



PEWAUKEE LAKE SAILING SCHOOL

Summer 2017 Parent Guide

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Dear PLSS Family,

Welcome to another fantastic summer of sailing at Pewaukee Lake Sailing School! We are very excited for the first day of classes to start on June 12th. Please read the information below to ensure that your child is prepared for the first day of sailing school.

When are classes held?

Classes are held on all scheduled class days regardless of weather. Educational indoor activities will be held if weather is unsafe for on the water activities. In conjunction with US Sailing's REACH initiative, if weather does not permit being on the water, we will be working with some exciting STEM curriculum! Weather is continually monitored to insure the safety of our sailors.

Please check the PLSS calendar on plss.org for the most up to date version of the summer sailing school calendar. The first week of sailing school begins on June 12^h. Please check the calendar below for the dates and times of your specific class. If you bring a personal boat to class, please have your boat ready and rigged before the start time of each class.

What to Wear:

Wearing clothes appropriate for sailing will make the sailing experience more enjoyable. Sailors should learn to dress for outdoor safety and comfort and should expect to get wet every day.

Ideal	Acceptable	Not Appropriate
Swimming suit, rash guard (preferably long-sleeve), board shorts	Shorts, t-shirt,	Cut-offs, blue jeans
Deck shoes, cheap tennis shoes, dinghy boots	Water-shoes meant for swimming	Flip-flops, or anything open-toed
Spray top & pants, Rain jacket	Windbreaker, wool sweater	Cotton sweatshirt
Sunglasses with strap, hat or cap	Cheap sunglasses	
Type III USCG Approved PFD		Water wings, "noodles"

What Else to Bring:

- Water bottle
- Sun screen
- Small snack for on the water or after class (granola bar etc.)
- Dry clothes, dry shoes, and a towel for after class
- If attending an all day class, please bring a lunch

Questions?

Contact **Taylor Martin** e-mail: sailPLSS@gmail.com phone: **970-231-8072**

Please use the below grid to find your program's times, days, dates, etc.

2017 Summer Calendar:

Program	Time	Session 1	Session 2	Session 3	Bonus Info!
Beginning Opti AM	9am-12pm	June 12-29th	July 3rd-20th (no class 7/4)	July 24-August 10th	
Beginning Opti PM	1pm-4pm	June 12-29th	July 3rd-20th (no class 7/4)	July 24-August 10th	SEE REGATTA SCHEDULE
Intermediate Opti	9am-12pm	June 12-29th	July 3rd-20th (no class 7/4)	July 24-August 10th	SEE REGATTA SCHEDULE
Advanced Opti	9am-12pm	June 12-29th	July 3rd-20th (no class 7/4)	July 24-August 10th	SEE REGATTA SCHEDULE
Beginning X-Boat	1pm-4pm	June 12-29th	July 3rd-20th (no class 7/4)	July 24-August 10th	
Advanced X-Boat	1pm-4pm	June 12-29th	July 3rd-20th (no class 7/4)	July 24-August 10th	SEE REGATTA SCHEDULE
Kinderprams	FRIDAY ONLY: 9am-12pm	June 12-29th	July 3rd-20th (no class 7/4)	July 24-August 10th	
C420	9am-12pm	June 12-29th	July 3rd-20th (no class 7/4)	July 24-August 10th	
Lake Country Opti	FRIDAY ONLY: 10am-3pm	June 12-29th	July 3rd-20th (no class 7/4)	July 24-August 10th	
PLSS Sailing Camp		10am-3pm	August 21st-25th		NEW THIS YEAR!

Bringing your own boat:

For our beginning OPTI & Kinderpram programs, PLSS will provide all the boats needed for students registered.

For Intermediate & Advance OPTI, sailors are expected to provide their own boats. We have limited boat rental capabilities.

If you are bringing your own boat, a dolly is recommended, as there is unlikely to be space on our racks. We will be able to accommodate storing boats, rigs, blades, etc. through the summer for sailors who bring their own boats.

Regattas With PLSS:

Throughout the summer there will be numerous exciting opportunities to race, regardless of skill level. Each regatta below will have at least 1 PLSS instructor in attendance, as well as a coach boat.

OPTI Regattas:

For each OPTI regatta, PLSS will provide a trailer with space available for transport. Trailer space is allocated *First-Come-First-Served*, so if you are in need of trailer space, please get your boat loaded early.

We ask that if you are planning on attending the regatta, and are able to bring your own boat, you do so, leaving trailer space available for sailors who need it.

There will be a live Google Form for signing up for trailer space on

We may also ask for parent volunteers to tow a trailer to each event, so if you are planning on attending, please let us know!

X-BOAT Regattas:

For X-Boat regattas sailors are expected to transport their own boats.

