

Bay Area Waterski Club

Flat Water Times

Delta Tunnels Update:
savethedelta.org



March/April 2021

Message from the Board

by Tracy Fallon, 2021 BAWSC Board Member

Pre-Season Strength and Cardio Training Tips for Waterskiers

Hello, my fellow Bay Area Water Ski Club (BAWSC) members and to those who are thinking about it! (hint, hint)

Waterski season is right around the corner, and with

COVID-19 Restrictions lessoning, I am **very hopeful that we will be out on the water very soon!** With that said, I have put together a **few tips on how to build strength and endurance in preparation for skiing** behind Larry Ligon's new boat! No, just kidding! Any boat will suffice, as long as the boat driver is certified, and it has gas in it! But seriously, I know I am going to be doing some extra workouts to get into shape for this season, so I thought I would share some of **my favorite workouts** and some **cool websites** I found.

One of my favorite activities for **gaining cardio endurance** is going for a long ride on my **road bike**. *The longest ride I did was 62 miles, but that was because I got lost!* LOL! Living out here in Rocklin, there are many great rides to do, but if you aren't careful, it is easy to get turned around. At least it is for those that are directionally challenged like me! I also like to run, however, as I get older, it is more difficult to do my entire 4.5-mile route without walking half of it! Usually by the summertime, I have built up the endurance to run most of it. I also like to **lift weights** and **yoga** has become a new favorite.

After a long ride, I often get curious about **how many calories I burned**, so I googled it! I found this super cool **website** called **Calories Burned HQ**.

<https://caloriesburnedhq.com/>

This website has **Everything!** It has a **BMI Chart, Meal Planning, Calorie**

Contents

2021 Officers / Directors

Breaking News P. 5 – 6
Delta Tunnel Update

Member Spotlight

Steve Munroe P. 7

Tidbits

Pages

Ski/Wellness Tips 8 – 12

Website Changes 13

Boater Card License # 14

Safety 15

Club on FaceBook 16

Ads/B'days P. 17 – 21

On-line Application

P. 22 – 24



Message from the Board (con't)

By Tracy Fallon, 2021 BAWSC Board Member

Calculators, Workouts, and more! Anyways, check it out! It's great information.

So moving on to the *whole purpose of this article*, let's dive into some types of **exercises that you can do to get ready for waterskiing**.

FOREARM STRENGTH:

*** Dumbbell Farmer Walks ***

Simply hold two heavy weights by your sides and.....walk! That's it! Try completing five sets of 2-minute walks, holding as much weight as you can in each hand.

(Disclaimer: please do **not try to lift 120 lb. weights**. The *video is only a demonstration* of how to do the exercise.)

ARMS, BACK AND SHOULDERS:

*** Pull Ups and Push Ups ***

Easy enough, right? Well, what if I don't have a pull up bar at home, you say? Give this a whirl!

<https://www.shape.com/fitness/workouts/arm-workouts/pull-ups-at-home-without-pull-up-bar>

And you can also buy a ski rope, or bring one in from your garage, LOL, and tie it to a tree, or to the top of a door and do body weight exercises with the rope.

Channel 3 nailed it here: <https://www.youtube.com/watch?v=V3sDA8DZXIE>

CORE STRENGTH:

*** Planks ***

Good old-fashioned planks are great **for those core muscles**. Planks also **work your abs, back and stabilizer muscles**. Try variations to keep it interesting. For example, a **forearm plank is much harder** than one with extended arms. **Side planks** are great for those love handles too!

*** Yoga ***

I recently added Yoga to my workout schedule, and I was amazed at **how hard it actually is!** So, (insert narrator here) this move is called the "Standing Bow"and wait....what? You want me to make an arch with my back?!! While standing on ONE foot! Uh, all right....! I must say, I'm getting a little better at it. The **DVD** I use is called *Yoga Strong*.

...and for **even more core strength, try this one!**

<https://www.bicycling.com/training/a27286652/abs-exercises-towel/>

LOWER BODY STRENGTH:

*** Lunges ***

I know, I know. Sounds too simple, right? Well, after scouring many waterskiing websites, "*Boating Magazine, Water Skiers World, Ball of Spray, Anytimefitness.com*", I found that lunges and variations of them were recommended by every one of them. Try **adding weight to your lunges to build leg strength**.

*** Weighted Step Up ***

What you will **need for this exercise is a sturdy step, bench, or chair**. Step up with right foot, then bring left foot to meet right foot at the top of the step. Bend your right knee and step down with the left foot. Bring the right foot down to meet the left foot on the ground. **Repeat for as long as you can.**

Message from the Board (con't)

By Tracy Fallon, 2021 BAWSC Board Member



Well, that's all I have for now! See you on the water!



