

2019-2020

Opti Race Team Expectations

The natural progression of a PYSF sailor is to move from Opti Green, to Opti Race Team to 420 Intermediate and then onto the 420 Race Team. The reason for this progression is for sailors to learn the right skills at the right time of their development. The idea of the race team is that you are READY both ***mentally*** and ***physically*** to race at the national level.

**PYSF Values**

**Character** – Be accountable, respectful, positive, and a team player

**Community** – Be an active and positive part of PYSF and the sailing communities

**Competitiveness**- Work hard every day to improve and to help your team improve

**The PYSF Culture**

Race team members are expected to uphold and live to the values of PYSF (see above).

* Performance & Effort – To be part of the race team and represent PYSF in regattas requires the sailors to perform with maximum effort and intention. Be accountable for your effort everyday both as an individual and as a member of the PYSF team. Take pride in your intention to compete and push yourself and your team to be better every day.
* Coachability – Athletes are expected to listen and put into practice what they are being taught, process the information, engage with coaches and teammates, communicate, and ask questions. Team members are expected to receive feedback from their coaches in a positive manner.
* Teamwork – At PYSF we work in a team environment and setting. Athletes are expected to help, guide, assist, teach, learn, ask, support, cheer, and understand that the whole community is more important than the individual.

**Be respectful**

* Treat all team members, coaches, race officials, competitors and property with respect.
* Be gracious hosts and guests during events.
* Hold yourself and your competitors to a high bar of sportsmanship.
* Help your teammates and the PYSF family at every opportunity.

**Good communication between athlete and coach**

* Be the first point of contact with the coach (not your parent).
* Be honest with yourself and your coach.
* More than 24-hour notice is needed if you are going to miss a practice .
* Communication will be through email for all logisitics.

**Be prepared**

* Gear – Sailors are required to attend all practices and regattas with the proper gear (proper sailing attire for all conditions, USCG approved life jacket with whistle, shackle, sail ties, e-tape, line, pin & ring ding, sailing boots, watch, pinnie, etc.). On Saturday practices, sailors are required to come with workout clothes and sneakers.
* Boat maintenance and preparation – for every practice, sailors must have their boat “race ready” (racing sails are NOT required).
* Safety – Sailing, especially on the race team, requires a higher level of performance, which means sailing in conditions that will push the sailor’s ability. The sailors are required to be responsible at all costs, and to act in a safe manner by listening to coach’s instruction and following that instruction, and by being prepared with the proper gear and attitude. An athlete must understand that not being prepared and not listening to instruction will put themselves and the rest of the team at risk.

**Be Committed**

* Team members must attend 80% of the practices unless otherwise discussed with the coaches at the beginning of the season.
* All race team sailors must commit to and be available for ALL local events as mentioned in the schedule.
* All sailors must attend the trailer loading and unloading. Failure to do so will remove the sailor from the upcoming event and/or practices. Loading and unloading trailers will take place the last practice prior to the event and the first practice after event, unless mentioned differently in email. Be mindful that loading trailers usually takes about an hour more than the regular schedule of practices.
* Parents of the race team sailors have to commit to tow at least every other event.
* Confirm with coaches before attending other clinics, practices, programs, regattas, etc.

**General**

* Discipline – The sailors are required to follow the Racing Rules of Sailing, the PYSF team rules and are expected to live up to the PYSF values and culture at all times.
* No one on the PYSF Team will participate in illegal activities, specifically the use of drugs and alcohol.
* Commitment to the following trips must be made by the date listed: Orange Bowl (Sept 1), Valentines’ Day Trip (Nov 1) and Sunshine State (Dec 1).