HANDBOOK

Summer Camps

2021

Pensacola Yacht Club www.pensacolayachtclub.org

Dear 2021 Summer Sailing Camp Parents,

Please accept this letter to welcome and introduce you to the 2021 Pensacola Yacht Club (PYC) Summer Sailing Camp. As you read this, the entire Summer Sailing Camp staff is busy preparing for the ten weeks of fun and learning that lie ahead. We are very excited for another great summer of sailing!

It is our hope that the skills learned in our classes will provide the foundation for a life-long recreational hobby because sailing is one of the few sports where size, physical strength, and gender are equalized on the water. Furthermore, many of the skills learned on the water are transferrable to daily life: responsibility, seamanship, confidence, problem solving, among others. PYC prides itself on providing the safest, most-enjoyable, and most-exciting experience for Summer Sailing. Many of our current instructors developed their life-long passion for sailing as PYC sailors themselves. We look forward to sharing this tradition with you.

As the first day of camp approaches, we anticipate that you may have questions about our program. The following pages provide detailed information, including the Camp's schedule, what personal gear sailors should bring, and important policies relating to safety both on and off the water. Please take a minute to review the same, and please share this important information with your son or daughter. It is designed to help you understand what to expect, what to bring, where to be, and when to be there.

On behalf of the staff, instructors and Board of Directors, we welcome you to Pensacola Yacht Club and look forward to a summer of sailing with you.

Cesar Travado
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CONTENT

1. 2021 SUMMER SAILING CAMP CALENDARS 5
   JUNIOR SAILING CAMPS CALENDAR (3 – 13 years old) 5
   YOUTH & ADULT SAILING CALENDAR (14+ years old) 6
2. COURSES 7
3. SESSION PLAN - CURRICULUM 8
4. DAILY SCHEDULE 9
5. SAILORS DAILY CHECK LIST 10
6. CAMP POLICIES 10
   6.1 Sailor Drop-off and Pick-Up 10
   6.2 Late Arrival / Early Departure 10
   6.3 Aftercare Program 10
7. SAFETY AND OTHER PROTOCOLS 10
8. SAILOR DISMISSAL 11
9. FEE POLICY AND SCHOLARSHIP 11
10. PYC SAILING SAFE SPORT STATEMENT 11
11. FEEDBACK 12
12. A HEALTHY CAMP BEGINS AND ENDS AT HOME! 12
13. NUTRITION 12
    13.1 Nutrition for Everyday Athletes 14
14. MEDICAL FORMS 15
    PARTICIPATION AGREEMENT 16
    STATEMENT OF COOPERATION AND RELEASE 17
    PHOTOGRAPH, VIDEO AND MEDIA RELEASE 17
    PICK UP AUTHORIZATION 18

1. 2021 SUMMER SAILING CAMP CALENDARS

JUNIOR SAILING CAMPS CALENDAR (3 – 13 years old)

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
May 31st	1	2	3	4	5	6
SUMMER SAILING CAMP - WEEK 1 (0900 - 0300) PRE-K SAILING - WEEK 1 (0900 - 0100)					NEXT MARK (0930 - 0130)	NEXT MARK (0930 - 0130)
7	8	9	10	11	12	13
SUMMER SAILING CAMP - WEEK 2 (0900 - 0300) PRE-K SAILING - WEEK 2 (0900 - 0100)					NEXT MARK (0930 - 0130)	NEXT MARK (0930 - 0130)
14	15	16	17	18	19	20
SUMMER SAILING CAMP - WEEK 3 (0900 - 0300) PRE-K SAILING - WEEK 3 (0900 - 0100)					NEXT MARK (0930 - 0130)	NEXT MARK (0930 - 0130)
21	22	23	24	25	26	27
SUMMER SAILING CAMP - WEEK 4 (0900 - 0300) PRE-K SAILING - WEEK 4 (0900 - 0100)					NEXT MARK (0930 - 0130)	NEXT MARK (0930 - 0130)

JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	6	7	8	9	10	11
SUMMER SAILING CAMP - WEEK 5 (0900 - 0300) PRE-K SAILING - WEEK 5 (0900 - 0100)					NEXT MARK (0930 - 0130)	NEXT MARK (0930 - 0130)
12	13	14	15	16	17	18
SUMMER SAILING CAMP - WEEK 6 (0900 - 0300) PRE-K SAILING - WEEK 6 (0900 - 0100)					NEXT MARK (0930 - 0130)	NEXT MARK (0930 - 0130)
19	20	21	22	23	24	25
SUMMER SAILING CAMP - WEEK 7 (0900 - 0300) PRE-K SAILING - WEEK 7 (0900 - 0100)					NEXT MARK (0930 - 0130)	NEXT MARK (0930 - 0130)
26	27	28	29	30	31	Aug. 1st
SUMMER SAILING CAMP - WEEK 8 (0900 - 0300) PRE-K SAILING - WEEK 8 (0900 - 0100)					NEXT MARK (0930 - 0130)	NEXT MARK (0930 - 0130)

YOUTH & ADULT SAILING CALENDAR (14+ years old)