Tracy Fallon
2021 BAWSC Board Member



2021 Officers and Directors



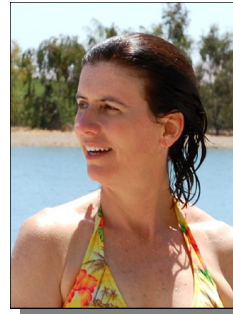
Elected Officers



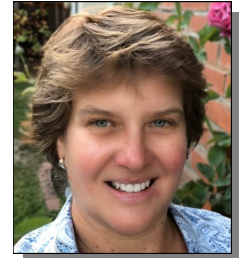
Susan Schmidt
President for April



Larry Ligon
Vice President



Darcy Murray
Treasurer



Dawn Ko
Secretary

Board Members



Gwen Cauthren
Membership Chair



Chris Feduniw
Webmaster



Lynette Wong
Newsletter Editor



Tracy Fallon



Mark Frazier



Karl Smith

Special Committees:

Flat Water Times Editor: Lynette Wong

Webmaster: Chris Feduniw

Jerry Baxter

Eric Johnson

Breaking News

Help Stop the Destruction of the California Delta

Brought to you by Susan Schmidt, 2021 BAWSC Board Member

You may have received an email notice from the **California Department of Water Resources (DWR)**, our long-time adversary DWR, inviting you to register and come to one or more Community Benefits Program Workshops.

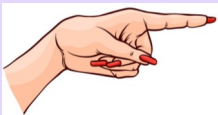
We urge you **Not to Register or Attend any of These Workshops**. This is simply DWR's way of duping Delta residents into helping them get their giant water grab tunnel project approved. The more people who register and attend these sham meetings, the more it will help DWR hoodwink a judge into believing that this tunnel is good for the Delta and that DWR cares about us! What rot! Nonsense!

Instead, we **urge you to email back to DWR** at deltaconveyance@water.ca.gov and **tell them we are not interested in any tunnel workshops**. What we want is to reduce exports of Delta water. We **want DWR to study alternatives to a tunnel** in their upcoming Environmental Impact Report, including the end of pumping Delta water hundreds of miles and up and over the Tehachapi Mountains to Los Angeles. All that money spent, and electricity wasted, pumping trillions of tons of water up and over a mountain range can easily pay for desalination, water re-use and recycling, and water conservation that will make up far more than the amount of water being drained from our precious Delta.

A Shout to DWR: Tell Metropolitan Water District of Southern California to stop being lazy, do their job, and **develop local and regional supplies so they can stop killing our Delta!**

They have been **trying to build their crazy watergrab tunnel since 2006**, and even before that the old peripheral canal. **We have beaten them every time in court and at the ballot box.**

**As long as Delta residents stick together and remain united against the tunnel,
We Will Win Again!**



*Let's All of Us Stick Together and Just
Say NO to DWR, their tunnel, and their phony community meetings!*

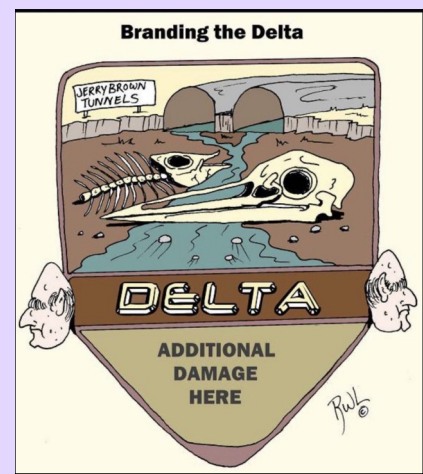


See diagram on following page!

