook.

Note that we also encourage parents to become involved in sailing on a more permanent basis. Sailing is a past-time that can be learned and enjoyed at any age and is an excellent way for families to participate in outdoor activities together. In fact, it is one of the few sports where family groups can and do compete together as a team (or against each other) even up to the National level. CSC offers adult learn-to-sail programs and CYC offers numerous membership packages. You don't even need to own or purchase a boat. Additionally, most CYC members are happy to have you come out and crew in our casual weekly races.

11. Parent Visitors

All parents and grandparents are welcome to visit Sail Camp at any time. We do ask that you check-in with the Shore Director. Clubhouse phone number is 671-1210. Please enjoy the clubhouse facilities and observe from the patio rather than hovering or becoming involved directly with the instruction unless specifically asked, as this is distracting to both instructors and campers. Also, you may be embarrassingly mistaken for an intruder.

12. Parent Volunteers

Parent volunteers are very important to the camp program. By helping out for four hours or more, parents receive a discount on fees. Please sign up on the website for a volunteer day before the Parent Meeting. If you need to make special arrangements, contact the Director at concord sail@gmail.com or 865-599-0820. Wear comfortable clothing and a “can do attitude”, and **report to the Shore Director** for your daily assignments. Please dress casually and arrive ready to help with tasks such as:

- lunch time supervision of children, sit and talk with them, walk around keep eyes open for safety
- assisting with snack preparation, and facilities cleanup
- assisting with afternoon activities; (eg: filling balloons, preparing games)
- errands, shopping (eg: for food, gas, ice)
- launching and catching boats (very important in windy conditions and with beginners)
- boat maintenance and simple repair (eg: line replacement)

Windows for volunteer hours can be seen on the web site. There are two basic times: 10am-2pm Monday-Friday and 2pm-6pm Friday. If you are able to work more than four hours, your time is most welcome, but **please sign-up for one window only** to allow other parents the freedom to choose their most convenient times.

13. In Case of Emergency

If **you** have an emergency, you may call the CYC clubhouse at 865-671-1210. If **we** have to reach **you**, you will be contacted by a camp staff member with information on what is happening. Please inform the Shore Director of any changes in phone numbers where you may be reached during the camp day. Please list any pagers or mobile phone numbers on the registration and medical form.

In cases of bad weather or other conditions all campers will be brought up to the clubhouse or other appropriate shelter.

14. Safety Equipment

Safety is of prime importance to us. Our goal is to provide a safe environment and quality instruction. Campers who cannot follow the basic rules will be subject to discipline.

Life Jackets/Personal Flotation Devices (PFD's) – Every sailor and Instructor must provide and properly wear a U.S. Coast Guard approved life jacket at all times while on the water and docks. The jacket must be in good condition and fit properly (too big is as bad as too small). Mark the jacket with the name on the outside. Add a whistle for extra security. If this is a hardship, we have loaners available for camp.

Sun Protection – Sunglasses, hats, sunscreen and drinking water are strongly recommended for all sailors. Sun block should be applied liberally and should include UVA (cancer) and UVB (sunburn) protection. Medical evidence has been mounting that shows over 80% of harmful rays absorbed by the body are absorbed before the age of 18. Sunglasses with full UV protection and hats are highly recommended. Our staff will encourage your child to reapply lotion during the day.

Shoes – Appropriate footwear is required at all times. Shoes must have non-marking soles and be designed to stay on while swimming, as well as on the docks and in the boats. We recommend a pair of aqua socks/reef runners, as they are lightweight. Sandals can be worn if they have ankle straps. Flip-flops are not appropriate footwear. The seawall is made of rocks and often harbors sharp debris washed up from the river, and the club docks have been known to leave 3" splinters in the bottom of feet. We really recommend **total foot coverage for your safety**.