JUNE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 31st	1	2	3	4
YOUTH & ADULT SAILING - WEEK 1 (0400pm – 0800pm)				
7	8	9	10	11
YOUTH & ADULT SAILING - WEEK 2 (0400pm – 0800pm)				
14	15	16	17	18
YOUTH & ADULT SAILING - WEEK 3 (0400pm – 0800pm)				
21	22	23	24	25
YOUTH & ADULT SAILING - WEEK 4 (0400pm – 0800pm)				

JULY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6	7	8	9
YOUTH & ADULT SAILING - WEEK 5 (0400pm – 0800pm)				
12	13	14	15	16
YOUTH & ADULT SAILING - WEEK 6 (0400pm – 0800pm)				
19	20	21	22	23
YOUTH & ADULT SAILING - WEEK 7 (0400pm – 0800pm)				
26	27	28	29	30
YOUTH & ADULT SAILING - WEEK 8 (0400pm – 0800pm)				

2. COURSES

SUMMER SAILING CAMP: If your sailor has never sailed before, or is relative new to sailing, this is your course. Born between 2008 and 2015.

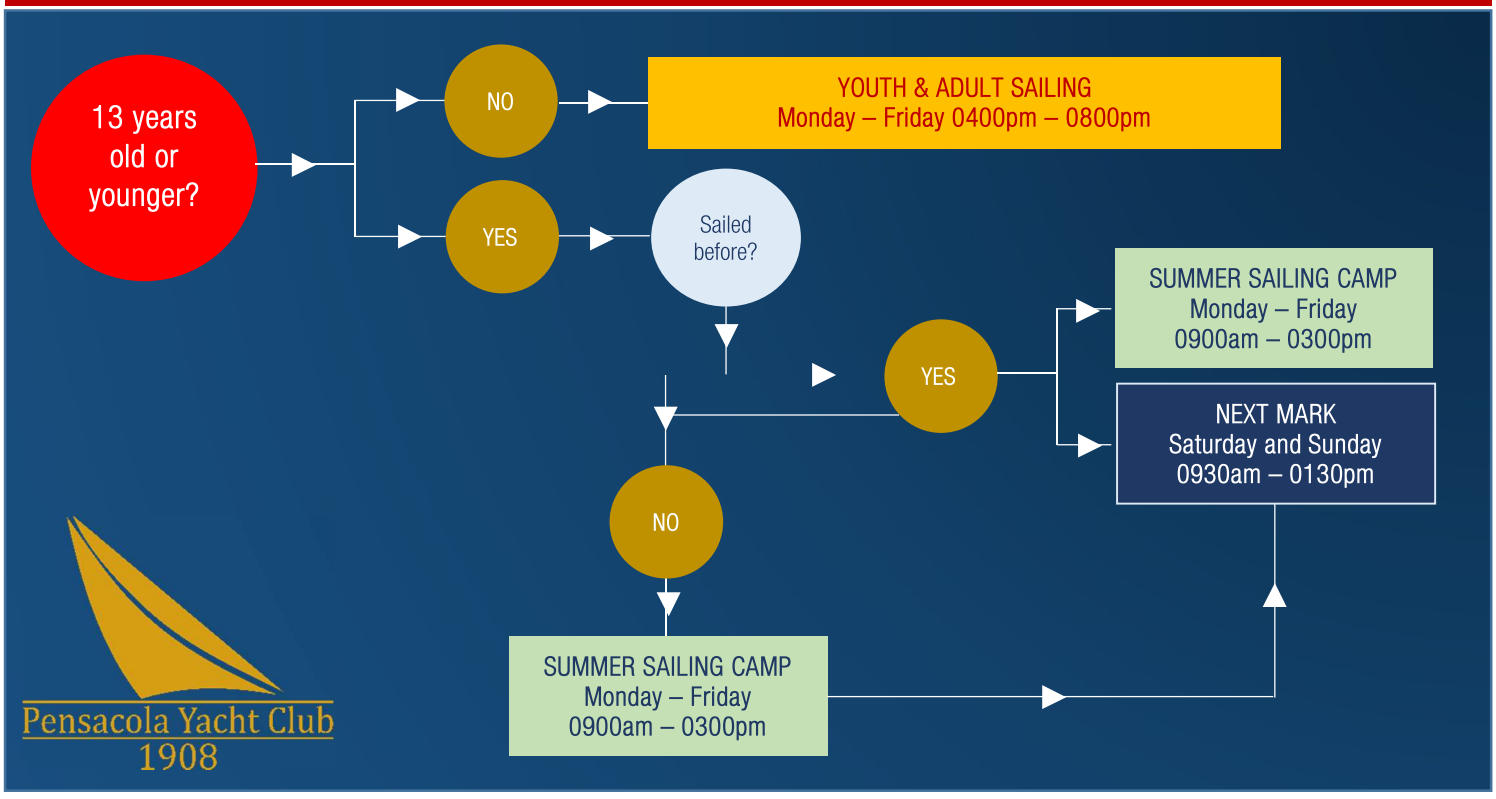
PRE-K SAILING: Designed for children born on 2016 or 2017

NEXT MARK: This course is for those sailors who have completed a Summer Sailing Camp in 2021 or before and are qualified and motivated for more advance sailing. Boats to be used are Optimist.