Contact: 916-777-4041

info@californiadelta.org

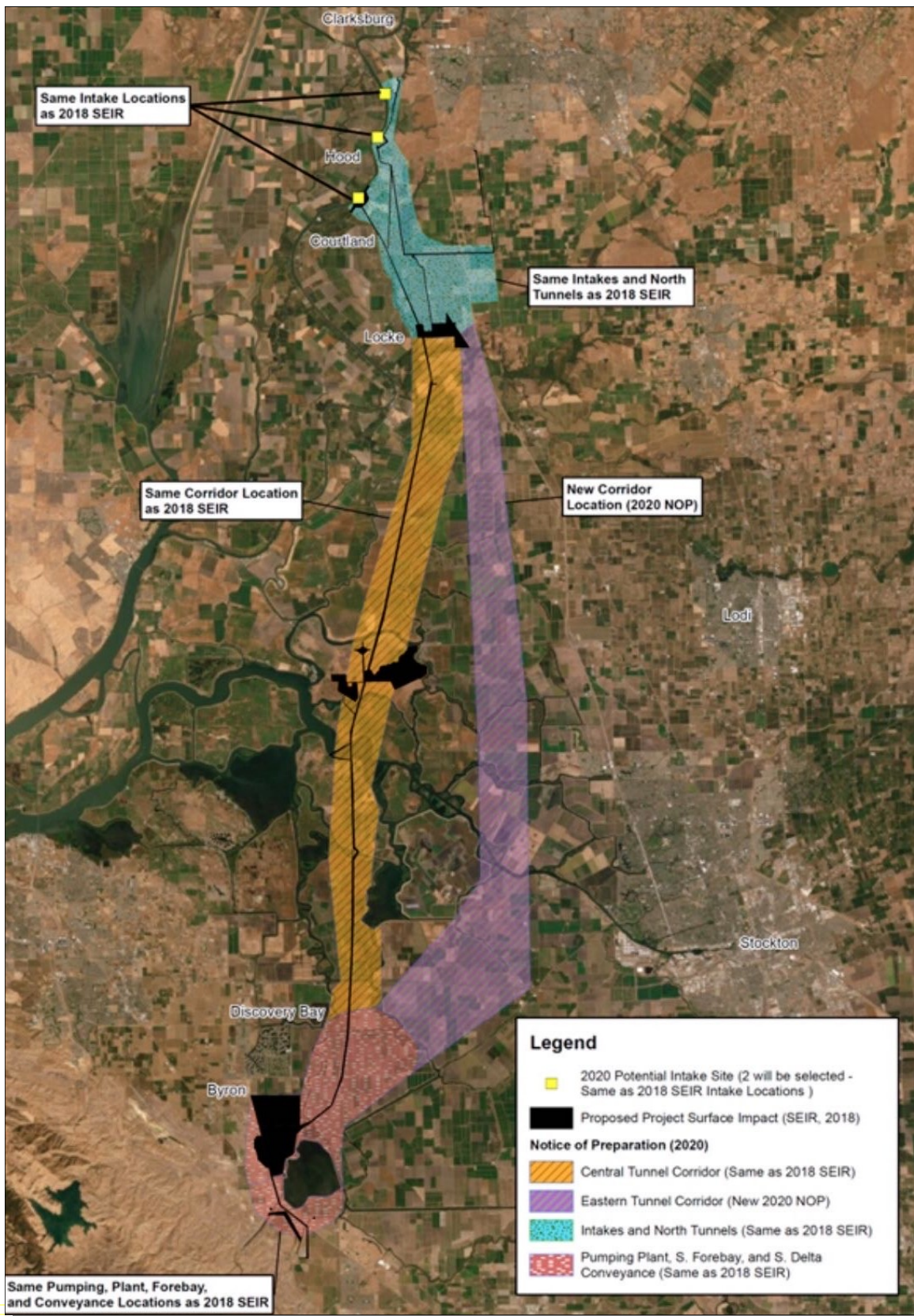
California Delta Chambers & Visitor's Bureau
PO Box 1118
Rio Vista, CA 94571



Breaking News

Help Stop the Destruction of the California Delta

Brought to you by Susan Schmidt, 2021 BAWSC Board Member



Member Spotlight

Say Hello to Steve!

Brought to you by Lynette Wong, Flat Water Times Editor/Board Member

Having less-than-satisfactory swim skills did not stop this East Bay resident from trying barefoot water skiing in his early 20s! “I was invited to go barefoot water skiing on the Delta (when I was 24-years-old) with my employer at the time and I didn’t have a clue because my swimming skills were pretty bad. But I’ve gotten past that & I’ve been hooked ever since,” exclaims **Steve Munroe**.

A member of the Bay Area Water Ski Club (BAWSC) for three years now, Steve **learned how to barefoot ski before water skiing** (imagine that!) He also **enjoys river skiing** and consider it his favorite sport because “At this age . . . , it’s less wear & tear on the body!”

----> **Side Note:** *Impressive feat as most folks learn how to water ski before attempting barefoot water skiing*

As far as **the best advice for improving skiing/wakeboarding**, he quips that it’s **balance and technique**.

Rounding out his love of watersports is wakeboarding which he learned at age 38, and something he does with his family that includes **his wife, son, daughter, and grandson** on the Delta on an average of six times a year.

So, what’s his story on finding BAWSC? He mentions that he **located the club online**, and at the **gentle nudge from his wife**, he decided to join this fine group of watersports enthusiasts!

