



# Warrior Sailing Program Basic Training Camp

<http://www.warriorsailing.org/>

May 14-16, 2019

Travel Days May 13 and May 17

Fort Worth Boat Club, Fort Worth, Texas



A program of the 501(c)3 Nonprofit, USMMA Sailing Foundation ([www.usmmasailingfoundation.org](http://www.usmmasailingfoundation.org))

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**Program Overview:** Warrior Sailing introduces wounded, ill and injured military Service Members and Veterans to the sport of sailing and the basics of sailboat racing. All instruction is facilitated by professional coaches using instruction and equipment adapted to meet the different needs of the participants. This is a hands-on training course; we are not just taking participants for boat rides. Be prepared to work!

**Training:** Training takes place at the Fort Worth Boat Club located at 10000 Boat Club Rd., Fort Worth, TX. We will be training on J22 class keelboats. We work in teams of three sailors per boat with a professional coach.

**Cost:** There is no cost to the participants. We will provide the coaching, equipment, meals and lodging. All participants should be medically cleared for activity and active duty participants must obtain command endorsement. Participants must arrange and purchase air or ground transport for travel to/from Fort Worth as described below and **will be reimbursed for travel expenses during the camp. You must provide receipts for your travel costs in order to be reimbursed.**

**Meals:** Meals will be provided for the duration of the camp beginning with the Welcome Dinner on Monday, May 13. Breakfast will take place at the hotel and lunch will take place at our training site daily. Dinners will be provided at various locations daily. Please alert Warrior Sailing ahead of time of any dietary restrictions.

**Travel (Arrive May 13 and Depart May 17):** Our first hard time will be 6:15pm in the lobby at the hotel on Monday, May 13, for an informal "Welcome Dinner" being hosted at the restaurant next to the hotel.

**Flying:** We will reimburse you for the cost of your flight at the camp as long as you provide a receipt. We do not reimburse upgrades, baggage, airport shuttles, taxis or parking fees associated with your trip. If you fail to attend the camp, you will not be reimbursed. Once you are committed to attending, book your flight and email a copy of your itinerary and receipt to [Cory@WarriorSailing.org](mailto:Cory@WarriorSailing.org). **Please try and arrange air travel arriving prior to 4pm into Dallas/Fort Worth Airport (DFW).**

**Driving:** Participants living outside of a 100-mile radius of the training venue, who choose to drive, will be reimbursed for direct gas costs. You must provide a receipt at the camp to be reimbursed. We will cover parking fees at the hotel and return costs as applicable.

**Lodging:** All non-local participants will be staying at the **TOWNEPLACE SUITES FORT WORTH NW, LAKE WORTH**, 2925 Royalty Lane, Fort Worth, TX. We will make reservations on your behalf and will cover the cost of the room. While staying at the hotel please do not charge anything to your room. **YOU WILL HAVE A ROOMMATE.** Contact Cory if you are local to the area but due to your injury, would require lodging near the event venue. Likewise, please let us know ASAP if you require any special accommodations due to your injury/illness.

**What to Pack:** Bring your medications and any other athletic tape, braces or special equipment you need. For sailing, dress to be active in an outdoor environment where you may get wet. We suggest wearing layers that do not restrict movement and are made of a material that will dry quickly. Materials such as denim are not recommended. We suggest a hat, sunglasses, and athletic shoes or sandals. You may want to bring along a pair of athletic gloves to protect your hands while working with the lines onboard. Please bring sunscreen and use it! Always expect a chance of rain, worst case, you have a jacket that you did not need! More helpful tips for our first time sailors can be found here: <http://discoversailing.org.au/discover-sailing/your-first-time/> or contact Cory with any questions or concerns. Dinner venues will not be overly formal. Men should plan on wearing kaki pants and polo or button-down shirts and females should bring along business casual attire.