YOUTH & ADULT SAILING: Sailors born between on or before 2007.

Your sailor may want to take a second Summer Sailing Camp before attending a Next Mark course. Please, consider this option before making the decision.

COURSE SELECTION



3. SESSION PLAN - CURRICULUM

Weather permitting, the weekly session plan for the Summer Sailing Camp is:

Monday:

1. Roll Call, Camp Rules (close-toed shoes, PFD on or near the water, have fun, no running, Corinthian Spirit, any other precautions such as being wet in the clubhouse)
2. Name Game, line up by age, partner up, administer swim test
3. Divide into ages, Boat Parts and Rigging Lecture
4. Emergency procedure Lecture
5. Capsize Recovery Lecture and subsequent drill
6. Knot Tying Lecture and subsequent drill. Cleat hitch, coiling, figure 8, square, bowline
7. Wind direction Lecture and possibly Steering and Sitting in the Boat and paddleboat
8. If possible, on the water practice during the day
9. Derigging Lecture and Derigging, Recovery and Review

Tuesday:

1. Rigging, counselors check boats thoroughly, including cleat hitches
2. Points of Sail Lecture/Review of Wind Direction and subsequent sailing drill to practice
3. Getting out of Irons and Safety Position Lecture
4. Tacking Lecture and subsequent land drill and on-the-water drill
5. Departure/Landing Lecture to minimize boat damage
6. If necessary, review Knots
7. Derigging, Recovery and Review

Wednesday:

1. Rigging
2. If necessary, review Wind Circle and 5 Steps of Tacking
3. Upwind Sailing Lecture and subsequent water drill
4. Jibing Lecture and subsequent tacking/jibing on the water drill
5. Derigging and proper boat care, Recovery and Review

Thursday:

1. Rigging
2. Review Tacking and Jibing, Upwind Sailing
3. Rules Lecture and subsequent drill
4. Lots of on the water time, make sure each child can sail upwind
5. Weather and safety permitting, short trip to discover new places within Pensacola Bay
6. Sail Control Line Lecture and subsequent drill
7. Derigging

Friday:

1. Rigging.
2. Any lecture that was not covered or needs to be reviewed
3. Current, Weather, and Land Effects lecture if possible
4. Lots of on the water time.
5. Derigging, Recovery and Review of the Week
6. Awards Ceremony, T-shirts, paper plates

4. DAILY SCHEDULE

Below please find a schedule of a typical daily activities:

SUMMER SAILING CAMP (Monday – Friday)

08:50	Early drop-off period begins
09:00	Camp begins with morning meeting
09:15	Apply sunscreen, fill water bottles, chalk talk to prepare for morning's sailing.
09:30	Rig and launch sailboats.
10:00	Morning sailing session begins.
11:45	Morning sailing session ends, campers return to PYC for Lunch.
12:00	Lunch
12:45	Afternoon meeting.
13:00	Re-apply sunscreen, re-fill water bottles, chalk talk to prepare for afternoon's sailing.
13:15	Afternoon sailing session begins.
14:50	Afternoon sailing session ends, campers return to PYC to de-rig.
15:00	Camp ends, all sailors meet in PYC Junior Sailing House Parking for pick-up.
15:15	Late pick-up period ends. After Care starts.

PRE-K SAILING (Monday – Friday)

08:50	Early drop-off period begins
09:00	Camp begins
09:15	Apply sunscreen and fill water bottles
09:30	Games based on STEM appropriate for their age
10:45	Snack
11:00	Games based on SAILING appropriate for their age
12:00	Outdoor games
01:00	Camp ends.
12:15	Late pick-up period ends. After Care starts.

NEXT MARK (Saturday & Sunday)

09:15	Early drop-off period begins
09:30	Class begins with morning meeting
09:45	Apply sunscreen, fill water bottles, chalk talk to prepare for morning's sailing.
09:50	Rig and launch sailboats.
10:15	Morning sailing session begins.
12:45	Morning sailing session ends, sailors return to PYC
13:00	De-rig, clean the equipment and change clothes
13:30	Class ends, all sailors meet in PYC Junior Sailing House Parking for pick-up.

YOUTH & ADULT SAILING (Monday - Friday)

04:00	Class begins with meeting
04:10	Apply sunscreen, fill water bottles, chalk talk to prepare for sailing.
04:15	Rig and launch sailboats.
04:30	Sailing session begins.
07:15	Sailing session ends, sailors return to PYC
07:30	De-rig, clean the equipment and change clothes
07:45	Debrief and class ends

5. SAILORS DAILY CHECK LIST

Please label all equipment and clothing with the sailor's first and last name. It would be helpful to have each life jacket with the sailor's name or initials in large block letters on the outside back. PYC is not responsible for lost items. Sailors are solely responsible for keeping track of the personal equipment they bring and use.