Although he considers The Delta to be his favorite place to ski/wakeboard, he would suggest other places “. . . that have glass water like the Delta.”

When he’s not working as a Gas Pipeline Controller/Operator, you can find this East Bay Area native of 20 years camping and boating.



Tidbits about Steve

Furthest place you’ve ever skied? Florida

Have you driven boats before? Absolutely!

Favorite vacation destination? Anywhere water is.

Most fun thing you’ve done on vacation?
Zipline in the forest on the Big Island!

Favorite part of the California coast?
Grew up in Santa Cruz, still love it there.

Tidbits

Ski Tips: Online Coaching Videos

Brought to you by Chris Feduniw, 2021 BAWSC Webmaster/Board Member

For those of you looking to improve how you water-ski I highly encourage you to *watch professional water skiers on Joel Howley's on-line coaching videos.*

<https://www.youtube.com/user/shortlineslalom/videos>



Last year Joel has started a series that he calls **“Corona Coaching”** and every few weeks Joel randomly **selects some videos of people skiing** that they send to him and then **offers a few suggestions** what they should work on next time they go out and ski.

What I really like about Joel's coaching is he does not promote and specific style of skiing or equipment. Rather his coaching and tips are based on what that skier is doing well and based on their style, consider what they should incorporate to get even better. His Austrian ascent is also fun to listen to.



For **\$50** you can **send him videos of you skiing** and he will **provide personalized and direct coaching for you** or you can just **upload your video to Dropbox** and include a link in the comments section in his **YouTube videos** and you might be **one of the lucky people he selects to offer free coaching** for you and the rest of the YouTube world to watch.

In addition to on-line waterskiing coaching, Joel's channel also has **free videos** on launching a boat, boat driving, equipment selection and tuning, off water training, etc.

Tidbits

Ski Tips: Online Coaching Videos (con't)

By Chris Feduniw, 2021 BAWSC Webmaster/Board Member

I personally had an opportunity to ski with Joel back in 2016 when my daughter Alyssa and I attended Matt Rini's Ski School in Orlando Florida.

At the time Joel was still competing at the college level and preparing to break into the professional level so it is great to seeing him doing so well at the pro level. He was one of the nicest and fun people at the lake that week and provided great encouragement to Alyssa and me. He loves the sport, and it is fantastic to see him promoting it by offering these free coaching videos, so I hope you check them out and subscribe to his channel.



Look at Alyssa Go!



“Like Father, Like Daughter!”
Watch out for the camera above.



A Call for Contribution: If you've found some great on-line resources for any watersports, please **add them to our clubs new members-only [Water Sports Resource page!](#)**

Tidbits

Ski Tips: Watch the Pros Ski Online . . .

Brought to you by Chris Feduniw, 2021 BAWSC Webmaster/Board Member

Waterski Broadcasting Company on YouTube

As we all know, **Covid-19** has put a damper on the amount of waterskiing people that around the world have been able to do in 2020 including our own club having to cancel events.

The pandemic has also **impacted the number of ProAm tournaments that have been held this year** including the **cancellation of the California ProAm** that **BAWSC members have historically and voluntarily worked the starting dock**. The saving grace is for the **few tournaments** that have been held, they are **broadcast live and on-demand on YouTube** by the [Waterski Broadcasting Company](#)



I have personally found these **broadcast** to be **very informative**. They have given me ideas on **how to improve my own skiing** as the former pros and coaches comment during slow motion replays about what each skier is doing well and what attributes of the skier's style is causing challenges in the course. They also **explain what it means to "check-in" at the ball** and other course lingo. **Athletes are interviewed** before and after they ski so you get a chance to **understand how they prepare before hitting the water**, what they like about the ski they ski on, etc.

A rope tension measuring device and **skier weight-to-load ratio rating** has also been introduced this year. When you see these pros putting **800-1000 lbs. of torque on the rope** and **reaching speeds of close to 70 mph** when crossing the wake, it is no wonder why **these athletes are in such great shape!**

If you only have time to watch one of these events, I recommend **viewing both the 2020 MasterCraft Pro Mens & Women's Slalom Final** where for the first time ever **a three-way tie occurred for first place with 5 balls at 41 off** which then required all three skiers to get back in the water and do another round of skiing to

Tidbits

Ski Tips: Watch the Pros Online . . . (con't)

By Chris Feduniw, 2021 AWSA Webmaster/Board Member

determine the final winner. The **women's final** was equally as exciting as the **first women off the dock made it into 39 off**, putting pressure on the top-seated women to ski their best. As a reminder, at 38 off with the rope at 90-degrees from the pylon, the handle would just touch the ball. During the qualifying the day before, **Nate Smith** made a **complete 41 off pass and got around 1 ball at 43 off**. Imagine skiing 36 mph, starting on one side of the boat, crossing the wakes and getting to the other side to get around a ball that is 5' further out than your rope would reach at a perfect 90-degree angle.