Helmets – Helmets have started to make their way into sailing through the professional racing circuit, but have not trickled down to youth programs, except in some high performance international events. US Sailing medical research says that helmets can prevent some fractures, but there is no evidence that they prevent concussion. They also make the head a larger target (have to duck even more) and are an additional piece of equipment for lines to tangle in. If you choose to have your child wear a helmet we recommend something similar to a whitewater kayak helmet, without a bill or other protrusions. Our staff will ensure that your child wears any helmet you provide while on the water.

Swim Test – Comfort in the water is a fundamental part of safe sailing. All students, regardless of age or number of years in the program, are required to take a swim test on the first day of class. This test will be given next to the dock adjacent to our afternoon swimming area. Campers, wearing their usual sailing clothes, must be able to swim 50 yards WITHOUT life jacket to pass and be allowed to continue in the program. Swimmers will then be asked to put on their life jackets while in the water. This is done to test the buoyancy and fit of the PFD and to test the swimmer's range of motion while in the water. Remember to bring dry clothes to change into afterwards.

Boats and Equipment – Stay clear of all boats and equipment at CYC except as directed by the Instructors.

15. Sailing Instruction and Boat Assignment

Sail Camp offers three weeks of instruction. All three levels (beginning, intermediate and advanced) are welcome in all three weeks of camp, but available slots may be limited as enrollment fills. Students will be grouped together to create a safe and effective learning environment. The Sail Camp Curriculum is based on U.S. Sailing's "Learn to Sail" Programs. An instructional book **Start Sailing Right** published by U.S. Sailing is available for purchase (http://training.ussailing.org/Learning/Small_boat_sailing.htm), but is not required for camp. However, this is a great resource on dinghy sailing and makes a good reference for parents.

We offer training in four different types of boats. Optimist dinghies are popular world-wide as single-handed boats for smaller beginner, intermediate and even expert students. This is one of the most competitive racing fleets in the world. Fusion dinghies are the latest addition to Sail Camp. These are small two-person boats perfect for our intermediate age campers. Open Bics light-weight, fast and wet single-handers that we offer to our more experienced campers who would otherwise sail Fusion. These have become a camp favorite in the last few years. Club420 boats are larger double-handed boats. These are popular in high-school and college level sailing, but also offer the opportunity for larger beginners (including adults) to be paired with more experienced sailors.

Students will be divided into instructional groups (FLEETS) *according to their age/size, sailing ability and space availability*. It should be noted that **our fleet of boats do not represent a progression** through levels of difficulty or prestige. The basic mechanics of sailing are the same for all sailboats, but each type of boat has its own unique features (both pro and con). Mastering any one of these boat types will take longer than most campers’ careers at sail camp, but we typically must move them up as they age in order to make room for younger campers beneath them. Generally, younger campers are assigned to smaller boats because they are easier to self-rescue after a capsized. The table below outlines some of the basic criteria used in assigning campers to fleets.

| Age | Experience | Fleet | Boats | Hull length | Hull wt | Crew wt |
|-------|------------|--------|--------|-------------|---------|-------------|
| 8-10 | beginner | green | Opti | 7’9” | 77 lbs | 75-100 lbs |
| 8-10 | advanced | white | Opti | 7’9” | 77 lbs | 75-100 lbs |
| 11-12 | beginner | yellow | Fusion | 12’ | 137 lbs | 100-190 lbs |
| 11-12 | advanced | blue | Bic | 9’0” | 99 lbs | 65-140 lbs |
| 13-15 | beginner | orange | C420 | 13’10” | 230 lbs | 220-300 lbs |
| 13-15 | advanced | red | C420 | 13’10” | 230 lbs | 220-300 lbs |

A few technical notes on the table above:

- Published crew weight is optimized for racing and is not an intrinsic limit on the boat’s capacity.
- C420 boats are 2-person boats.
- Fusion can also be sailed as 1-person boats if the campers are heavy enough.
- The C420 boats are the most difficult to self-rescue because it is difficult to get both crew members to put their full weight on the centerboard at one time.