- Personal flotation Device (PDF) and whistle
- Appropriate Shoes (closed-toe, no flip-flops, water shoes good)
- Water Bottle – refillable. We do not provide cups or mugs for drinking.
- Sun screen/sun and lip block, hat, sunglasses
- Extra clothes, towel, bathing suit
- Rain gear, if weather suggests
- Lunch (Summer Sailing Camp) or snack (Pre-K sailing and Next Mark) from home

6. CAMP POLICIES

6.1 Sailor Drop-off and Pick-Up

Instructors will be on premises to receive sailors at 08:50am every morning. Since PYC instructors will not be on premises prior to that time, sailors cannot be dropped-off early. While at PYC, sailors must always remain under the supervision of either an instructor or responsible adult. To complete drop-off, sailors should be accompanied to the Junior Sailing House. There, an instructor will be waiting with a clipboard and pen. Every sailor must be signed into camp by the adult dropping him/her off.
Sailors should be dropped off by 09:00 am.

By 03:00pm, sailors will be ready and waiting for pick-up in the same place where they were dropped-off (Junior Sailing House). To release sailors, PYC requires the signature of an authorized adult, specifically identified and listed on the Pick-up Form. PYC instructor may require provision of a valid form of government-issued photo identification to verify the identity of any picking-up adult.

Under no circumstances will PYC instructor release a sailor to any individual not previously identified in the sailor's corresponding Pick-up Form. Should your sailor ever require pick-up with an unlisted adult, please be sure to *preemptively* amend or supplement the Pick-Up form on- file for your sailor.

Instructors will provide late pick-up supervision until 03:15pm. Sailors must be picked-up by that time. If, under extenuating circumstances, you cannot arrange pick-up prior to 03:15pm, PYC will provide continuing supervision of your sailor through the Aftercare program.

6.2 Late Arrival / Early Departure

Should you anticipate sailor arrival later than 10:00 a.m., please call PYC in advance (see PYC contact information in page 3) to advise us of the same. PYC will arrange to have an instructor on premises during the morning sailing session, such that the sailor can be received and signed-in. If PYC is not notified in advance, instructors will not remain onshore during the morning sailing session. Unsupervised drop-off is not allowed, and may result in sailor dismissal.

Should you anticipate the need for your sailor's early departure (prior to 03:00pm), please call PYC in advance to advise us of the same. Early pick-up will be available between 12:00pm and 01:00pm. Since instructors cannot both provide group supervision afloat, and simultaneously shuttle individual sailors on and off the water, pick-up between 01:00pm and 03:00pm will not be available.

6.3 Aftercare Program

Operating times: The Aftercare Program starts when the Summer Sailing Camp or Pre-K Sailing Camp is finished.

Hours: The After Care Program will be held from 12:00pm to 02:00pm for Pre-K Sailing Camp and from 03:00pm to 05:00pm for the Summer Sailing Camp.

Fees: The rate for children will be $25.00 a day or $110 Monday through Friday. You can add the Aftercare Program during the registration process.

There are no meals provided at Aftercare. We ask you please to ensure that you pack sufficient lunch and juice for your child each morning.

7. SAFETY AND OTHER PROTOCOLS

Below please find a list of important camp protocols in effect to ensure sailor safety during all camp activities:

1. Proper footwear must be worn at all times.
2. Life-jackets must be worn by sailors anytime they are on the water or around the PYC docks / beach.
3. Sailors must remain under instructor supervision whenever they are on premises. Sailors are not to venture into the Main Clubhouse, the PYC parking lot, the PYC dry dock, or otherwise outside of instructor supervision.
4. Sailors must be closely accompanied by instructors whenever they are on the docks, around the pool, or otherwise near the water. No unsupervised swimming is allowed.

5. NO HEAD-FIRST DIVING! Since depth varies with tide, and since it is sometimes difficult to see the Bay bottom, head-first diving is prohibited at all times during camp.
6. Running is prohibited on and around the docks and pool.
7. Horseplay is prohibited on and around the docks and pool.
8. Sailors must report any equipment breakdowns to their supervising Instructor. Such breakdowns may arise from time to time due to regular wear and tear.
9. Sailors must report to their instructor any and all injuries or illnesses that may arise over the course of the session.
10. Sailors must pass swim and capsize tests during the first day of camp. Sailors will be expected to swim 50 yards, tread water for 1 minute, and then put on their lifejacket while in the water. Sailors will first be taught, but then must demonstrate the ability to independently right a capsized boat. Sailors will not be allowed to sail their own boats until they demonstrate proficiency in those tests.
11. While operating their own sailboats, sailors must always stay near their instructor and the other sailboats in their group.
12. Beginner and intermediate sailors shall not operate or manipulate boat hoists. Breach of this important safety-related protocol may result in sailor dismissal.
13. Sailors shall treat fellow sailors, parents, instructors, and all PYC staff and PYC members with respect, courtesy, care and consideration.
14. Sailors shall treat the facilities and premises of PYC with respect and care. This includes:
    a) an absolute prohibition against the deliberate mistreatment/reckless destruction of property
    b) the responsibility to avoid creating hazards, messes, and other damage by negligence
    c) the responsibility to track-down and dispose of any and all trash created either by him/herself or other negligent sailors, and
    d) the responsibility to return all used equipment to the location, and in the condition and configuration in which it was originally found.
15. PYC strongly discourages sailors bringing any type of valuables or electronics (including cell-phones, iPad, iPod), or any form of currency to camp. PYC will not be responsible for the loss or destruction of such items.