**Photos & Media:** You will be asked to sign a release to participate in the event once you are on site. This will include the taking photos and video. Please alert Cory to any issues with this ASAP. We have a professional photographer that will be sharing photos from the camp with you along with links to any local media that gets produced. It will be tempting to bring your phone out on the water to take a few pictures during training, we strongly advise against it!

**Service Dog Policy:** You are responsible for all care of your service animal and responsible for any cleaning fees or expenses related to your service animal. Animals that are not properly trained and display any aggressive or non-compliant behavior will be restricted from the program. Service animals are not permitted on the sailboats or powerboats while you are in training. We do not recommend bringing service animals unless absolutely necessary for your involvement in this program.

**Conduct:** It is understood that while participating in this program you are expected to maintain the highest standards of integrity and moral behavior. If at any time you compromise the reputation of the program through inappropriate behavior you will forfeit the opportunity to continue to be a part of it. Inappropriate behavior includes: alcohol abuse, drug use, fighting, sexual harassment or any act deemed offensive by the staff or program host site representatives.

Below are two websites that provide some great introductory information. This is not mandatory, but it can be helpful to jump-start the learning curve for the upcoming Camp. We highly suggest checking them out:  
<http://www.discoverboating.com/resources/article.aspx?id=618>  
<http://www.sailnet.com/collections/learningtosail/basics/orientation.htm>

**Please do not hesitate to contact the staff with questions or concerns throughout the event:**

**Cory Kapes: (727) 773-6164  
Cory@WarriorSailing.org**

**Ben Poucher: (269) 598-7119  
Ben@WarriorSailing.org**

# Schedule Overview for Warrior Sailing Program Basic Training Camp

Day	Time	Activities
Monday, May 13	Travel day for Participants (Check-in is anytime after 3:00PM) Location: <b>TOWNEPLACE SUITES FORT WORTH NW, LAKE WORTH</b> , 2925 Royalty Lane, Fort Worth, TX	
	1815	Meet in lobby to head to Cheddars Restaurant next-door for a Welcome Dinner
Tuesday, May 14	0600-0800	Breakfast is served at the hotel
	0815	Meet in the lobby to depart for training
	0900-1030	Arrival at Fort Worth Boat Club for registration & classroom session <b>Fort Worth Boat Club, 10000 Boat Club Rd., Fort Worth, TX</b>
	1030-1230	Training on the water
	1230-1300	Lunch Break at the Boat Club
	1300-1400	Classroom session
	1400-1630	Training on the water and debrief
	1800	Depart for dinner at <b>Joe T. Garcia's 2201 N Commerce St. Fort Worth, TX 76164</b> <i>(Local participants meet at the restaurant at 1830)</i>
Wednesday, May 15	0600-0800	Breakfast is served at the hotel
	0815	Meet in the lobby to depart for training
	0900-1000	Classroom session at the Sailing Center
	1000-1230	On water training
	1230-1300	Lunch Break at the Boat Club
	1300-1400	Classroom session
	1400-1630	On water practice and debrief
	1800	Depart for dinner at <b>Cooper's Old Time Pit Bar-B-Que, 301 Stockyards Blvd. Fort Worth, TX 76164</b> <i>(Local participants meet at the restaurant at 1830)</i>
Thursday, May 16	0600-0800	Breakfast is served at the hotel
	0815	Meet in the lobby to depart for training
	0900-1000	Classroom session at the Sailing Center
	1000-1200	Racing practice on the water
	1200-1300	Lunch Break at the Boat Club
	1300-1330	Race rules and instructions brief
	1330-1530	Racing on the water/Poker Run
	1530-1630	Cleaning of boats and debrief
	1800	Depart for Closing Dinner and awards at <b>Fort Worth Boat Club, 10000 Boat Club Rd., Fort Worth, TX</b> <i>(Local participants meet at the restaurant at 1830)</i>
Fri, May 17		Travel day for Participants

\*Times may vary due to weather conditions

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