



Sturgis Charter Public School  
*An International Baccalaureate World School*



## Season Information for Sailing

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Dear Parents & Student-Athlete,

Welcome to the **Sturgis West sailing season**. This season a Co-op team will run between East and West. At this time the Sturgis Athletic Dept. has some oversight and some budgetary responsibility for the program that in previous years has been run as a club sport. Please take the time to read this season information letter carefully. There is a lot of information and we hope that this letter answers many of your questions. The official season begins on **Monday 18<sup>th</sup> March**. If you have questions feel free to contact the athletic office at any time.

**Who can participate?** This athletic season is open to grades 9-12. Sturgis has a no cut policy for its sports teams. We believe that the lifelong lessons imparted through an athletic program should be accessible to all. Swimming ability and comfort in the ocean is important for our athletes in the sailing program. A basic swim test will be conducted at the beginning of the season and this is a pre requirement for becoming a team member.

**Practices** There are a maximum of **5 scheduled practices/contests per week**. All athletes must attend every practice. Each athlete does need a **dry-suit, sailing/water shoes and appropriate layering**. Staying warm and having the right gear is important for athlete safety. If an athlete is unable to attend a practice, he / she should speak with the head coach. If a student is absent from school, please contact the coach directly.

**Practice times and venues.** Practices generally start at 4:15 PM and the venue is the Bass River Yacht Club in South Yarmouth. Practice end at 6:00-6:30.

**Fundraising** For the 2018-19 season, team members are expected to support the fundraising activities that will defray the costs of the program. The sailing team will continue to host one annual fundraising dinner and auction. Students actively participate with the planning of this event and parent volunteers are always greatly appreciated.

**Schedule** A link to the schedule and games can be found at

<http://sturgiswestathletics.com/>. We encourage each student / parent to create a Big Teams account. **Please note that there are contests on Saturdays, inclement weather may dictate that contests take place over Memorial Day weekend and school time will be missed for some games.** If you wish to prioritize other events over this season, be proactive and talk with your coach. Be sensitive to the fact that missing games and practices will affect your playing time.

**Before signing up for an athletic season**, each parent and student-athlete should read the online **Athletic Parent Handbook**. **By giving permission for your child to participate in this activity you and your child understand and agree to the policies referring to;** Commitment; Health requirements (physical exam, opioid misuse prevention information for Student- athlete and Parent, impact concussion assessment); Submission of Paperwork; Attendance; Student Conduct and Behavior; Academics; Chemical Health; Transportation; Taunting, Hazing and Bullying; Uniforms **set out in the handbook**. This can be accessed at

<http://sturgischarterhschool.org/athletics/AthleticParentStudentHandbook.html>

The sign up process involves **3 steps**:

1. **By February 1<sup>st</sup>**. Complete the Online Registration. **Please complete this event if you are still not sure you wish to participate. East students please sign up on the East site. West on the West site.**
2. **By March 1<sup>st</sup>** Apparel order forms. Please also complete the attached **apparel order form and return it by**. After this time we cannot guarantee that honour your request.
3. **By March 14<sup>th</sup>** Return the participation waiver and emergency contact form (if you have already listed the spring sport on a previous form you are all set) and a \$150.00 participation fee.

Brij Anand,  
Director of Athletics

John Newcombe,  
Assistant Director of Athletics