For the safety of all sailors, and to avoid all types of unnecessary difficulties, it is very important that sailors understand and continue to respect the above PYC Summer Sailing Camp policies. Please discuss them with your sailor. This list of policies is not intended to be exhaustive. Instructors may advise sailors of other important policies from time to time.

8. SAILOR DISMISSAL

PYC reserves the right, in the exclusive discretion of PYC Management, to dismiss any sailor who repeatedly interferes with the welfare/safety of others and/or the success of the program. Dismissal from camp results in a complete forfeiture of session fees. PYC's policies ensure the safety and comfort of all sailors, optimizing their learning and protecting both PYC and sailor property. Above all, PYC wants sailors to be safe and have fun.

9. FEE POLICY AND SCHOLARSHIP

PYC cannot/will not pro-rate or otherwise discount session fees based on planned or unplanned absences. PYC cannot/will not offer "split" session fees. To secure a sailor's participation for any specific date or period of time, payment in full for the corresponding session(s) is required. This policy is non-negotiable and uniformly enforced.

Partial or total scholarships are available to kids and youth participating in our Summer Sailing Camps or PRE-K Sailing. Scholarships are awarded from the generosity of donors, who love to read the thank you notes from our scholarship recipients (so, please write!). Financial assistance is confidential, and a separate application form is required. Please call the Main Office at 850.433.8804 to request a form, or print one from our website.

10. PYC SAILING SAFE SPORT STATEMENT

The safety of our sailors and sailors is of paramount importance to PYC. PYC has a ZERO TOLERANCE for abuse and misconduct. This includes not only on-water safety, but also safety ashore in any part of PYC's programs. PYC is committed to creating safe and fun environments for all of our athletes, youth and adult.

Everyone has a role to play in creating a healthy setting in our sport of sailing, so help to raise awareness about misconduct in sport, promote open dialogue, and provide training and resources for our individual members, member organizations, athletes, coaches, parents, and volunteers. PYC has long had systems in place to protect participants from physical abuse, sexual abuse and other types of misconduct that can be harmful to sailors, sailors and other participants. These include policies without limitation with regard to Physical Misconduct, Sexual Misconduct, Bullying and Harassment, Hazing, Electronic and Social Media Communication, and Travel Policies. In addition, we have Codes of Conduct applicable to administrators, coaches, officials, parents, players and spectators. Please, read The US

Sailing SafeSport Handbook which is intended to inform and provide guidance to our sailing constituents about SafeSport policies to protect our sailors, sailors and other participants from all types of misconduct and abuse.
In addition, we have Codes of Conduct applicable to Staff, Instructors, sailors, sailors, parents and spectators.

11. 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 Sailing Director or Sailing Camp Assistant 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.

It is important to us that the Summer Sailing 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. Lastly, please remember that completed medical treatment, pick-up authorization, and waiver forms must be received prior to the sailor's first day in attendance. Blank forms are provided in the final pages of this Parents' Guide and in the website.

12. A HEALTHY CAMP BEGINS AND ENDS AT HOME!

A healthy camp really does start at home. Here are some things you can do to help your child have a great Sailing Camp experience.

1. If your child is showing signs of illness such as running a temperature, throwing up, has diarrhea, nasal drainage and/or coughing/sneezing, keep the child home and contact the Sailing Director. This greatly reduces the spread of illness at Sailing Camp but also supports your child's recovery.
2. Teach your child to sneeze/cough in his/her sleeve and to wash his/her hands often while at Sailing Camp, especially before eating and after toileting. If you really want to achieve impact, teach your child to accompany hand washing with another behavior: keeping their hands away from their face.
3. If your child has mental, emotional, or social health challenges, talk with a Sailing Director before camp starts. Proactively discussing a camp's ability to accommodate a child can help minimize – if not eliminate – potential problems.
4. Should your child need a particular nutrition plan because of allergies, intolerances or a diagnosis (e.g., diabetes), note these on the Health History form but also contact the Sailing Director to make sure (a) He has noted that need and (b) the staff can observe there is no food contamination during lunch times.
5. Make sure your child has and wears appropriate close-toed shoes for activities and that your child understands that Sailing Camp is a more rugged environment that the sub/urban setting. Talk with your child about wearing appropriate shoes to avoid slips, trips and falls that, in turn, can result in injuries such as sprained ankle.
6. Send enough clothes so your child can dress in layers. Mornings may be chilly and afternoons get quite hot. Dressing in layers allows your child to remove clothing as s/he warms while still enjoying Sailing Camp.
7. Fatigue plays a part in both injuries and illnesses – and a Sailing Camp is a very busy place! Be sure that your child get enough rest at night.
8. Remember to send sunscreen and that your child has tried at home. Teach your child how to apply his/her sunscreen and how often to do so.
9. Send a reusable water bottle. Instruct your child to use it and refill it frequently during the Sailing Camp. Staying hydrated is important to a healthy sailing experience, something your child can assess by noting the color of their urine ("pee"); go for light yellow.
10. Talk with your child about telling their counselor, the instructors or Sailing Director about problems or things that are troublesome to them at camp. These professionals can be quite helpful as children learn to handle being lonesome for home or cope with things such as losing something special. These helpers can't be helpful if they don't know about the problem – so talk to them.
11. Should something come up during the camp experience or afterward – you see an unusual rash on your child or the child shares a disturbing story – contact the Sailing Director and let him know. PYC wants to partner effectively with parents; sharing information makes this possible.

