



2019 LaBelle Yacht Club Sailing School – Optis –

Wednesday June 12th – Wednesday July 31st
Lutheran Homes of Oconomowoc
1506 W Wisconsin Avenue

*Optimus Prams are sailed from ages 7-14.
Please contact us with any questions 414-750-1824.*

OPTI LEARN-TO-SAIL CLASS

Designed for the first-time sailor who does not have time for the full summer program. This class eases the student into the water with games and fun drills.

COST: \$175 per sailor (includes \$25 boat rental)*
SCHEDULE: Monday & Wednesday: 3:00-5:00, June 12th thru July 31st
Session 1: June 12, 17, 19, 24, 26
Session 2: July 8, 10, 15, 17, 22

** Includes introductory short-term \$30 LaBelle Yacht Club. This also includes the \$30 boat registration fee required for trophy eligibility for the Wednesday racing series.*

BEGINNER OPTI CLASS

This class eases the student into the boat and water with games and fun drills. Designed for the first-time sailor or returning sailors who are not always confident in a boat by themselves.

COST: \$375 (w/ boat rental) or \$275(w/o boat rental) - rental includes Wed night racing*
SCHEDULE: June 12th thru July 31st - Monday & Wednesday: 10:00 -12:00 or 3:00-5:00

** Includes introductory short-term LaBelle Yacht Club membership – see page 3 for more details*

INTERMEDIATE/ADVANCED OPTI CLASS

Designed for sailors who are confident in a boat alone and are able to sail around a triangular course. This class fine-tunes basic skills and introduces race skills; start lines, basic race rules and improved boat handling. We strongly encourage intermediate sailors to sail in 6pm Wednesday night races and some off-lake regattas. There is also a weekly sailing school series race that takes place during class and includes a trophy at the annual LYC trophy banquet.

COST: \$400 (w/ boat rental) or \$300(w/o boat rental) - rental includes boat use for Wed night racing
SCHEDULE: June 12th thru July 31st - Monday & Wednesday: 12:45-2:45

WEDNESDAY EVENING RACE SERIES: 6pm starting June 12th

Pack the cooler, bring some snacks and hop on a spectator boat to enjoy beautiful Labelle evenings as you watch your children race their optis. Racing is expected of Intermediate and Advanced Fleet kids, but beginner sailors are encouraged to participate if they feel comfortable. Race series concludes with trophies to top finishing registered opti boat skipper, awarded at the LYC trophy banquet in the fall.



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IMPORTANT INFORMATION FOR INTERMED/ADV SAILORS

Lake Country Opti Club – Take it to the next level!!

The Lake Country Opti (LCO) Friday club should be considered the part of your child’s summer sailing program. The best way to improve sailing skills is to sail on other lakes against different sailors. LCO is a very low key, fun racing program designed to help kids become more comfortable racing. Ask any veteran Opti sailor what their favorite part of sailing Optis was and they will probably say “the Lake Country Optis!”. It’s really fun to sail on different lakes and meet new friends – big part of the sailing world! The LCO Club takes place on Fridays on six different lakes. Parents are responsible for transporting their child and boat to/from the hosting lake. A sailing school instructor will be present to help with everything else!

COST: \$25 per event or \$100 for all 5 Fridays. If registered for all 5 events (\$100) prior to May 31, 2019 you will get a Lake Country Opti participation item. There will be fun prizes at each event and trophies for cumulative scores for the racing portion on the last Friday at PLSS August 8th. Registration and payment will all be online, www.plss.org/lakecountryopti with credit card or check. They will only accept checks that are mailed.

SCHEDULE: Friday, June 21st (10a-3p) – Pewaukee Lake Sailing School
 Friday, June 28th (10a-3p)– North Lake Sailing School
 Friday, July 5th (10a-3p)– No LCO - Holiday
 Friday, July 12th (10a-3p)– No LCO: TRAC Regatta – Cedar Lake
 Friday, July 19th (10a-3p)—Lac La Belle Sailing School
 Friday, July 26th- No LCO- X Boat Inland
 Friday, August 2nd (10a-3p)—Nagawicka Lake Sailing School
 Friday, August 9th (10a-3p) - Pewaukee Lake Sailing School

Opti Regatta Information

Below is a quick guide for the off-lake opti regattas. If you are unsure whether your sailor is ready for a specific regatta, ask the Instructors for their input. Parents are responsible for transporting both boat and child to these regattas. **Instructors attend with you!** You can visit www.labelleyachtclub.org, www.ilya.org, and www.usoda.org for more regatta information.

