Welcome to MBBC Sailing 2015

On behalf of all staff at MBBC I wish to say thank you for your contribution to the MBBC Sailing program. At MBBC we believe that sailing is a unique and exciting offering within the MBBC sports program. Scheduled upgrades to our fleet as well as the development of strong alliances with MBC sailing will now give our boys access to a high quality program supported by excellent coaching staff and quality resources. Best of luck to all sailors for the upcoming season.

Should you require further information regarding the Sailing program I invite you to contact the coaches and managers as detailed within this booklet. Please contact me if you need additional details regarding other sports activities within MBBC.

Best wishes for the upcoming sailing season.

Kind regards,

Mr Scott Emblen
Head of Sport and HPE

Coach and Managers contact details

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Minimum requirements to sail.

To be eligible for the Term 1 MBBC Sail Training program, boys MUST be in Years 7-12 and have COMPLETED (or be currently enrolled in) a basic Learn to Sail program.

Schools Sailing Competition

Students will be given the opportunity to compete in either Fleet or Teams races. Fleet racing is where each boat competes independently. In teams racing several boats will compete as one team within each race. Details of upcoming regattas are as follows:
Fleet Racing and Teams Racing will be held on each of the following dates:

- Sunday 15 February, 2015
- Sunday 22 February, 2015
- Sunday 1 March, 2015
- Sunday 8 March, 2015
- Sunday 15 March, 2015
- Sunday 22 March, 2015

Each regatta will commence with a briefing at 8:30am and will conclude mid to late afternoon, dependent on the number and type of races in which a student competes.

Training

Sailing training will take place at Royal Queensland Yacht Squadron. Due to availability of boats and coaches, training sessions throughout 2015 will now be held each Tuesday afternoon from 3.30pm until 5.30pm. Training will continue each week through to the end of Term 1.

Uniform

Students are to train in their PE uniform. During regattas students are to wear the PE shorts and the MBBC sailing rashie which is available at the uniform shop.

Transport

The MBBC bus will transport students to RQYS each Tuesday afternoon. Parents are to collect students from RQYS at 5:30pm.

Fees

The MBBC sailing program runs on a user pays basis. A fee of $200.00 per student per term is payable at the start of the term. This fee pays for the following:

- Maintenance and upkeep of newly boats.
- Maintenance of the Safety Boat.
- Registration fees for Teams and Fleet Racing
- Fees associated with storage of boats at RQYS
- Insurance of boats.

Payment for this activity needs to be made online via the College website. On the home page, select the Payments Online Quick Link at the top right of screen. Then select Activities & Excursions, then click on Next. “Sailing” will be available in the drop down box next to Event/Activity. Complete the remainder of your details and payment details, bearing in mind you can use either credit card or a direct debit option. Click on Next to submit your payment.
Selection and Commitment

Teams will be selected based on performance and skill level at training.

Your selection into the MBBC Sailing squad means that you as a student are required to meet certain expectations.

→ Attend all Sunday competitions. Race times may vary slightly due to scheduling.
→ Attend all training sessions
→ Seek permission from your Coach if you cannot meet the above commitments
→ Support your team mates
→ Represent your school at all times with integrity.

Competitor expectations

→ It is unacceptable to abuse or curse any other sailors, or the umpire, on or off the field. Sailors not heeding this rule will be immediately removed from the regatta.
→ Should you be unable to attend a training session or regatta, you are to inform your coach as soon as possible via phone and email. Passing a message on through a team mate is unacceptable
→ Wear the appropriate Sailing uniform to training and competition games
→ Show good sportsmanship on and off the water, whether you win, draw or otherwise
→ Respect school property.

Competition and training cancellations

Call the MBBC Wet Weather Line – 3906 9450 after 6:30am. If the line has not been updated, please assume training or competitions are continuing as planned.

Photographs

Coaches may take photographs of the students throughout the season for weekly newsletters and the MBBC Yearbook - MIRROR.

Sports Awards Night

Recognition is made annually at the MBBC Sports Awards Night. Categories are as follows:

• *Best and Fairest* – selected based a 3, 2, 1 scoring system allocated at the end of each regatta to the top three sailors.
• Most Improved – selected by the coaches based on the sailor's abilities at the start of the season compared to those at the end of the season

Weekly Newsletter

A brief report will be submitted by team coaches for the weekend’s round and will be included in the MBBC Newsletter.

Code of Behaviour

SAILORS

→ You should play your sports for the good health they promote, the enjoyment of being involved in sporting activities with your friends, and for the satisfaction that comes from doing your best, which will mean accepting victory and defeat in the same, well-balanced manner.

→ You should learn the rules of your sport as best you can. Regardless of whether you agree or not, decisions by officials, umpires, and selectors should be accepted with equal and due respect.

→ Remember that any poor sporting behaviour reflects badly on you, your parents, your coaches and your school. Copy only the good behaviour of well-known sporting figures.

→ There is never any excuse for bad language whether at training or when playing.

→ Give your teachers, coaches, parents, spectators and officials the respect and thanks they deserve for training you, supporting you, transporting you and generally making your sport possible.

TEACHERS AND COACHES

→ Each student should not be expected to give more than a reasonable time each week to training so that a proper balance is maintained in respect of time allocated to study, religious activities, boarding school or home duties, cultural enjoyment and social activities.

→ Every opportunity afforded by competitive games should be grasped to encourage the social growth of competitors. In this respect all the courtesies should be observed: teams must be punctual and well turned out; the home team should receive the visiting teams in a warm and helpful manner and the courtesies of the particular sport should apply.

→ Create opportunities to teach good sporting behaviour and the concept of fair play. Developing an awareness in sailors of the responsibilities and the implications of the freedom to choose between fair and unfair play is essential. Breaches of good sporting behaviour should never be ignored.

→ The awareness of the rules of the games, and their observance, is vital for the good order of games.

→ Develop team respect for the ability of opponents, as well as for the judgement of officials and opposing coaches.
Encourage the development of a sense of achievement that comes from an increasing degree of mastery of complex skills and tactics.

Remember that competitive games are for enjoyment and that winning is only part of the process.

Ensure that efforts for both skill improvement and good sporting behaviour are rewarded by praise. Sailors need a coach they can respect, so set a good example.

Make a personal commitment to keep yourself informed on sound coaching principles and the principles of growth and development of students of all ages. The scheduling and length of practice times and competitions should take into account the maturity level of sailors.

Encourage awareness of the physical fitness value of sports and their life-long recreational benefit.

Support all efforts to ensure that there is no verbal or physical abuse in sporting activities.

Control comments made in moments of high tension.

PARENTS AND SPECTATORS

While we warmly encourage the full and wholehearted support of parents and other supporters, you are reminded that the competitive games the children play are organised for their benefit and enjoyment.

Encourage children always to play by the rules and their interpretation. The good example you set by respecting the decisions of officials can do much to support this. The use of profane language or the harassment of sailors, coaches and officials does nothing to support the spirit of games.

Instil in children the virtue of honest effort as being as important as winning so that the result of each game is accepted without undue disappointment.

Your promotion of the ideals of good sporting behaviour and a sense of fair play will only maximise the enjoyment the children derive from playing competitive games. Applaud good play by the team you support and by members of the opposing team.

Recognise and support the value and importance of coaches. They give of their time and resources to provide recreational activities for your child. Vindictive criticism of coaches damages the sailors/coach relationship and may destroy the good we seek to achieve.

Any breach of good sporting behaviour by, or apparent complaint against any official of another school should only be voiced through your school administration on a Principal to Principal basis.