

Chicago Yacht Club High School Sailing Program  
Rules and Expectations

- 1) Participation in practice is mandatory for all sailors.
- 2) Each sailor will be given 2 excused personal days per season to be used for getting homework done, doctors appointments, etc.
- 3) Your status as a member of your sailing team will be jeopardized if more than 2 practices are missed; penalties vary from school to school, though doing service at the sailing school barge is a possibility.
- 4) When taking your 2 days, coaches still need to be alerted by email, text, or phone call – Attendance will be taken daily, so any other absence needs to be cleared by coaches first.

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- 5) No food in the classroom. The only exception is if you bring something for everyone to share, and you clean up afterwards!
- 6) All sailors are responsible for properly de-rigging and helping with general maintenance of equipment. \*General guideline: treat it as if it's your own.
- 7) All sailors are expected to be available for all regattas (if qualified); if you know of something that will prevent you from participating in an event, coaches need to know at the beginning of the season.
- 8) When CYC hosts events in which you are participating, you are expected to arrive early and stay late until the event is finished and cleaned up.
- 9) You are expected to learn and understand the Racing Rules of Sailing.
- 10) You are required to be respectful and positive to your teammates, using constructive means of communication rather than destructive means, even when you are heated. \*See "The 10 Commandments of Skipper/Crew Relations"
- 11) You are required to wear a dry suit in the spring.
- 12) Saturday practices are mandatory for all sailors not traveling to events.