	LOPN	Beulah Fun	GLSS Dinghyfest	TRAC	No Tears ILYA	ILYA Opti	Kaszube Cup	Pram Power	Red White Blue Chip
Date	TBD	June 24	July 9-10	July 12	July 22	July 28-30	TBD	Aug. 8	Aug 11-13
Location	TBD	Beulah	Lake Geneva	Cedar	Cedar	White Bear	South Shore YC	North Lake	La Belle
Beginner		X		X	X			X	
Intermed	X	X	X	X	X	X	X	X	X
Advanced	X	X	X	X	X	X	X		X



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Registration Form

1. Skipper/Student Name: _____ Age _____

Participating in: **Beginner** **Intermediate** **Advanced** (Circle One)

2. Skipper/Student Name: _____ Age _____

Participating in: **Beginner** **Intermediate** **Advanced** (Circle One)

3. Skipper/Student Name: _____ Age _____

Participating in: **Beginner** **Intermediate** **Advanced** (Circle One)

Address: _____ City/State/Zip: _____

Parent #1 Name/Emergency Contact: _____

Phone #: _____ Email: _____

Parent #2 Name/Emergency Contact: _____

Phone #: _____ Email: _____

CLASS FEES

Class name/time/session _____ Sailor #1 \$ _____

Class name/time/session _____ Sailor #2 \$ _____

Class name/time/session _____ Sailor #3 \$ _____

Do you plan to sail off lake? Off lake rental fee \$30 per boat \$30.00 x ___ = _____

TOTAL _____

Please mail in your application ASAP. Classes are filling up for the summer. Mail completed registration form and checks (payable to LYCSS) to: LYCSS, PO Box 826, Oconomowoc, WI 53066

New to all this sailing stuff and confused?? Please call, text or email me!
Colleen Mihelich- 414-750-1824 (Cell) – clmihelich@hotmail.com



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SAILING SCHOOL RELEASE AND MEDICAL AUTHORIZATION

The undersigned parents of _____ desire his/her child to participate in the 2018 LYC Sailing School program and acknowledge that there are dangers and risks of injury or property damage inherent in the activity, but still desire his/her child to participate.

THEREFORE, the undersigned, in consideration of the opportunity for their child to participate and other good and valuable consideration, do hereby forever and by these presents do for their heirs, executors, successors and assigns, release and discharge the La Belle Yacht Club, the La Belle Yacht Club Sailing School Corp., their directors, agents, employees and all other parties acting on behalf of La Belle Yacht Club and La Belle Yacht Club Sailing School Corp. from any and all claims, action, causes of action, damages, expenses and/or compensation whatsoever which the undersigned, and/or his child, may hereinafter incur on account of any and all known or unknown, foreseen or unforeseen, bodily and/or personal injuries and/or property damage resulting from an accident or event arising out of the Sailing School activities.

FURTHER, the undersigned parents, in the event that he or she cannot be contacted through reasonable efforts, do hereby empower and grant **John Dvorak, Quinn Harris** and **Colleen Mihelich** permission to consent and authorize medical and hospital care and treatment for their above child. This authorization shall be valid from June 1, 2018 through August 31, 2018. We do hereby indemnify and hold harmless the physicians, hospital and other persons who acted in reliance upon this authorization.

The undersigned further declare and represent that no promises, inducements or agreements not herein expressed have been made and this Release and Medical Authorization contains the entire agreement between the parties.

The undersigned have read the foregoing Release and Medical Authorization and fully understand it.

Executed this ___ day of _____, 2018.

GUARDIAN SIGNATURE/EMERGENCY CONTACT

RELATIONSHIP: _____

GUARDIAN NAME: _____

PHONE #: _____

CONCUSSION FORM



WISCONSIN DEPARTMENT OF
PUBLIC INSTRUCTION



PARENT & ATHLETE AGREEMENT

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 completed for every sports season and every youth athletic organization the athlete is involved with.

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 _____



125 South Webster Street,
PO Box 7841,
Madison, WI 53707-7841

PHONE: 608-266-3300
TOLL FREE: 800-441-4563
WEB SITE: <http://www.dpi.wi.gov>



CONCUSSION FORM

Questions and Contact Information

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.