



EAST END YOUTH SAILING

High School Sailing Program Manual

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High School Sailing Mission Statement

Our mission statement is:

- To offer a safe, structured and engaging program through which teenagers from our local community can learn the basics of sailing for the first time without obliging their families to make a large initial financial investment
- To introduce the sport of sailboat racing to young novice sailors.
- To provide experienced sailors with advanced training and exposure to highly competitive racing against schools from other areas, to expand the scope of their skills and experience, and to promote friendships with sailors outside of the North Fork area.

Our High School Sailing Program seeks to teach and refine the boating skills of North Fork area students engaged in the sport of sailing. Beyond the basics of small-boat handling, taught by US Sailing certified coaches and instructors, the Program emphasizes dinghy racing (single-handed, double-handed, and team racing) as a preferred method of advancing skill levels and holding the interest of young sailors.

The High School Sailing Program will afford all of its participants and equality of opportunity and a like application of sailing resources.

Structure of High School Sailing

Organized high school sailing started in 1930 in New England. Today it is experiencing a tremendous growth throughout the United States.

At the national level high school sailing is governed by the Interscholastic Sailing Association (ISSA; www.hssailing.org) and each high school sailing team must be a member of ISSA to compete in high school regattas. ISSA is broken down into seven districts around the United States. Our district is the Mid-Atlantic Scholastic Sailing Association (MASSA; www.massasailing.org), which is comprised of schools ranging from upstate New York to Virginia.

MASSA is further broken down into four leagues, North-West, North-East, Central, and Southern. Our teams are members of the North-East League (also referred to as NYISA-SE) which consists of high school teams from Long Island, and adjacent areas of New York. Throughout the high school sailing seasons, our teams will compete in both league events and MASSA district events (see Racing / Regattas below).

Eligibility

The High School Sailing Program is open to full time students, girls and boys, at area high schools in grades 7 through 12. Eligibility to race at national ISSA and district MASSA events is limited to students in grades 9 to 12.

Students must be members of a duly-constituted high school sailing team which is a member in good standing of the Interscholastic Sailing Association (“ISSA”) and by extension of the Mid-Atlantic Scholastic Sailing Association (“MASSA”). Annual ISSA/MASSA team membership dues for high school teams are \$125. There are no ISSA/MASSA membership dues for individual sailors on the teams. Three forms of high school sailing teams are recognized by ISSA: if you have the backing of your school administration you will organize as either Varsity or Club. If you do not have the backing of your school administration, you will organize as a Parent Run Team. All forms of teams are treated equally from ISSA’s perspective.

Each student must pass a basic swim test, given on the first day of practices. The test includes (1) swim 50 yards without a life jacket, (2) tread water without a life jacket for five minutes and (3) put on a life jacket while in the water.

Sailing Team Structure

A high school sailing team is made up of the individual team members, its team captain(s), the Coach (sometime referred as an “advisor” by the school), and one or more additional advisor(s) from the school and/or a parent. Sailors are designated “skippers” (in charge of steering the boat) and “crews” (who trim the jib and act as the eyes for the boat). The designation of crew or skipper is not rigid, and will be determined by the Coach. Throughout the season, the Coach will work to create skipper/crew combinations that are in line with the team's goals. The Coach will make decisions as to the skipper/crew combinations and in which division a boat is sailing (see Racing - Regattas, below). Team Captains, Team Advisors, or parents do not determine who skippers, or who crews, or who sails with whom. The Coach’s decisions are final.

The Team Captain(s) fulfill an important role on the sailing team. They need to be the leaders and organizers of the other sailors. Their job is to make sure that all lines of communication are open among the sailors, the coaches, and the team advisors.

The Team Advisor(s) or parent works with the Team Captain(s) and Coach in organizing logistics including travel to regattas. We would like to see as many parents as possible active in this process. ISSA rules stipulate that there must be a team chaperone from each team present at each regatta. If the parent who committed to a particular event cannot fulfill their obligation, then it is their responsibility to arrange for a suitable replacement. The role of the parents at the regatta is to be a chaperone and not to coach the sailors. The Coaches' role at the regatta is strictly to coach.

Program Fees

There are no fees or charges associated with participating in the EEYSF High School Sailing Program except for expenses in connection with away regattas as explained more fully below. The High School Sailing Program relies on generous donations from parents and the community at large to make this possible.