13. NUTRITION

The most important thing to keep in mind for the young, growing athlete is to offer snacks that provide good fuel and not too much pollution. Pollution is the side stuff your young athlete doesn't need like extra, unnecessary protein, artificial ingredients, excessive sugar, or herbal additives. In other words, you'll want to keep snacks wholesome and make sure they help athletic performance, while benefiting overall growth and health. The best snacks for all young athletes include a combination of protein and carbohydrate, as well as other nutrients such as calcium, iron and potassium. Protein transforms a snack into a "power snack," as it helps the muscles grow and recover after exercise. Carbohydrate provides a readily available fuel source for working muscles.

Carbs:

- Fruit, including fresh, dried, canned and frozen
- Whole grains and refined grains, such as low sugar whole grain cereals, oats, white or wheat breads, bagels, crackers, pretzels, brown or white rice, whole wheat or regular pasta
- Dairy or non-dairy substitutes, like milk, soymilk, yogurt, and cheese
- Beans and starchy vegetables, such as kidney and black beans, peas, corn and potatoes
- Colorful vegetables like broccoli, green beans, asparagus, peppers, lettuce or squash

Protein:

- Eggs
- Beef
- Poultry, including chicken and turkey
- Fish
- Beans and lentils, including hummus and other bean dips
- Dairy and high protein non-dairy substitutes, such as cow's milk, soy milk, Greek and regular yogurt, or low fat cheese
- Nuts and nut butters

Put them together

These power snacks also offer other important nutrients, such as calcium and potassium, which not only help the young athlete perform at his or her best, they add to the nutritional quality of the diet and support his or her growth and development.

After exercise, a snack such as a cup of chocolate milk may help young athletes recover more quickly from high intensity exercise of long duration (more than an hour). This combination of protein and carbohydrate serves two purposes for the young athlete: to reload muscles with energy (carbs) and to help with muscle recovery after exercise (protein). Any protein and carb combination can work well in this scenario

First of all, our go-to snacks for kids that need extra energy has always been Almonds and Dates. They are portable, filling and not too expensive. Not only are they an easy addition to any backpack, they are also full of nutrients necessary for that competitive edge.

Almonds

Almonds are a very good source of manganese and copper, two trace minerals that are essential cofactors of a key oxidative enzyme called superoxide dismutase. Superoxide dismutase disarms free radicals produced within the mitochondria (the energy production factories within our cells), thus keeping our energy flowing. Fortunately, Mother Nature supplies both mineral cofactors in almonds. Riboflavin (vitamin B2) also plays at least two important roles in the body's energy production.

Dates

Dates are an energy-dense food packed with carbohydrates including sucrose, fructose and glucose. The European Food Information Council notes that these natural sugars make fresh and dried dates a good food for boosting energy quickly. According to the USDA Nutrient Database, 100 grams of dates — about 4 or 5 medium-sized dates — contain approximately 75 grams of carbohydrates and 1.81 grams of protein, which together provide 277 kilocalories.

DOLE DATE ALMOND ENERGY BAR RECIPE

Prep time: 25 minutes
Cook Time: 25 minutes

Ingredients

- 1 1/4 cup quick oats, dry
- 3 tablespoons whole wheat flour
- 1/3 cup wheat germ
- 1/2 cup slivered almonds
- 1/2 teaspoon cinnamon
- 1/2 teaspoon sea salt
- 3/4 cup dole whole pitted dates, chopped
- 1/4 cup honey
- 1/4 cup olive oil
- 1/4 cup almond butter
- 1/4 teaspoon almond extract
- 1/2 teaspoon orange zest

Instructions

⇒Preheat oven to 350 F.
⇒Line an 8X8 inch pan with parchment paper with an overlap on each side of pan.
⇒In a large bowl, mix together the oats, flour, wheat germ, almonds, cinnamon and salt. Mix in the dates.
⇒In another bowl, thoroughly whisk the honey, olive oil, almond butter, almond extract, and zest.
⇒Pour the wet ingredients into the dry and mix well.
⇒Spread the batter into the prepared pan, pack firmly into pan.
⇒Bake for 20-25 minutes or until brown at the edges.
⇒Remove from oven and let cool for 15 minutes. Using the overlap of parchment, lift bars out of pan. Place on rack and cool completely. Cut into 12 squares.

So, in addition to feeding your athletes almonds and dates- considering using this Dole Date Almond Energy Bar Recipe and making them for their backpacks as well!

These bars are the perfect alternative to the plain dates and almonds. Portion them out so your athlete could have them in single servings. So much better than fruit snacks and fake juices as a sports snack!