Btw, the announcer is not from the U.S, so he is always referring to the *rope length in meters*.

Conversion Chart

Loop Color	Meters	Meters Off	Feet	Feet Off
Neutral	23.00	0.00	75	0
Red	18.25	4.75	60	15
Orange	16.00	7.00	53	22
Yellow	14.25	8.75	47	28
Green	13.00	10.00	43	32
Blue	12.00	11.00	40	35
Violet	11.25	11.75	37	38
Neutral	10.75	12.25	35.5	39.5
Pink	10.25	12.75	34	41
Black	9.75	13.25	32	43

Tidbits

Wellness Tips

By Lynette Wong, 2021 Flat Water Times Editor/Board Member

As we **wait for herd immunity from COVID-19**, it is even more apparent and *crucial to calm and soothe our minds, and central nervous system.*

This will help to **ease our stress and anxiety levels.**

Read below for some **great recommendations** to *help strengthen and integrate your mind, body and spirit!* (Check out a few of **my favorite Qigong videos!**)

- **Practice Yoga, Qigong, Tai Chi**

- * **Daily Qigong Routine:** <https://www.youtube.com/watch?v=nmmNWj9YtAw>

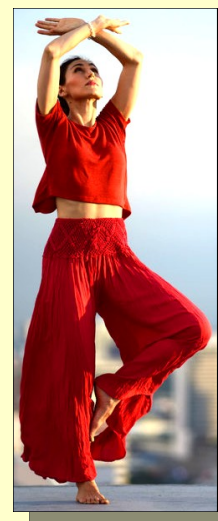
- * **Qigong Flow for Brain Optimization:**

- <https://www.youtube.com/watch?v=EzIpx6-WX4M>

- * **Qigong for Vitality:** Opening the Door of Life:

- <https://www.youtube.com/watch?v=8wddPSIEpvE>

- Add meditation/progressive relaxation to your daily routine
- Focus on a word/phrase that brings you a sense of calmness and peace
- Practice deep abdominal breathing from the diaphragm
- If you're spiritual, begin praying
- Visualize yourself in a beautiful, peaceful place
- Think of someone or something that makes you chuckle! Experience that deep belly laugh.
- Get out in nature
- Play with your animal. Spend time with your children
- Do something fun such as starting a hobby or getting back into it!
- Exercise



Tidbits

Exciting Changes to the Website

By Chris Feduniw, 2021 BAWSC Webmaster/Board Member

Over the past several months our website vendor **Personify Wild Apricot**

has introduced **several new functions and features** that the Bay Area Waterski club (BAWSC) has decided to take advantage of and we have recently **redesigned and upgraded the clubs website** www.bawsc.org to a new look and feel so please check it out.



Key Changes that have been made:



Entire Site is now **mobile friendly** meaning you can now easily fill out forms and read content on any device as it will **scale automatically**

- o **Note:** On cell your phone, the menus are under the hamburger bars on the left and you log-in by clicking the right icon on top of the page

Clicking the “Add to my calendar” button on a cell phone and then clicking on the .ics file link pop-up will allow you to easily add the event to your personal calendar on your phone.

Menu Bar has **moved to the top of the page and content has been consolidated under fewer menu items** and sorted in alphabetical order making it easier to find things

Menu Bars and Sub-menu's/Content changes when you log into the site e.g. member-only content menu bars and content show up once you log into the system. **board members see more than members and members see more than non-members.** However, everything is all under the same top menu bar e.g. all documents are under documents the list just increases what you see based on your log-in credentials

All Main pages and Sub-pages have a friendly URL e.g. bawsc.org/calendar or bawsc.org/newsletter or bawsc.org/documents, etc. so if you want to get to something quickly you can just enter in the full URL

Every Page has a **bread crumb trail** so you know exactly where in the site you are at and can move up the bread crumb trail to any level you want

A Site Map <https://www.bawsc.org/Site-Map/> has been created that list every page and document available on the site that you can **directly click the link to reach that page**

A Search Bar has been added that will allow you to search for anything in the site to easily find it **without having to know what page it is on** e.g. enter “reimbursement request” in the search bar and it will immediately return the clubs Reimbursement Request Form

If you discover any issues or have suggestions how the site could further be improved, please provide your feedback at: <https://www.bawsc.org/feedback> or send an email to bawsc.webmaster@gmail.com

Tidbits

Attention BAWSC Club-Certified Boat Driver

By Chris Feduniw, 2021 BAWSC Webmaster/Board Member



This year the Bay Area Water-Ski Club Board of Directors will require that anyone driving a boat at a club event must not only be a club-certified driver but also **have a California Boater Card License Number** registered with the club in your membership profile or provide proof of age that you are over the current age restriction which is currently >35 for 2020 and > 40 for 2021.