Insurance – Emergency Information – Waivers – Code of Conduct

High School Sailing Teams are generally covered for liability and property insurance under their school district's umbrella policy. In addition, the high school sailing teams' activities at the Old Cove Yacht Club premises are covered under the East End Youth Sailing Foundation's and OCYC's insurance policies.

Coaches need to have on hand at all practices and regattas emergency information for each sailor including sailors' parents and emergency contact information, medical insurance carrier, and allergy information.

Waivers indemnifying the Old Cove Yacht Club which allows the high school sailing teams to use its boats and its facilities are also required.

Furthermore, each sailor and his or her parents are required to sign a Code of Conduct which also provides that the sailor's parents agree to assume the obligation for the expenses of repair and/or replacement of OCYC equipment that is attributable to their child's reckless or irresponsible behavior. A copy of the Code of Conduct is attached to this High School Sailing Program Manual.

Learning Components

The High School Sailing Program will cover the following Learning Components:

Physical Condition: The demands for good physical conditioning increase with the strength of the wind. Students learn the correct ways of using their bodies to get the maximum out of them for the weather conditions. Guidance for off the water training is given to improve overall performance.

Team Building: Every activity of the sailing teams involves the entire group and all teams work together during practices. This gives the students the sense of team and partnership with the others in the program. For example, the boats are rigged and de-rigged by everyone and the next activity will not start until everyone is finished, nor is anyone allowed to leave the practice premises until all boats and equipment are properly stored. Team Building is a major focus of team racing activities and competition. All students are at all times expected to help each other in an effort to strengthen their sense of a team and their ability to work with others.

Leadership: While sailing and caring for the boats used during the semester, students learn responsibility and initiative. This allows the students to learn to take charge and work together to solve problems.

Boathandling: Boathandling involves learning to control the boats in a variety of situations and weather conditions. Common boathandling maneuvers include tacking, gybing, mark rounding, starting and stopping. Boathandling is fundamental to all other aspects of sailing and sailboat racing.

Sail Trim: Students learn to properly trim and shape the sails of their boats in order to maximize performance. Sail trim is a critical aspect of sailboat racing.

Boatspeed: The movement of the boat through the water is a critical aspect of sailboat racing. Methods of steering the boat, movement of the boat through the water and trim of the sails are taught to optimize the speed of the boat through the water.

Tactics & Rules: During a race, sailors must deal with many variables: wind, current, waves, other boats, etc. The High School Sailing Program teaches methods of dealing with all aspects of sailing and bringing them together in a game plan. Students learn to study the conditions and other boats in an effort to formulate a strategy that will best suit their needs. As with other sports there are rules. The rules are taught so that students can not only avoid collisions but also use the rules to their advantage during a race.

Weather: All sailors need to have some background on the weather and its influence on sailing. Weather is taught to help students understand the wind and other forces on their boat. An understanding of weather is also important in safety and predicting bad situations before they occur.

Sailing Safety: Safety is the number one concern of this and any other learn to sail training program. All aspects of safety are addressed. When is it safe to go out on the water? How to prepare yourself for weather, wind, waves? How to prepare your boat and equipment so as to reduce the risk of accidents and injuries? Knots and other rigging techniques are taught to learn proper boat setup and operation. Basic right of way rules are demonstrated to control behavior around other vessels. Knowing simple navigation and right of way rules greatly reduce the confusion on the water and prevent accidents.

Marine Ecology: The High School Sailing Program also covers the impact that each person and each vessel has on the marine environment and the issue as to how each sailor can do his or her part to keep the bay and ocean clean and safe.

Summation: The combination of all of these skills is what makes a good sailor great. Becoming a competent sailor does not come easily but requires a lot of work through training on and off the water. As always the main goal is to learn something while having fun!

Team Practices

Venue: Practices take place at the Old Cove Yacht Club, at the bottom of Old Harbor Road in New Suffolk.

Time: Practice time will be established at the start of each season. Practicing once or twice a week is pretty easy compared to most sports so please make every effort to coordinate your work/class schedule with sailing. In order to be competitive, you must adhere to a consistent practice schedule. Attendance at practices is important and absences must be communicated to the coach prior to the absence.

Prior to Launch Checklist:

- Bailer
- Water bottle
- Lifejacket
- Sun protection
- Proper sailing gear

No boats are launched until the coach is on the water and has given permission to do so.