13.1 Nutrition for Everyday Athletes

1. Focus on carbs for energy. Choose whole-grain bread, crackers, cereal, pasta and potatoes for lasting energy. Save sports drinks for an energy boost during endurance sports or training sessions lasting more than an hour.
2. Spread out protein foods. Active bodies need protein to support growth and build and repair hardworking muscles. Young athletes should spread protein foods throughout the day, having some at each meal and with most snacks, such as eggs and whole-grain toast with fruit for breakfast or a sandwich with low-sodium deli meat on whole-grain bread with yogurt and raw veggies for lunch. Plant-based protein foods like tofu and beans also are great choices.
3. Use caution with fatty foods. Fatty foods slow digestion, which is not ideal for an athlete facing a competition. Greasy, fried foods and fatty desserts are filling and may leave your athlete feeling tired and sluggish. Skip the fries or pizza before practice, and keep fat content on the light side.
4. Eat with food safety in mind. Nothing will slow down your athlete more than food poisoning – having stomach cramps, nausea, vomiting or diarrhea after eating. Make sure you store snacks at proper temperatures to prevent spoilage. Keep cheese, yogurt, meat, eggs and salads made with mayonnaise in a refrigerator or cooler. Shelf-stable items such as nuts, granola bars and whole fruit can be tossed into a sports bag without a problem.
5. Flow with fluids. Good hydration should begin early in the day before kids even set foot on the playing field. Stay hydrated by drinking plenty of water during the day leading up to a game, especially in the two to four hours before game time. Continue to drink during the game (about 1/2 cup every 15 minutes) and afterward to rehydrate after sweat loss. Water should still be kids' go-to drink for exercise that's under 60 minutes. Training sessions over an hour may require a sports drink to replace electrolytes lost through heavy sweating.
6. Timing is everything. When you eat is just as important as what you eat. Your body needs two to three hours to digest a regular meal such as breakfast or lunch before an athletic event, while a small snack such as a granola bar can be eaten 30 minutes to an hour in advance. Load up at meals but don't overeat, and keep snacks light as you get closer to game time.
7. Topping it off with milk. In addition to water, fat-free and low-fat milk also are smart ways to help young athletes meet their fluid needs. But that's not all. Just one cup of milk packs 8 grams of protein per serving. It also delivers important nutrients of which most young athletes don't get enough, such as calcium, which is critical for building strong bones, transmitting nerve impulses, and helping muscles contract, as well as potassium for fluid balance.

14. MEDICAL FORMS

Only completely filled in forms will be accepted. Please attach a copy of your health insurance card

PARTICIPANT INFO

NAME: _____ SEX _____ (M or F)

ADDRESS: _____
Street/P.O. Box City State Zip

PHONE: _____ (home) _____ (emergency cell)

DATE OF BIRTH: _____

NAME OF PARENT OR GUARDIAN: _____

THE PARTICIPANT AND HIS OR HER PARENTS / GUARDIANS MUST ANSWER THE FOLLOWING QUESTIONS AS ACCURATELY AND COMPLETELY AS POSSIBLE

HEALTH INSURANCE CARRIER	INSURANCE ID NUMBER

Please check those that apply: *(Provide necessary details below)*

CHRONIC ALIMENTS		ALLERGIES	
Asthma or other respiratory problems		Medication	
Diabetes or hypoglycemia		Latex	
Hemophilia, or other bleeding problems		Bee stings / Insect bites	
Circulatory or heart problems		If yes, do you carry an epipen?	
Epilepsy / Seizure		Foods	
Other		Others, if significant	

DATE OF LAST Tdap (Tetanus/Diphtheria/Acellular Pertussis) SHOT: _____

CURRENT MEDICATIONS AND DOSAGE, IF ANY: _____

Please provide other information about any symptoms that your child has showed in the last 14 days such, fever, cough, sneeze, vomit, diarrhea, etc: _____

IN CASE OF EMERGENCY CALL

NAME	RELATIONSHIP	CELL NUMBER

PHYSICIAN WHO CONDUCTED YOUR MOST RECENT PHYSICAL EXAMINATION (If any):

NAME	CELL NUMBER	DATE OF LAST EXAM

In the event of accident or injury to myself, my spouse or any child of mine (specifically including my child named above as "Participant") or in the event of illness of myself, my spouse or any child of mine while on or about the premises of Pensacola Yacht Club while participating in an event under the auspices of Pensacola Yacht Club where I am unable to consent or am not present:

1. I hereby voluntary consent to the furnishing to myself, my spouse or any child of mine of such CPR or First Aid treatment as the PYC Certified Staff deem necessary or advisable.
2. I hereby voluntarily consent to the furnishing to myself, my spouse or any child of mine of such medical care and treatment by any hospital or physician(s) as the hospital or physician(s) deem necessary or advisable.
3. I authorize any officer or member of the Host to consent to such medical care or treatment.
4. I agree to pay the reasonable cost of such medical care or treatment and to indemnify and hold free and harmless of all liability for such cost to Pensacola Yacht Club and its officers and members.

I hereby authorize any x-ray examination, anesthetic, medical or surgical diagnosis or procedure supervised by any member of the medical staff or of a dentist licensed under the State Education Law and/or Public Health Law of the State and of the staff of any hospital holding a current operating certificate issued by the State Department of Health. This authorization is given in advance of any specific diagnosis, treatment or hospital care being required in order to provide authority to render care, which the aforementioned physician in his best judgment may deem advisable and shall remain effective until revoked in writing. Effort shall be made to contact me before rendering treatment to the patient, but any of the above treatment will not be withheld if I cannot be reached. No agent or organization involved assumes any financial responsibility for exercising this action.