Information on how to obtain a California Boater Card including options for how to complete the course are available at: <https://californiaboatercard.com/>

Several members of the club of attended the Coast Guard Auxillary Course <http://www.cgaux.org/boating/classes/2011/abs.php> found the instructors to be very good and a good use of time as they guarantee you will pass the course and get your card.

Others have taken the **free on-line course offered by BoatUS** <http://www.boatus.org/california/> that lets you take the course at your own pace through multiple sessions if needed.

Once you have your California Boaters Card, please go the club website and update your membership profile <https://www.bawsc.org/Sys/Profile> to include your card number. If you are old enough to not require a card, please *send proof of age to our Membership Chair Gwen Cauthren*.

Note: Anyone who does **not have a card number on file** in the website or **has not provided proof of age for an exception by 5/31/2020** will not be able to drive at club events until you have met the criteria.

Tidbits

Safety Comes First!

By Debbie DeSousa



Safety Reminder



1. **Skiing:** Never ski without a 3rd. **Never!**

2. **Ski:** Do not leave your ski on the swim platform. This can result in your ski being run over by another boat. Your ski will get chopped up and you might get a big bill for the other boat.



3. **Vest:** As of 2001 anyone being pulled by a boat **must wear Coast Guard-approved flotation devise**. Check the print on the inside of your ski vest to see if your vest is approved.

Failure to wear a proper vest can result in the boat owner being fined by the Coast Guard.



4. **Ski Rope:** Remember to use a shock tube (goes over your rope). This tube will *prevent a rope from snapping back (like a rubber band)* and hitting the boat driver or passenger in the head. *A ski handle can knock your teeth out, wrap around your neck or worse!*

Always be safe!

**THINK SAFE
ACT SAFE
BE SAFE**

Tidbits

How to Use our BAWSC Page on Facebook

By Debbie DeSousa



facebook

We converted our Facebook page to a Group so *everyone can have fun posting photos of events and use it as another communications tool.* It's also open to the public so they can see our fun photos. We hope this will attract new members. (**Note: Only approved members can post on our group page.**) If anyone makes a post that is not ski-related then the admin can remove them!

This is how you can post to our Facebook page.

1. Open a personal Facebook account.
2. Go to Facebook.com groups Bay Area Waterski Club
<https://www.facebook.com/groups/717319205056101/>

To find our group, type Bay Area Waterski Club on the search line (see top of your personal Facebook page). When you find our group then **“Join”** this group (admin must approve you, it might take a few days).

3. Now you can have fun posting event photos, events, boats & equipment for sale, etc.
4. **If you have a smart phone you can send photos from your phone directly to Facebook.**
Because there are many phones I cannot tell you how to use your phone here.

5. To post on our Facebook group see **top of the Facebook page** see where it says "Write Something." This is where you type your message. Above it you will see the button for photos/videos and events. The main thing to remember is you will have two accounts:

1. Your personal Facebook account and
2. You will also have an account with our BAWSC Group.

When you post on our BAWSC group page it will appear on **your** personal Facebook wall (**Note:** your friends will **not** see these post). If you want to share any of these posts with family or friends, click “Like” (see below each post). When you click “Like,” the post will appear on **all** your friends’ personal Facebook page. If you click “Share” you can select **one** person to send the post to (instead of **all** your friends).

This is a great tool for sharing and for finding new members!

Ad: Ski Boat for Sale!

2015 MasterCraft ProStar Ski Boat

MasterCraft ProStar Ski Boat offers **the best-ever slalom wakes** with superb handling and ride through rough water.

Excellent condition with 575 hours



Features

- ⇒ 5.7 L 320 HP Ilmor/Chevy engine with 1.26:1 transmission including a spare OJ prop. 20' length & 96" beam.
- ⇒ Built-in port and starboard slalom ski racks.
- ⇒ MC foldable, bimini cover.
- ⇒ Zero-Off Three-event speed control with 7" touch screen for easy, instant control of all features and display of air & water temperature, ski speed & water depth.
- ⇒ Separate fuel, oil pressure, engine temperature and voltmeter gauges.
- ⇒ Built-in MTS ballast system for leveling boat.
- ⇒ Multi-speed heater plus electrically heated seats.
- ⇒ Pull-up cleats plus transom rail grab handle with tow eye.
- ⇒ Built-in engine flush kit with hose receptacle on transom.
- ⇒ Engine bay with built-in fire extinguisher.