End of Practice Checklist:

Everyone stays at the practice venue until all the boats have been de-rigged and put away:

- Boats properly tied down on the dock, with lap line and shroud lines; or securely placed on dollies.
- Secured halyards
- Main sheet tied
- Boats drained and Plugs out
- Sails rolled and stowed in spar shed
- Rudders, tillers, bailers secured inside the boat

If a sailboat has capsized, special care should be taken to rinse hardware and parts. If the mast was stuck in the mud the mast head with the sheaves need to be washed out thoroughly; sails with mud on them should be washed before being stored.

Things Coach running practice must check:

- Boat tied up in slip or on the mooring
- Motor out of the water
- Hose down if necessary
- Marks, anchors and rope placed in crates and stored
- Place key inside the console
- Have team clean up trash and make sure everything is put away
- Lock doors to OCYC

Do's and Don'ts of High School Sailing

- **DO** be the first to: get to practice, change into your sailing clothes, and rig. Prepare for practice the way you prepare for a regatta so pack clothing for all eventualities (a spray top even on warm days) and make sure you have a bailer and a sailing watch.
- **DON'T** stand around while other sailors are rigging and de-rigging – **DO** help out your teammates to get everyone on and off the water faster.
- **DO** listen carefully when your coach explains the drills on land – and **DO** ask questions. It's much easier for your coach to clarify his or her plans on land than to have to explain them again on the water.
- **DO** sail your very best from the minute you hit the water. **DO** use every moment on the water to improve your boat-handling – make every tack out to the race area your best roll tack. If the practice

area is upwind, anticipate the puffs and hike hard, always keeping your boat flat. Trim your sails perfectly for whatever point of sail you are on to reach the practice area.

- **DO** practice as if it's the last race of a National Championship. We practice only two days per week. **DO** find time on the other days to improve your fitness and your sailing knowledge. Read up on the Racing Rules. If you are team racing, then get Steve Hunt's DVD on Team Racing and read the Umpire Call Book.
- **DO** keep an eye on the coach boat so you are close by when the coach signals that he or she is ready to start the first drill. Before a drill, sail near the coach boat to hear the plan and pass it along to other team members. If you have a question for the coach, sail up to the coach boat so you can discuss it without having to yell. If you are having a problem with something (for example, acceleration off the starting line), then ask the coach if he or she could watch your next start for that specific problem.
- **DO** engage the coach When the coach makes a suggestion to you – try it. And then try it again and again. If you feel you aren't getting enough attention from your coach, you probably aren't making an effort to sail close to the coach between drills to get advice or you probably aren't doing anything with the advice you were given – so the coach goes off to work with some other team. If you don't understand what the coach meant, then at the next opportunity, ask them (for example, when they said to flatten sooner out of the tack did they want you to hike harder or ease the mainsheet more or both?).
- **DO** constructively use all your time on the water. If a boat capsizes or breaks down, the coach may have to leave the group to deal with the problem. Don't just reach around goofing off while you wait for the coach to tell you what to do – organize the other sailors to do a rabbit start and race upwind or at least sail upwind yourself working on boat-handling.
- **DON'T EVER** yell at your crew. Even if your crew makes a mistake, focus primarily on what you can do to keep the boat moving as fast as possible (maybe you need to pinch and hike extra hard while he leans in to fix the problem). Wait to discuss it until after the race. And think about what you could have done to prevent the problem (for example, if your crew had a bad tack around the leeward mark – could you have anticipated and communicated that you were probably going to need to tack right after rounding?)
- **DO** report equipment breakage to your coach as soon as possible, either on the water or when returning on land. If you can, fix it and tell the coach.
- **DON'T** skip practice for school work or a big test. You should be able to balance homework and being on a sports team. So if you know you have a big test coming on the day after practice – start studying for that test a few days beforehand.
- **DO** be a team player. If you are the alternate at a regatta, be supportive of the team that's on the water. Keep watching the racing so if you get rotated in, you have a firm grasp on how long the starting line is, what side of the course is favored, etc. Help with the rotation by grabbing the next boat – check it for water, check the rig tension and look at common problems such as hiking strap lines that are frayed and check the tiller extension universal for wear. As your teammates are heading out, make sure they have a bailer, lifejackets, etc. If you have a specific issue about something with the team, first give it some time to see if it's still a problem, and then ask the coach if you could find a time to discuss it privately – away from practice.
- **DON'T** use single use water bottles. Rule 55 of the Racing Rules of Sailing prohibits the discharge of trash on the race course. But the problem isn't just on the water; trash in the dinghy parks and yacht clubs is just as bad – and often ends up in the water. Clean up!