With these Fleet Assignments, we try to match the demands of the boat-type with the abilities of the camper, but are sensitive to the social requirements of campers also. We will try to accommodate specific Fleet requests as much as possible. Also, if a student supplies their own seaworthy Opti, Fusion, Open Bic or C420, we will place them in that boat. Fee discounts are offered for suitable camper-supplied boats.

Expert Training. In addition to our regular advanced level race training in C420s, we are offering a supplemental “expert” level program for **Black Fleet**. This is a more demanding course held **only** in the first session of camp (June 4-8) for campers age 13-16 who have some race experience and are looking for a bigger challenge. In this course we plan to offer training in sail theory, rig tuning, spinnaker, racing tactics and race management. This course will be taught by higher level certified instructors and local experts as available. This will be a more intensive program with less free time than other campers and greater emphasis placed on theoretical knowledge and precision execution. Enrollment will be limited to 8 slots.

16. Facilities & Equipment

Sail Camp will be using the CYC grounds and facilities, which include the Clubhouse and porch, the restrooms with changing area and showers, the playing field and swimming area, and the docks. The Fusion, Open Bic and Optimist boats are CSC-owned, leased, or privately owned boats. The C420 boats are owned by CSC or UT. We have at least one safety boat per Fleet for use by the instructors and their assistants. All safety boats will be equipped with a radio for staff communication and a first aid kit. The Shore Director will also have a radio to be in communication with the fleets while they are on the water.

Sail Camp does not have exclusive ownership of any of the property used during Camp. This includes the sailboats, safety boats, marks, anchors, outboards, docks and buildings. In addition to the property owned by CYC or CSC, much of it is owned by club members personally and loaned to the program free of charge. Please be aware of other people's property at all times. Please make your children aware that they are using other people's property, and keep it clean and free of trash.

The Sail Camp Staff will repair most routine damage to the equipment. However, if a camp participant damages a boat or other equipment due to reckless or irresponsible behavior, the parent or parents of those campers will be charged for repairs of the damage.

17. Special Needs Children

We accept children with and without disabilities. The decision of accepting a child with disabilities into the program is made on a case by case basis. A doctor's release is required for the child to be involved with us, and the child has to be sufficiently communicative and cognitive to communicate with the instructors, counselors and the staff. The minimum requirements are such that the child must:

- pass the swim test (50 yards without a life jacket),
- have the mental and cognitive capacities of an 8-year-old,
- be between 8-16 years of chronological age,
- cooperate with instruction,
- be voluntarily enrolled and want to cooperate in the program,
- has social cooperative skills compatible to work with a sailing partner and Fleet

If physical and sensory limitations exist which require medical and physical supervision and/or attention, a parent or designee must be on the premises at CYC at all times during camp hours. If the camper is sensory-impaired, which requires that someone accompany him or her in order to participate, this shall be at no cost to CSC Sail Camp and/or CYC. If the child takes medicine, we need to be informed of this. We will work with parents to assure they get medication in a timely and accurate manner.

18. Feedback

We are always trying to improve the program. We welcome all suggestions, criticisms and compliments. Problems need to be addressed as early as possible with the Shore Director, Head Instructor or Sail Camp Director.

Excluding safety concerns, any discussion **must** be taken up outside of class time and should be out of the presence of children and third parties. Complaints or suggestions, if they are either complex or serious, should be made or followed up in writing. Having comments in writing helps us address the issue fully and reduces misunderstandings.

Please remember this program is the responsibility of VOLUNTEERS. Concord Sailing Center, in cooperation with Concord Yacht Club, strives to provide a safe, effective and fun camp experience for our community. Sailing is an activity that may involve risk to persons or property. In our statement of understanding we ask that participants hold harmless from any liability the Concord Sailing Center, Concord Yacht Club, their officers, members and volunteers for damage or loss to property or personal injury, or death. The staff have professional certification and are well acquainted with safety procedures and procedures are in place in the management of camp to provide for the safety of all involved.