Ad: Ski Boat for Sale! (con't)

2015 MasterCraft ProStar Ski Boat

Excellent condition with 575 hours



Features

- ⇒ Fiberglass bow cover.
- ⇒ Large, foldable teak swim platform with transom saver.
- ⇒ One-year old Optima AGM battery.
- ⇒ Includes like-new single axle trailer with folding tongue and <100 miles travel.
- ⇒ Stored in a garage for 99% of its life and never-used spare tire.

Asking Price: \$42,000

- ⇒ **Contact: Larry Ligon**
larry_ligon@sbcglobal.net

Ad: Michelle Paxton, Guild Mortgage Company



**I care about your short and long-term goals.
Let me help you:**

- ▶ Purchase any property
- ▶ Refinance to save money, get rid of your PMI, mortgage insurance.
- ▶ Take cash out to pay off debt or purchase another property
- ▶ Find the loan that fits your life today and tomorrow.

Home loans are all we do. We have every type of loan.

Michelle Paxton

Mortgage Loan Officer

D: 408.891.0090

mpaxton@guildmortgage.net

Apply Online at guildmortgage.com/michellepaxton



Guild Mortgage Company is an Equal Housing Lender; NMLS #3274. Michelle Paxton NMLS #831343.
Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act. (18-1399)

Blowing Out the Candles in . . .

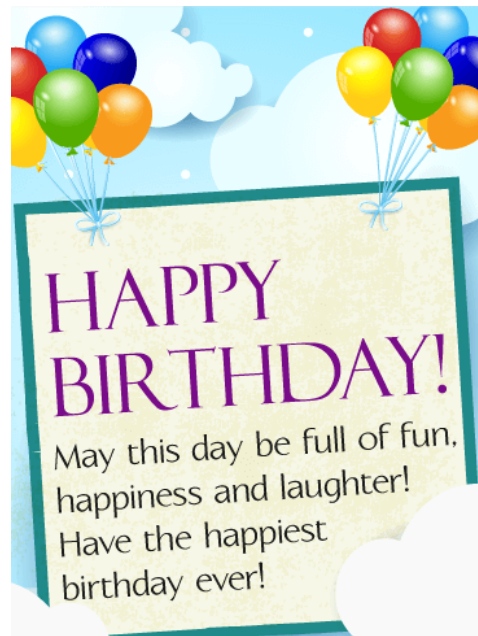


Wishing all a very



Mary McNally 3/4

Carl Searway 3/10



Marji McGinnes 3/19

Ralph Rast 3/29

Blowing Out the Candles in . . .



Wishing all a very



Craig Faitel 4/5

Gail Lohse 4/7



Venice 4/28



BAWSC On-line Membership Application

By Larry Ligon

If you need help you may click on “[Help/FAQ, How To’s, Member/Non-member Subscription & Forms](#)” in the lower left hand corner of the navigation bar on the Web site’s Home Page or don't hesitate to contact our membership chair **Gwen Cauthren** at 707-322-1157 or e-mail at gwen_cauthren@sbcglobal.net or our webmaster **Chris Feduniw** at 925-413-3421 for assistance.

-The BAWSC website address is: www.bawsc.org

-Your **user-id** for the website is always your e-mail address.

Step 1. Create or reset your password:

A) Go to the new website www.bawsc.org & click on the “**Forgot Password**” link in the upper right hand corner of the home page and enter your e-mail address in the “**e-mail (user-id)**” field and then the six digit anti-spam characters into the “**code**” field and finally click on the “**Submit**” button which will then send an e-mail to that address with a link to create or reset your password.

B) Open the e-mail and click on the e-mail link and enter & confirm your chosen password then click “**Submit**”.

(Note: The first time you actually log into the new site you will be asked by [Wild Apricot](#) to accept their use policy.)

Step 2. Initiate your new-member on-line application:

*Note: BAWSC offers members the option to include one significant other as a co-member under one membership fee called a “**Membership Bundle***”. Dependents under 12 years of age can also be added to your membership at no additional cost. Dependents aged 12-18 can be added to your membership for a small additional fee each year. Children over 18 and not living at home will have their own unique membership.*

A) Click on the “**Become A BAWSC Member (New [member application](#) Only)**” link found in the left hand navigation bar on the web site home page www.bawsc.org.

