



# High School Sailing Program Manual

## Spring 2023 season

This manual is a resource for sailors, parents, and high schools expressing interest in the high school sailing program at Sail Sand Point. Sail Sand Point (SSP) is a not-for-profit small boat community center located in Magnuson Park in Seattle, Washington. Sail Sand Point's mission is to bring the joy and life-enhancing benefits of sailing and small boats to people of all ages, abilities and backgrounds.

### Overview

Sailors in this program practice and compete in Flying Junior (FJ) and c420 sailing dinghies with other Pacific Northwest-region high school sailors. Practices are run four times a week out of Sail Sand Point, with sailors attending two per week. There are a number of regattas that teams travel to throughout Oregon and Washington, culminating in district qualifying regattas and possibly a trip to a national event. While prior sailing experience is a plus, it is not required. No prior racing experience is required.

Students grades 9-12 (and 8 with coach's approval) from any school whether public, private, or home-schooled are welcome to participate in the high school sailing program if they are in good academic standing at their school. Students from schools with less than 4 sailors can still participate in most regattas on the Silver/JV level.

### General Information

An informational meeting (for sailors and parents) will be held prior to each season. The meeting is preceded by an informal open house and practice. This meeting introduces new information including the schedule, season goals, and to provide a forum for prospective sailors to ask questions and meet other high school sailors that participate in the program.

**Spring Season:** The spring season is twelve weeks long, it begins the last week of February and ends the in mid-May. There are 8-10 weekend regattas (regional) during the spring season.

**Fall Season:** The fall season is nine weeks long. It begins the week after Labor Day weekend and ends the last week of October/first week of November. There are 5-6 weekend regattas during the fall season.

**Teams:** Sail Sand Point designates 'active teams' as teams with four (4) or more sailors 9<sup>th</sup> grade and up (see the regatta format section for more information as to why four is the number). Sailors that do not attend a school with an active team, or are in 8<sup>th</sup> grade, are designated as 'sandlot' sailors and can still participate in the majority of regattas as conglomerate "mixed" teams or as subs for active teams competing on the silver/JV level. 'Sandlot' sailors are highly encouraged to participate in all practices and regattas and focus on recruiting classmates into the program and gaining school recognition in order to establish a full-fledged team down the road.

**Established Teams for 2022/23 season:**

Sail Sand Point currently has two active, registered teams from Seattle area high schools:

- Roosevelt High School
- The Lakeside School

**Teams in development for 2022/23 season:**

These teams are currently registered, but do not yet have four or more sailors on their roster:

- Raisbeck Aviation High School
- Bothell High School
- Seattle Academy of Arts and Sciences
- Redmond High School
- Holy Names Academy
- Shorecrest High School
- Shorewood High School

**Practice:** Each sailor practices two days a week (Mon/Tues/Wed/Thurs) 4:15-7:00pm for the entire season. Sailors only practice on their assigned days unless otherwise approved by the coach to practice on a different day.

*Sample Practice Schedule:*

- 4:00-4:15 Arrive and get dressed to sail
- 4:15-4:30 rig boats
- 4:30-4:40 Chalk Talk
- 4:45 Launch Boats
- 6:15 All boats to the docks and on land to de-rig
- 6:30 Debrief
- 6:45 Dismissed

\*Practice may be cancelled for extreme weather conditions (winds in excess of 25 knots, extreme cold) or unhealthy air quality. Practice is **not** cancelled for light wind or for rain.

## **Regatta Information**

Sailors in the program participate in regattas involving other clubs and sailing teams. When they do so, they are representing SSP and are expected to conduct themselves accordingly. Behavioral expectations for regattas are fully laid out in the High School Sailing Code of Conduct and will be enforced by coaches. We expect that sailors and parents will have reviewed these prior to regatta travel. Parental/Guardian support and involvement are important to the success of these events. If your sailor is participating, we

will ask you to help with transportation, towing boats, chaperoning/housing and event management (for in town events). Without your help, these events are not possible!

Cost of travel is not covered by the high school sailing registration fee. Additionally, some events have a 'per sailor fee' that must be paid by the sailor/parent. Travel to and from the regatta and food is up to the sailors and parents to take care of unless otherwise specified. Sailors and parents are expected to read the NOR for events and come prepared with necessary fees/waivers.