Practice Cancellation Policy

Practices will need to be cancelled from time to time. We do, however, sail in most weather conditions such as rain, snow and cold temperatures. If the Coach decides not to sail, there will be a classroom discussion on rules and tactics, or physical training.

We will NOT sail if:

- There are thunderstorms close by (often an on-site decision; practice is not usually cancelled ahead of time).
- Two of the following are accurate:
 - the wind is above 20 mph (sustained);
 - the air temperature is below 30 degrees; and
 - the water temperature is below 40 degrees.

This is called our 20:30:40 policy.

Email is a major source of communication for this large program. The Coach will email the team by 8:00am if practice is cancelled.

Equipment – Clothing – Gear

The East End Youth Sailing Foundation provides the sailing team with sailboats and all the necessary equipment. These sailboats and equipment are being generously loaned by the Old Cove Yacht Club. Parents of each sailor will be required to co-sign a Student Code of Conduct pursuant to which they agree to assume the obligation for the expenses of repair and/or replacement of OCYC equipment that is attributable to their student's reckless or irresponsible behavior.

The East End Youth Sailing Foundation is not responsible for supplying flotation devices or cold weather clothing. It is up to each student to arrive at practice and at a regatta equipped with a coast guard approved life jacket and proper sailing clothing for the conditions.

For safety reasons, the Coach will insist that students be properly attired. Regardless of the season, hypothermia can occur in a matter of minutes if a sailor capsizes and is improperly dressed. A sailor with the right clothing will be able to continue sailing in comfort even after multiple capsizes while minimizing their risk of hypothermia. Coaches reserve the right to refuse sailing to students who are not prepared for the conditions. This is in the interest of their safety.

Insulation and wind protection are the key elements to sailing clothing. Dinghy sailing is an active sport and students will work hard and generate a lot of body heat. For this reason, it is important to dress in a way as to not overheat. It is also equally important to dress in a manner to be comfortable after getting wet from spray and/or capsizes. Avoid cotton at all costs. T-shirts, sweatshirts, etc are the worst kind of clothing for sailing as they retain water, restrict mobility, and actually make you colder.

1. Closed toed shoes are required. Dinghy boots are preferred but sneakers will do. No flip-flops or bare feet! Crocks are not allowed.

2. If you are planning to wear shorts while sailing, please no soccer or mesh shorts. They get in the way and have a tendency to fall down. Board shorts or spandex shorts are more suitable.
3. Full body coverage; either a wetsuit or foul weather jacket and pants with an insulation layer beneath. The insulation layer should be something that will not lose its insulation properties when wet. Consider capilene, spandex, and technical fleece. When the water gets colder students should consider wearing more layers and a dry suit. **Dry suits are mandatory when water temperatures are below 50 degrees.**
4. PFD (Personal flotation device). No one is permitted on the water without wearing a proper lifejacket (PFD). Aside from fitting properly, the PFD needs to be comfortable and allow for freedom of movement. There are a number of PFDs specifically designed for dinghy sailing.
5. In colder weather, students should wear a hat that insulates and stays on in the breeze. Keeping the head covered greatly improves comfort and minimizes chances of hypothermia on a cold day.
6. Sailing gloves protect against chafing. They are not strictly necessary but are good to have. Gardening gloves also work well. In cold weather we recommend Atlas 460 “crabber” gloves as they are waterproof, lined and provide a good grip.
7. Pinnies. The purpose of pinnies is to identify each school on the water during regattas.

We have established a relationship with a couple of vendors that provide us with a discounted price on some of the top sailing gear available. Those who cannot afford such gear should speak to the Team Advisor; the team plans to have a limited supply of used gear to loan. Team members may have gear to loan as well.

Racing - Regattas

High school sailing has three different types of competition:

Fleet Racing: This is the most common format of racing in high school. All schools have an “A” and a “B” division boat. All of the boats in one division will race against each other. The team’s score is a combination of points from both A and B divisions, and the team with the lowest points wins the event.

Team Racing: In a team race, two schools compete against each other at one time. Both schools have three boats on the water. The goal is to have your three boats finish in a better position than the other team’s boats. Regattas are generally run in a round robin format, and the team with the best win-loss record is the winner.