B) Fill-out the requested information for yourself

*Note: If you will be adding a co-member/membership bundle to your account you will do this after you initiate the membership application and your account has been activated.**

C) Make sure you click on the “[I ACCEPT I HAVE READ THE WAIVER AND RELEASE](#)” link to read the club waiver and then click on the check box to accept.

D) If you will be adding dependents to your account beyond a single co-member, you will enter them in the “Additional Information” area of the Membership form. For each dependent you have between 12 to 18 please check the box for each person. If you have any dependents under 12 you want to associate with your membership enter the total number of children under 12 in the “Number of Children Under 12” field.

BAWSC On-line Membership Application (con't)

By Larry Ligon

- E) If you are a **boat owner**, please enter in the information requested for your boat and **send proof of insurance** as requested on the form to the Membership Chair.
- F) Enter what water-sports you and your dependents participate in.
- G) Click “**Next**” to review your completed membership form and Total Membership Fees that will be owed.
- H) If everything looks correct, click on the “**Confirm and Proceed with Payment**” button to initiate your registration. *This step will automatically send a confirmation e-mail titled “Membership initiated at Bay Area Water Ski Club” to you.*
- I) Check your e-mail for that confirmation that your account has been successfully initiated and an invoice with instructions how to submit your membership dues payment.

Step 3. Send your membership dues to the Membership Chair (*payable to BAWSC*):

To: BAWSC
c/o Gwen Cauthren
4835 Cottsberry Ct.
Santa Rosa, Ca. 95405

Step 4. Complete your membership application/setup (*ONLY after receipt of dues payment*):

*Once your membership dues have been received, you will get an e-mail confirmation from the BAWSC Membership Chair verifying your account is active, at which time you can then complete your membership application & setup by choosing your **privacy** and **e-mail subscriptions** as well as set-up yourself as a Bundle Administrator to **add a co-member** to your account bundle.*

- A) Log onto the web site with your e-mail (user-id) and password. www.bawsc.org
- B) Click “**View Profile**” in the upper right hand corner of the home page.
- C) Click “**Edit profile**”
- D) Review and modify your **privacy settings**, click “**Privacy**” and edit any field you don't want visible to other BAWSC members and then click “**Save**”.
- E) **To insure you are subscribed** to receive e-mail notifications from the *forum based message boards* when someone posts they are looking for a pull, crew, etc.
 - a) Click on “[Members Only Content](#)” link found on the left hand navigation bar
 - b) Click on “[Member Forums](#)”

BAWSC On-line Membership Application (con't)

By Larry Ligon

c) In the **Message Board** forums' section, individually click on each forum you want to receive e-mail (e.g. –“Looking for a Car Pool, Crew or a Pull”) and *individually* click on each forum's “**Subscribe to Forum**” link.

d) Then go back to the **Home Page** and click on “**View Profile**” again, click “**Edit profile**” and click “**e-mail subscriptions**” and adjust how you want to receive e-mails; *immediately, daily or weekly* when someone posts to the forum. The default is daily. **CLICK “Save”** at the very bottom of the “**Edit Profile**” page and you are done.

F) **Setup a Co-Member Bundle***

Each paid member is allowed to add a spouse/ significant other to their account as a “Bundled” co-member. The following steps can be performed to add another person to your account once your membership fee has been received and your account has been activated by the Membership Chair.

a) Log into the web site with your e-mail (user-id) and password. www.bawsc.org

b) Click on the “**View Profile**” button found in the upper right hand corner of the home page

c) In the “My profile” screen scroll down to the “Bundle summary” section and then click “**Add member**”

d) You will then be presented with the membership application page where you will then fill out the form on behalf of your co-member.

e) Click “**SAVE**” and the co-member will be added to your account and they will receive their user-id (their e-mail address) and password setup link at the e-mail address you entered on the form. You will become the “**Bundle Administrator***” for your bundled co-member.

CONGRATULATIONS, YOU HAVE COMPLETED YOUR BAWSC MEMBERSHIP APPLICATION AND SETUP. We look forward to you joining us at BAWSC Events.

Note: If you receive an error message when clicking “**SAVE**” that states “This e-mail is already in use” you will then need to contact the BAWSC Membership Chair listed on the [Contacts](#) Page to manually associate that e-mail address with your account as Wild Apricot currently does not allow a member to add an existing Contact or Member to their bundle themselves. A member can only add a new Contact or new Member to their account themselves.

**The way Wild Apricot handles multiple people under one membership is called a [Membership Bundle](#). A membership bundle is a group of members who are linked together and managed by one of their members – the bundle administrator. Bundle members share the same renewal date, status, and membership level. You can learn more about bundles including a short, how-to video at: <http://help.wildapricot.com/display/DOC/Membership+bundles>*