PLEASE MAKE SURE YOU HAVE FILLED IN ALL THE NECESSARY INFORMATION.
ATTACH A COPY OF YOUR HEALTH INSURANCE CARD TO THIS FORM.
THANK YOU!

Parent or Guardian´s Name	Parent or Guardian's Sign.	Date

PARTICIPATION AGREEMENT

Sailing, like most sports involves an element of risk to injury. Participants will be sailing in water deeper than they can stand, a sudden wind gust could cause their boat to capsize, parts of the boat can cause injury, and exposure to the elements, if not properly prepared can cause problems. The water environment contains many sharp objects such as oyster shells and other debris.
In an effort to make sailing classes as safe as possible, participant will be instructed in rules which will reduce the risks. It is vital that the participant follow the directions of the instructors and the Junior Sailing Program rules.

We have read the above information concerning the risk involved in sailing and the 2021 Summer Sailing Camp – Parents Handbook. We understand and assume the risk involved in participating in the Summer Sailing Camp.

We will abide by the rules of the Pensacola Yacht Club and the Junior Sailing Program and those rules established for the program.

We further agree to hold the Pensacola Yacht Club, instructional program or host locations, US Sailing, and their representatives harmless (including all costs of defense and attorneys' fees) from any claim we might otherwise have for personal injuries, death, and/or property damage even when any such injury, death, or property damage results in whole or in part from any form or degree of negligence on the part of the parties being held harmless and any of their officers, members, instructors, employees, and volunteers or subcontractors and also when such injury, death, or property damage is caused or contributed to by a defect in the premises, vessel, appurtenance, and/or equipment of any kind, even a defect that pre-exists the signing of this agreement.

Parent or Guardian´s Name	Parent or Guardian's Sign.	Date

STATEMENT OF COOPERATION AND RELEASE

The Sailing Camp applicant agrees to abide by and adhere to the rules of the Pensacola Yacht Club and the instructional program and to follow the directions of the instructors and representatives. I accept that failure to follow these rules and directions may result in expulsion from the sailing program without any refund of fees or monies paid for the program.

I also accept that the sport of sailing and the conduct of this course entail, and are subject to, certain risks and I assume all risks on land and on the water of participation in this program. I further agree to hold the Pensacola Yacht Club, instructional program or host locations, US Sailing, and their representatives harmless from any claim we might otherwise have for personal injuries, death, and/or property damage even when any such injury, death, or property damage results in whole or in part from any form or degree of negligence on the part of the parties being held harmless and any of their officers, members, instructors, employees, and volunteers or subcontractors and also when such injury, death, or property damage is caused or contributed to by a defect in the premises, vessel, appurtenance, and/or equipment of any kind, even a defect that pre-exists the signing of this agreement.

Parent or Guardian´s Name	Parent or Guardian's Sign.	Date

PHOTOGRAPH, VIDEO AND MEDIA RELEASE

I hereby grant permission to the rights of my image, likeness and sound of my voice recorded on audio or video without payment or any other consideration to the Pensacola Yacht Club and PYC Junior Sailing. I understand that my image may be edited, copied, exhibited, published or distributed and waive the right to inspect or approve the finished product wherein my likeness appears. Additionally, I waive the right to royalties or other compensation arising or related to the use of my image or recording. I also understand that this material may be used in diverse settings within an unrestricted geographic area.

By signing this release, I understand this permission signifies photographic or video recordings of me may be electronically displayed via the Internet or in a public setting.

There is no time limit for the validity of this release nor is there any geographic limitation on where these materials may be distributed.

This release applies to photographic, audio or video recordings including digital images collected as part of the Pensacola Yacht Club and PYC Junior Sailing promotional efforts.

By signing this form, I acknowledge that I have completely read and fully understand the above release and agree to be bound thereby. I hereby release any and all claims against the Pensacola Yacht Club and PYC Junior Sailing.

Parent or Guardian´s Name	Parent or Guardian's Sign.	Date

PICK UP AUTHORIZATION

Participant's Name(s): _____

The individuals you designate below shall be authorized to pick up your participant(s). Please include the names of any and all individuals you may arrange to have pick-up your participant(s). This extends to parents (yourself included), grandparents, house-keepers, nannies, any and all carpool drivers, and all emergency contacts. Full Name and Telephone Number

1. _____

2. _____

3. _____

4. _____

5. _____

PLEASE NOTE: All of the authorized individuals named above will be asked to sign your participant(s) in and out of Camp. Under no circumstances will PYC release your participant(s) to any individual who does not appear in the list above. You may amend this list as necessary by filing additional, supplementary Participant Pick-Up Authorization Forms. PYC will happily provide these upon request. At the time of pick-up, the picking-up adult will be asked to produce government-issued photo identification. This is to ensure the safety of your Participant(s). There will be no exceptions to this policy. Your signature below acknowledges acceptance of this policy.

Parent or Guardian´s Name	Parent or Guardian's Sign.	Date