Single-handed Racing: Single-handed racing is sailed in boats with only one person, and is run in the same format as fleet racing, except that usually there are no A and B boats, just individual boats and only individual results. The single-handed nationals for the Cressy Trophy are raced in Laser Radials and Laser Standards in the fall.

Local Regattas: On occasion we will host a high school regatta or a scrimmage with another sailing team at the Old Cove Yacht Club. For such regattas or scrimmages we will use our team boats and will require everyone’s participation. When hosting at OCYC, everyone is expected to help out with all facets of running the regatta and welcoming and accommodating visiting teams. Team members’ responsibilities will include helping with safety boats and buoy boats, recording scoring, assisting the race committee, supervising rigging and rotation on the docks, and other tasks as designated by the Coach.

Away Regattas:

1. **League Regattas:** Regattas of our North-East League frequently allow multiple teams per school (A+B team and C+D team) as well as composite teams made up of sailors from different high schools. This policy allows a maximum number of students to participate in the regatta and acquire valuable racing experience. Furthermore, it is our general policy at League Regattas to give everyone a chance to race and students can expect frequent rotations at League Regattas.
2. **MASSA Regattas:** National Qualifying Fleet Racing regattas allow for a maximum of 4 sailors per team to compete (1 skipper and 1 crew each for an A team and a B team). Opportunity to sail at away regattas is determined by the coach from observations made during practice and team members prior regatta experience. At the regatta itself, crew selections will be influenced by wind conditions with light crews sailing in light air and heavy crews sailing in higher winds, and as wind conditions change over the course of a regatta, crews may be rotated by the coach to accommodate such changing conditions.
3. **Team Race Regattas:** Team racing at the high school level involves three boats from one team racing against three boats from another team. Team Race regattas thus require a minimum of 6 sailors per team, three skippers and three crews.
4. **Single-Handed Regattas:** Single-handed regattas are sailed in either Laser Radials or Laser Standards. In most cases, and especially for the Cressy National Championship and Cressy Qualifiers, such single-handed regattas require the students to bring their own boat. Old Cove Yacht Club will permit its Lasers to be used at such away regattas with the student and his or her parents fully responsible for the equipment and its transportation to and from the regatta venue. As OCYC Laser sails in many cases are not properly numbered and thus not class-legal for such regattas, students wishing to use an OCYC Laser should provide their own sail or affix class-legal numbers to an OCYC Laser sail before the regatta.

Regatta Team Selections: Not every sailor is able to attend each regatta. Sailing is a unique sport in that only a small number of team members can participate in a single regatta. Furthermore, conditions may prevent lighter or heavier sailors from sailing on a given day, regardless of their ability, age, or hierarchy on the team. The Coach determines who is sailing in an event, taking into consideration practice attendance and individual students' attitude towards the team. Students who take the team seriously, and are willing to help keep the team running smoothly are more likely to be considered to compete in events.

Regatta Commitment: Once a student has committed to sailing at a regatta it is important that the student keep the commitment. Sailing at a regatta is a commitment to the team that cannot be taken lightly. Without the required number of sailors the team cannot participate, and dropping a regatta at the last minute leads to penalties in future seasons. As such, if a student should learn after signing up that he or she cannot attend a regatta, the student must notify the Coach immediately.

Regatta Travel; Regatta Fees and Expenses: The primary responsibility for travel arrangements to regattas lies with the students, the team parent, and the student's parents. It is our goal to have the team roster set two weeks ahead for away events, however, due to qualification and ranking data this is not always possible. Each student is responsible for his or her transportation to and from a regatta venue, his or her regatta entry fees and expenses. Typical expenses include food (unless the NOR states otherwise, students are responsible for their own meals when attending regattas), souvenirs, local entertainment and possibly hotel. Expenses for the coach's travel arrangements (travel; food and lodging) will be prorated among the participating team members. At some events, students may stay with host families and in such an event, it is customary for sailors to bring a gift. Students should spend no more than \$20 for the gift.

Recruiting

New recruits are the life line to the team's future. We are more than happy to host students interested in joining the team at practices. It is everyone's responsibility to make recruits feel welcomed. We must be amicable, accommodating and accepting as a matter of courtesy and fellowship. We are ambassadors of High School Sailing on the North Fork, and the sport of sailing.