**Regatta Availability & Selection:** Sailors will be asked to submit their regatta availability to the coach and their team captain, if applicable, early and often. It is incredibly difficult for the coach to manage changing availabilities so please stick by your commitments or find a teammate to fill your spot if your plans change. If there are limited spots for a certain event, sailors will be selected to attend the regatta based on their ***attendance at practice, commitment to the team, and date of sign up, in that order.***

**What to bring to a regatta:**

- Your sailing gear *and a bailer!*
- The host venue's waiver/consent form, signed by your parent/guardian
- Entry fee if applicable
- Food and water, unless it is provided by the host
- Homework, for during postponement, or when off the water
- Sleeping bag and pillow if the team is being housed overnight

**Once you're at the regatta site:** Sailors must check in with a SSP coach on site and turn in any forms and fee directly to the coach. Boats are unloaded and pre-rigged as soon as enough sailors arrive. SSP will often hold a team meeting directly after boat unloading to outline the plan for the day/weekend.

**Typical Regatta Schedule:** Complete schedules for each event can be found on the [NWISA](#) website. Look for the 'Notice of Race.' Most of the regattas are two-day events, the rest are Saturday only regattas.

9:00 Report Time (all sailors should be at the site)

9:30 Competitors' Meeting

10:30 First Race

4:00 Last Race

5:00 Departure

\*Two-day regattas usually start an hour later on Saturdays and end an hour earlier on Sundays.

Last warning on Sunday is almost always 3:00pm.

During the competitors' meeting the race course and sailing instructions will be reviewed. After the meeting sailors should check in with their coach before launching their boats.

**Regatta Formats:** Both seasons include Fleet Race and Team Race regattas, but the majority of the regattas attended are fleet races.

1. In Fleet Racing, there are 2 fleets (A and B). Each team has one boat in each fleet, so teams are represented by four sailors (two sailors per boat). The goal is to accumulate the lowest score (1<sup>st</sup> place in a race gains you one point, and so on) throughout the regatta. There are usually around eight to ten races completed in each fleet, so on average 16-20 races per team.

a. At some of the regattas, multiple teams (per division) from each individual school are allowed with the additional teams being on the silver/JV level.

b. Generally, the two divisions alternate using the boats. For example, if you are sailing in B fleet, you will be on land when A fleet is sailing.

2. In Team Racing, there are only six boats in a race at one time. There are just two teams racing against one another, each team using three boats (six sailors). The goal of each team is to have fewer points than the other team; scoring 10 points or under ensures a win. Boats are assigned points equal to their finishing position. Therefore, one team's boats finishing in 1st place, 3rd place and 6th place =  $1+3+6 = 10$  points = win.

**Spectating:** Unfortunately, sailing is not an easy sport to watch and most high school regattas do not have spectator boats. However, sailors will be on land for a portion of the day and 'fans' are always appreciated. \*\*Binoculars help! \*\*

**After the Regatta:** After racing, sailors will head back to shore to de-rig and secure all the boats that were being used by their team. Sailors are expected to participate in the de-rigging and loading of any boats that travelled to the regatta by trailer whether from SSP or another program/club.

## Communication

**Team Communication:** The coaches maintain a TeamSnap page that team members and their parents have access to. Sailors and parents are encouraged to follow the team through email notifications in order to receive reminders and other pressing information in a timely fashion. The page also has a calendar, information on upcoming regattas, and regatta sign ups/availability tracking. For regatta coordination, a coach will email individual groups (parents, and sailors) who have noted availability for that specific regatta.

**Sail Sand Point Contacts:** For questions or concerns about practices or regattas, please contact head coach Carlos ([carlos@sailsandpoint.org](mailto:carlos@sailsandpoint.org)), or talk to a coach at practice. Also contact Carlos in regards to registration, financial aid, season dues, administrative issues, volunteer opportunities, and any general questions you might have about the high school program.

## Team Policies

**Behavior:** There are a variety of activities happening at Sail Sand Point on a daily basis. It is important for High School sailors to be conscious and considerate of Open Boaters and other program participants.

**High School Sailing Code of Conduct:** A complete code of conduct that will set behavioral expectations for the season will be sent out along with this manual and must be reviewed and signed by parents and sailors prior to participating in the program. Below is an *incomplete* list of some of the most important day-to-day expectations.