It is important to us that the Sail Camp experience is the best that we can make it. It is for this reason we ask that your child **want** to attend the camp program. Our staff is trained to deal with problems related to youth learning to sail and not necessarily for other issues.

19. Discipline

Preventive disciplinary techniques are usually quite effective. We hope that with the caliber of campers we have signed up we will not get past Step 1. If, however, the need for further disciplinary action is required, the prescribed steps are listed below. An important part of the process is explaining to the camper what will happen if there is a repeat offence.

Step 1 - The offender will be taken aside and explained the nature of the offense and why it is not acceptable. The camper will be told that if this or another offense occurs again it will be reported to the Head Instructor.

Step 2 - If a second offense occurs, the camper will be reminded of the prior offence and told why he/she is being reported to the Head Instructor. The camper will be told that if any offense occurs again his/her parents will be contacted. An incident report will be filed noting that this is a second offense. If the Head Instructor considers this severe enough, this can be elevated to the next step and parents will be notified.

Step 3 - If a third offense occurs, the Head Instructor will be informed so appropriate action can be taken. It will be explained to the student that the offense is being reported to his/her parents and that if the offense occurs again they will be asked to leave the camp. The notification to the parent will be in writing in the form of an incident report. The parent will sign the report in acknowledgement of having been informed. A *copy* of the signed report should be provided to the parent at this time.

Step 4 - Should a fourth incident occur, it will be explained to the student that he/she is being asked to leave Sail Camp. The camper will be told that his/her parents will be asked to bring him/her to a special meeting to explain his/her behavior, and justify why the camper should not be removed from Sail Camp. If the parents cannot offer sufficient justification for the child's behavior problem, the camper will be removed from Sail Camp. No refund of fees will be provided for expulsion due to behavioral problems.

SAILOR'S DAILY CHECKLIST

- Personal Flotation Device (PFD) (loaners available)
- Appropriate Shoes (non-marking soles, no flip-flops please)
- Water bottle – refillable
- Sun screen/sun and lip block, hat, sunglasses
- Extra clothes, towel, bathing suit
- U.S. Sailing Certification Record "Red Book" (if returning sailor)
- Rain gear, if weather suggests
- Lunch from home

Please label all equipment and clothing with the sailor's first and last name.

Sail Camp Rules

(Campers, README)

1. Arrive on time for class with equipment ready to go.
2. PFD's/Life jackets must be properly worn at all times when on dock or on water (staff & students).
3. Proper footwear must be worn at all times while on shore and sailing.
4. No running on docks or near the water.
5. No pushing, smoking, alcohol.
6. No playing on/near boats, ramps or docks.
7. No glass jars or bottles.
8. No candy, gum, or other snacks from home, unless dietary requirement.
9. No pocket knives.
10. No hand-held video games.
11. Sunglasses, hats, sunscreen and drinking water are strongly recommended for all sailors.
12. Mark personal equipment with first and last name and possibly phone number.
13. Pick up your trash. Keep the marine environment clean and your sail camp looking nice.
14. Obey your instructor. Ask them to clarify anything you do not understand.
15. Students and their parents are responsible for willful damage done to CYC or CSC property, or the property of another student. CSC Sail Camp is not responsible for loss or damage to personal property of students.
16. Respect other sailors. Offensive language or actions are not appropriate at any time. Disruptive students will be disciplined according to Sail Camp policy on Discipline.

Code of Conduct & Ethics

- Be cooperative, supportive and respectful of other people and their property at all times.
- Participate 100% in daily activities.
- Understand and obey the sailing "Rules of the Road".
- Be gracious in success and failure, victory or defeat.
- Remember your actions, both on and off the water, reflect upon you and the CSC Sail Camp.

*"You haven't won the race, if in winning the race, you have lost the respect of your competitors."
(Paul Elvström - 4-time Olympic Sailing Gold Medalist)*