



White Lake Sailing School and Race Team Registration Form

Registration must be submitted a minimum of one week prior to start of session
Please fill out completely and return to the WLSS room or WLSS Mailbox in the WLYC Anchor Room.
For additional information or to register online, please go to www.wlsailingschool.com.

Contact Information:

Name:

Email:

Phone:

WLYC Member: <input type="checkbox"/> Yes <input type="checkbox"/> No

Will you be using your own boat for lessons? <input type="checkbox"/> Yes <input type="checkbox"/> No

Additional Information: Emergency Contact Name and Number (if different from above):

Sailor Information:

Name:

Gender: Male or Female

Age:	Grade Level (if a student):
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Sailing Experience:

Select Level: Levels: Intro to Sailing - \$100/session Intermediate - \$175/session <input type="checkbox"/> Intro to Sailing – Monday-Thursday • Level 1 & 2: 5:30 pm – 7:00 pm <input type="checkbox"/> Intermediate Sailing – Monday-Thursday • Level 1 & 2: 10:00 am-12:30 pm <input type="checkbox"/> Port Group – <i>Instructor must approve</i> • Monday-Thursday: 1:30 am – 4:00 pm <input type="checkbox"/> Opti Green – <i>Instructor must approve</i> • Monday-Thursday: 1:30 am – 3:00 pm	Select Session(s): Sessions: All Mon-Thurs unless noted. <input type="checkbox"/> Session 1: June 19 – 22, 2017 <input type="checkbox"/> Session 2: June 26 – 29, 2017 <input type="checkbox"/> Session 3: July 3 – 7, 2017- No class July 4 th (Tues) <input type="checkbox"/> Session 4: July 10 – 13, 2017 <input type="checkbox"/> Session 5: July 17 – 20, 2017 <input type="checkbox"/> Session 6: July 24 – 27, 2017 <input type="checkbox"/> Session 7: Aug 7 – 10, 2017
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Jr. Racing Team Only <input type="checkbox"/> Opti Green: \$50 <input type="checkbox"/> Opti RWB/Butterfly/Laser: \$100 T-Shirt Size: Youth / Adult S M L XL

Racing Class: <input type="checkbox"/> Opti <input type="checkbox"/> Butterfly <input type="checkbox"/> Laser Sail #: (Please complete Boat Charter form if using a WLSS boat.)

Total Fee (s):	Paid Via: <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Online/credit
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White Lake Sailing School

Medical & Consent Form Agreement

The undersigned participant or legal parent(s)/guardian(s) if under the age of 18, understands that an element of risk is involved in all sports. Now, therefore, in consideration of participation in the White Lake Sailing School events/classes/lessons by the below named participant, we, the undersigned participant or legal parents(s)/guardian(s), do hereby covenant and agree to hold harmless and to indemnify the White Lake Sailing School, the White Lake Yacht Club, all Directors and Board members of the White Lake Sailing School and White Lake Yacht Club, all instructors, employees, or any personnel engaged or volunteering to help conduct these events, courses, and classes/lessons for any and all liability for any claim, demand, suits or causes of action growing out of or in any way attributable to any injury or damage to the participant named below whatsoever, arising out of or in any way connected with the operation of, participation in or in any way connected with these sailing events or use of the White Lake Yacht Club, the White Lake Sailing School, regattas and events, and any and all White Lake Sailing School and White Lake Yacht Club equipment and facilities.

Additionally, the understated participant or legal parent(s)/guardian(s) gives permission to the White Lake Sailing School and its instructors, employees and/or volunteers to seek provide or administer emergency medical treatment to the participant named below for illness or accident if they cannot first be contacted.

Sailor Name:	Date:
Parent/Guardian Name (if under 18 years of age):	Emergency Phone:
Signature (Parent/Guardian Name if under 18 years of age):	
Accident/Health Insurance Policy #:	

Please indicate if there is any medical information, condition or allergy about the above named participant that the White Lake Sailing School should be made aware of: _____

Note: A Michigan CDC Concussion Form will need to be read, signed and returned for each sailor prior to any lessons.



White Lake Sailing School (WLSS)

2017 Boat Charter Form

- If you are planning to use a WLSS boat for events, please complete this Charter Boat Form and remit the required payment.
- Guardian/Parent of racer chartering a WLSS boat agrees to pay all costs associated with repairing any damage incurred by the chartered boat (as determined solely by WLSS) while being used by their racer at sponsored events.
- All boat charters are subject to the approval of the WLSS Manager and Instructors.

Sailor Name: _____

(✓ Check all that apply.)

Sail # Assigned *(To be completed by WLSS personnel only):* _____

Event	Fee	Total
White Lake Sunday Series <ul style="list-style-type: none"> • June 25 _____ • July 2 _____ • July 9 _____ • July 16 _____ • July 23 _____ • July 30 _____ • Aug. 13 _____ • Aug. 20 _____ • Full Season* _____ 	\$20 per event Or \$100 for Full Season Charter Fee* <small>*Full Season Charter Fee includes Sunday Series on White Lake.</small>	
WMYSA Regattas - West Michigan Youth Sailing Association: <ul style="list-style-type: none"> • June 28 _____ • July 14 _____ • July 21 _____ • July 28 _____ (WLYC) • Aug 11 _____ 	\$50 per event	
WMYA "Westerns" Regatta – West Michigan Yachting Association: Location: Crystal Lake Yacht Club <ul style="list-style-type: none"> • Aug 5 - Aug 8 _____ 	\$75 per event	
Charter Boat Fees for 2017 Season	Total Due for Season:	

Payment may be remitted online at www.wlsailingschool.com/programs/payments or by cash or check.

Total Fee (s): _____	Paid Via: <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Online/credit
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PARENT & ATHLETE CONCUSSION INFORMATION SHEET



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

Michigan Department
of Community Health



SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of 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 hit or fall
- Can't recall events after hit or fall

▶ **“IT’S BETTER TO MISS ONE GAME
THAN THE WHOLE SEASON”**

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK

YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

Sign and submit:

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

2017 WMYSA REGATTA ENTRY FORM

(please circle the fleet you will sail in)

OPTI GREEN

OPTI RWB

BUTTERLY

LASER RADIAL

LASER FULL RIG

420

SAIL NUMBER _____

(Please include any other unique traits such as sail color or hull color)

ATTENTION COACHES:
Please make sure you do not have any identical sail numbers among your sailors! Any differentiation must be done with more than just black electrical tape!

Sailor Name	Age

Address	

City	

State	Zip
_____	_____
Phone Number	

Email	

Crew Name if	
Applicable	

Sailing Club	

Emergency Contact	

Emergency Phone #	

DISCLAIMER OF LIABILITY.

Competitors participate in the regatta at their own risk.

Parents/guardians are responsible for the safety of the sailor whom is less than 18 years of age. It is the responsibility solely of the parent(s) of the sailor to decide if the sailor should sail in the weather and sea conditions that might arise during the event. Parents not personally attending any part of the event must ensure that another adult is authorized and designated to make these decisions for their sailor.

The organizing authority and all parties involved with the organization of the event disclaim any and every responsibility whatsoever for loss, damage, injury, inconvenience or death sustained in conjunction with or prior to, during, or after the regatta that might occur to persons and goods, both ashore and at sea as a consequence of participation in the races covered by these sailing instructions.

Signature of sailor or parent _____ **Date** _____