High school sailors will:

- Follow all rules outlined by Sail Sand Point in the complete Code of Conduct, at practices and events.
- Always wear shoes and a lifejacket on the docks, floats, and boats.
- Exercise excellent sportsmanship on and off the water.
- Respect my fellow teammates, competitors, and the equipment.
- Keep my language and conversations sail camp appropriate.

- Wear appropriate sailing gear for the conditions.
- Put my sailing gear on before rigging my boat. If I finish rigging before the chalk talk then I will help my fellow sailors rig their boats.
- Participate in all on-the-water drills and stay with the group at all times while at practice.
- Notify a coach if any equipment is broken or damaged during practice.
- Immediately notify a coach if I or someone I am sailing with becomes injured.
- Stay at Sail Sand Point until practice ends unless I have told the coach (before practice) that I need to leave early.

**Discipline:** If any participant is unwilling to maintain safe conduct while at Sail Sand Point or at travel events and demonstrates inability to follow the code of conduct, he/she will be subject to discipline according to the following steps:

1. Verbal warning from coach.
  2. Discussion with coach, report to Head Coach and Sailing Director, and documentation of behavior.
  3. Notification to parents and documentation of behavior.
  4. Parent conference with Head Coach and Sailing Director prior to returning to team practices.
- Discipline may include suspension from program activities including regattas for a specified time.

Chronic disciplinary issues cannot be tolerated in a waterfront program. To ensure safety and fairness to all sailors, coaches and participants, disciplinary action may include but is not be limited to dismissal from the program.

**Attendance Policy:** Sailors should attend all assigned weekly practices, frequent conflicts (other sports or after school activities) are acceptable but should be discussed with the coach prior to the start of the season. If something unexpected comes up and you cannot attend practice, please contact your coach by 12pm at the latest (email is best)! Frequent unexcused absences from practice will lead to temporary loss of regatta privileges and/or discipline based on the above policy.

**Team Captains:** Prior to the high school sailing season, active teams should agree on a team captain or co-captains. The team captain should be a high school sailor with a least one year of experience in the program and seniority on the team. They are responsible for coordinating their team's attendance to practices and regattas, drumming up support for the team/club at school, and most importantly speaking to the coach about team specific issues or concerns.

**Parents & Guardians:** Parents/Guardians play an integral role in the functioning of the sailing team, without their help and dedication we would not be able to have such a dynamic high school sailing program. We greatly appreciate everything the parents/guardians do for the team and will rely on them throughout the season for a variety of different purposes. As a parent/guardian of a high school sailor we rely on you to support the logistical and organizational systems that allow all of this fun racing to take place. These efforts can be as simple as helping to serve lunches at a regatta, organizing local or regional events, or becoming a parent advisor to a team.

Parent leaders represent their school's team as a peer advisor to new sailing families, and serve as a unifying voice for regular communications with the coaches. They are responsible for organizing carpools to practice and regattas, chaperones for away regattas, housing for home regattas, and other parent

volunteerism as needed. Parent leaders will be selected at the beginning of each season through nomination (and self-nomination) and acceptance.

The communication between parents/guardians and coaching staff is a key element in providing an effective and successful sailing experience. If you have a specific concern or issue relating to sailing instruction that you would like addressed, please refer to the following guidelines:

1. First, kindly speak directly to your sailor's coach outside of practice times.
2. If you feel that the issue still needs resolution please speak to the Sailing Director.
3. Lastly, you can make an appointment to speak to the Executive Director.

**Gear and Preparedness:** Having adequate sailing gear for the various conditions we experience in the northwest is a necessity for sailors to have positive experiences on the water. Sail Sand Point has lifejackets and most other personal gear available for sailors to borrow. If you or your sailor would like suggestions on gear, please ask the coach. Wetsuits of at least 3mm (or drysuits) will be required when water temperature is below 60 degrees and/or when combined water and air temperatures are below 100 degrees.

## Additional Resources

**Northwest Interscholastic Sailing Association (NWISA) website\*:** <http://nwisa.hssailing.org/>

- Note: This is the most important internet resource available to high school sailors in SSP's program. NWISA's website contains the schedule of events for the season as well as Notices of Race (which detail fees, waivers, event locations and schedules) and Sailing Instructions (when posted) for each event.

Interscholastic Sailing Association (ISSA) website: <http://www.hssailing.org/>

Sail Sand Point's website <http://www.sailsandpoint.org/>

Information on HS Sailing from The Sailing Foundation <http://www.nwyouthsailing.org/racing/high-school-sailing/>