

Dear Parents and Sailors,

Welcome to the 2012 season! Here's some information you need to know as a team member.

1. Attendance is required at a minimum of 75% of all practices and team meetings.

a. The schedule for the first week of the season is as follows:

Tues, Feb 21st (half furlough day):

11:30-1:30 pm Team meeting with pizza at Scout Hall; then waterfront to prepare boats, review rigging

1:30-4 pm Practice for new team members with help of 5-8 skippers

Wed & Thurs Feb 22nd & 23rd:

3-6 pm Practice for new team members with help of 5-8 skippers

Fri, Feb 24th: Team meeting at CKJH Library 3-4 pm

Fri, Feb 24th: Capsize Drill 7:15-9:15 Olympic HS Pool

b. The schedule for the rest of the season is as follows:

- Practices: Monday, Tuesday, Thursday 3-6 pm
- Team Meetings: Friday 3-4 pm at CKJH Library

Please report to practice, unless otherwise instructed by a coach or team captain. If the weather does not permit practicing on the water, we will still meet from 3 to 4:30 pm at Monica's Waterfront Bakery. If weather has prevented us from sailing two or more times during a week, and weather is forecast to be better on Friday, then Friday may be an on-the-water practice instead of a team meeting.

c. Please note the following **exceptions to regular practice schedule**:

- On-the-water practice will be held Friday, April 20 from 3-6 pm.
- Practice will be held Friday before major away regattas (on Mar 30, Apr 13 & 27, May 4) at the regatta venue.
- Practice WILL NOT be held Monday after our regatta (4/16) and after Doublehanded Districts (5/7).

d. If you will not be at practice or you will be late, please notify one of the coaches or your team captain, stating the reason.

Coach contact info:

Ozimeks: pktcozimek@yahoo.com, 698-0587(Hm), 360-265-1494 (Cell)

Trunkey: strunkey.sail@comcast.net, 662-2320 (Wk), 360-271-7195 (Cell)

2. Attendance is required at a minimum of 50% of the regatta race days prior to District competitions (6 before Team Race Districts on 4/28-29; 7 before Doublehanded Districts on 5/5-6). Sailors who fail to meet this requirement will normally not be eligible to sail in District competitions. Please review the regatta schedule and return the **completed regatta attendance form (available on the team web site)** at the first team meeting Friday, Feb 24th.

3. Our coaching philosophy emphasizes the “ELM Tree of Mastery”, which stands for Effort, Learning and bouncing back from Mistakes. Research shows that emphasis on these principles (rather than on competition results) promotes character development of individual athletes as well as optimum team performance. Sailors will be learning more about this at team meetings.

4. We look forward to a great season of sailing! Feel free to contact us with any questions you have that are not answered on our web site www.kitsapsailingrowing.org or the school Moodle site.

Your Coaches,

Steve & Sheila Trunkey strunkey.sail@comcast.net

Kathy & Pete Ozimek pktcozimek@yahoo.com

Chris Rich