Regattas:	
Quint X Regatta (Okauchee) - Wednesday, June 21 st	X Boat
LOPN Opti Regatta (Okauchee) - Thursday, June 22 nd	OPTI
Lake Beulah Fun Regatta - Monday, June 26 th	
X TRAP Regatta - Tuesday and Wednesday, June 27 th and 28 th	X Boat
GLSS X Regatta - Monday and Tuesday, July 10 th and 11 th	X Boat
GLSS Opti Regatta - Wednesday, July 12 th	OPTI
Opti TRAC Regatta - Friday, July 14 th	OPTI
Oshkosh Xtreme - Monday and Tuesday, July 17 th and 18 th	X Boat
X WYA (Pine) - Saturday and Sunday, July 22 nd and 23 rd (practice on Friday, July 21 st)	X Boat
Opti No Tears (Nagawicka) - Monday, July 24 th	OPTI
X Inland - Thursday to Saturday, July 27 th to 29 th (practice on Wednesday, July 26 th)	X Boat
Opti Inland - Monday and Tuesday, July 31 st and August 1 st (practice on Sunday, July 30 th)	OPTI
Opti Pram Power - Thursday, August 3 rd	OPTI
X Blue Chip - Friday and Saturday, August 11 th and 12 th	X Boat
Opti RWB Chip - Monday and Tuesday, August 14 th and August 15 th (practice - TBD)	OPTI



Lake Country Optis

Summer 2017

Coming to a lake near you!



Sailing schools in the Lake Country area have come together once again in the hopes of offering your sailors a fun and educational experience with local sailors and coaches. The following events will have an AM – Clinic and PM – Regatta format for Summer 2017. Coaches from different lakes will be working together to provide your sailor with a great experience!

Who is this for? This series is targeted to sailors who can successfully navigate around a Windward/Leeward course. The goal is to provide sailors with the knowledge and skills they need in order to be competitive in regattas. We intend to split each event into a Green Fleet and R,W,B Fleet. Each Sailing School needs to have one parent representative on shore at all times for all events. For every 5 sailors a sailing school brings, they must provide one coach.

BYO Lunch and Snacks In order to keep costs down, we ask that you provide your sailors with their own lunches each event, along with re-usable water bottles. We request that you pack lunches in environmentally friendly lunch boxes or bags, as we want these events to be as green as possible! Thanks!

Dates: Fridays throughout the Summer

10am-3pm

- Friday, June 16th (10a-3p) – Pewaukee Lake Sailing School
- Friday, June 23rd (10a-3p)– Pine Lake Sailing School
- Friday, June 30th (10a-3p)– North Lake Sailing School (NLYC)
- Friday, July 7th (10a-3p)– Okauchee Lake Sailing School
- Friday, July 14th, TRAC Regatta – Cedar Lake*
- Friday, July 21st (10a-3p)—LaBelle Sailing School
- Friday, July, 28th, NO LCO—X Boat Inlands

*Separate Registration for this event

Cost: \$100 for the entire summer, or \$25 per event: Covers a t-shirt and trophies for each event, as well as any guest coaches our organizers choose to bring in.

Contact Information:

- Pewaukee: Kelly Monahan: 262-370-5649, sailPLSS@gmail.com
- North: Noah Janssen: n.j.janssen22@gmail.com
- Okauchee: Tom Groskopf: 262-354-4969, tommy_groskopf@yahoo.com
- Pine: JoJo Neumann, jojo@jojogehl.com
- Lac LaBelle: Lynn Harris – 414-303-3663: dharris9@wi.rr.com

Concussion Info:

As sports medicine has progressed in the previous few years, and we learn more about what causes concussions, as well as the potential impact that a concussion can have on someone, the sailing world has done its best to stay on top of concussions in our sport.

Sailors are some of the more at-risk athletes for concussions, in non-contact sports. Issues can stem from the boom, other boats, capsizes, etc. Especially for our youth sailors, keeping an eye out for signs and symptoms of concussions is of the utmost importance.

In accordance with US Sailing, all of our instructors complete a concussion awareness program, helping to identify signs of concussions, as well as after-care. The first line of defense in concussion prevention is adequate training. All instructors that complete US Sailing Level 1, 2 or 3 are trained in how to run drills that are designed to minimize the risk of accidental gybes, capsize, or incidental boat-to-boat contact.

Below are some links to the training that our coaches take, as well as good information for parents on identifying signs & symptoms of concussions.

For Coaches: <https://www.cdc.gov/headsup/youthsports/coach.html>

For Parents: <https://www.cdc.gov/headsup/youthsports/parents.html>

<https://www.cdc.gov/headsup/resources/custom.html>

The state of Wisconsin also requires parents & athletes to complete an agreement stating that they understand the inherent risks that youth sports involve, and agreeing that they are willing and able to educate themselves about the signs, symptoms & treatments of Concussions.

This form is attached below.

The PLSS protocol on concussions is as follows: If a sailor is suspected of a concussion, or exhibiting concussion-like symptoms following an incident, regardless of contact with the sailor's head, they will be immediately removed from program and put into our concussion protocol, which involves:

- Limited activity @ program during the day-of incident
- Contact with parent to inform of incident & symptoms
- Continued monitoring by PLSS staff for sustained or worsening symptoms
- PLSS needs clearance from the sailor's physician before they can be re-introduced to activity

PLSS strives to keep all sailors as safe and protected from the possibility of incident as we are able. Sailing as a sport carries inherent risk of injury, and as such, after-care is of the utmost importance.

A Fact Sheet for YOUTH SPORTS PARENTS



This sheet has information to help protect your children or teens from concussion or other serious brain injury.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - › Work with their coach to teach ways to lower the chances of getting a concussion.
 - › Emphasize the importance of reporting concussions and taking time to recover from one.
 - › Ensure that they follow their coach's rules for safety and the rules of the sport.
 - › Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.
- Can't recall events *prior to* or *after* a hit or fall.

Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

GOOD TEAMMATES KNOW:

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.



PARENT & ATHLETE AGREEMENT

Related to Concussion Law WI Stat. 118.293

As a Parent and as an Athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury. *This form must be on file for every sports season and every youth athletic organization the athlete is involved with and must be renewed each school year (clubs- every 365 days).*

Parent Agreement:

I _____ have **read** the Parent Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.

I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me.

I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach.

I understand the possible consequences of my child returning to practice/play too soon.

Parent/Guardian
Signature _____ Date _____

Athlete Agreement:

I _____ have **read** the Athlete Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused.

I understand the importance of reporting a suspected concussion to my coaches and my parents/guardian.

I understand that I must be removed from practice/play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/play.

I understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.

Athlete
Signature _____ Date _____

Questions and Contact Information

Related to Concussion Law WI Stat. 118.293

Name _____ Date _____

Address _____

City _____ Zip _____ County _____

Phone _____ Email _____

Age _____ School _____ School District _____

Check all that apply
I participate in:

- | | | | |
|--|--|--|--|
| <input type="checkbox"/> Football | <input type="checkbox"/> Baseball/Softball | <input type="checkbox"/> Basketball | <input type="checkbox"/> Hockey |
| <input type="checkbox"/> Soccer | <input type="checkbox"/> Golf | <input type="checkbox"/> Volleyball | <input type="checkbox"/> Wrestling |
| <input type="checkbox"/> Track & Field | <input type="checkbox"/> Cross Country | <input type="checkbox"/> Cheerleading | <input type="checkbox"/> Skiing/Snowboarding |
| <input type="checkbox"/> Gymnastics | <input type="checkbox"/> Tennis | <input type="checkbox"/> Swimming & Diving | |
| <input type="checkbox"/> Other _____ | | | |

Name of Current Team _____

1. Have you ever had a concussion? _____, if yes, how many? _____
2. Have you ever experienced concussion symptoms? _____ Did you report them? _____

Emergency Contacts:

Name: _____ Relationship: _____

Phone Number: _____

Name: _____ Relationship: _____

Phone Number: _____

Please complete this form and return to the person operating the youth athletic activity.

Parent of the Day:

Our Parent of the Day program offers everyone who is able the opportunity to be at sailing school when program is running and see all the excitement of PLSS sailing! When you sign up for classes, there is a place to sign up for a day to volunteer. Volunteers can be expected to help catch and launch boats, as well as spend time on shore helping with students, or other projects as needed!

Based on information provided at sign-up, we have put together a calendar that will be distributed towards the beginning of the summer. If you can't find your name, or would like a different day than assigned, please reach out to our PLSS Director:

970.231.8072

sailplss@gmail.com

Contact Info:

Staying in contact with our parents is paramount to a fun and successful summer! Our primary method of communication will be email, sent to the email that you designated when you registered for classes. There may be times that we need to get information to parents quickly, and in these instances (inclement weather, regattas, etc.) we will communicate using both text AND email.

X-boats that sail to class—There may be times that X-boats need to be sent back home early due to incoming inclement weather. In these instances, communication will be done via text & email to inform parents that sailors are coming home early.

Trailer Sign-up:

For Opti regattas, we will offer trailer space on a first-come-first-served basis. There will be a Google form sent out at the beginning of each week for the regatta that week. registration for the regatta, as well as trailer space will be done through this form. Trailers should be loaded the night before each event, individual families are responsible for safe loading & tie-down of boats. We will provide an informal tie-down clinic the day of the first travel event for new families.

Sailing Camp:

New to PLSS this summer is a week-long program, at the end of August! Trying to take advantage of the down-time after summer regattas come to a close, we are going to be offering a chance for sailors to try all of the boats that we have to offer at PLSS, as well as play games, participate in citizen science, and enjoy the last vestiges of summer! We will be splitting students into groups based on age, and providing boats of all shapes & sizes for sailors. Have you been racing an Opti all summer, and are curious what it's like to drive a 420? This is the class for you? X-boat sailor hoping to race in High School, or try out scow sailing? Come try something new!

August 21st-25th 10am-3pm

\$175/week

Summer Event Schedule:

Monday, July 17th—PLSS Family Fun Night

Monday, June 19th—PLSS Family Fun Night

Monday, August 7th—PLSS Family Fun Night

Tuesday, August 8th—PLSS Trophy Night