



**Sarasota Youth
Sailing
High School Sailing**

Welcome SYS High School Sailing!

Welcome to our 2019-2020 SYS Fall Racing Program. We look forward to an exciting year! Sarasota Youth Sailing initially started with a summer camp program and since its inception, it has grown to a program with a summer camp attendance of more than 480 and approximately 80 sailors who attend our year round race program.

High School Sailing – Overview

The Sarasota Youth Sailing High School Sailing Program is for sailors in grades 8-12 who want to sharpen their sailing skills through the fall & spring. Throughout the school year participants in the program attend regular practices at SYS and several weekend regattas around the state.

The SYS High School Program consists of local high school teams with other sailors constituting partial teams. Each complete team has a parent coordinator to manage communication and logistics for regatta and practice attendance.

If you are a student attending a school with an existing sailing team and would like more information, contact the Executive Director for the parent advisor. If you are a student at a school with a partial team (under 4 sailors) or would like to start a team at your school, contact Mary Trichter, SYS Executive Director, at sarasotayouthsailing@gmail.com or 941-504-4236

Participating Schools

- Pine View
- Sarasota High School
- Braden River High School
- Riverview High School
- Manatee High School
- St. Stephen's
- Sarasota Military Academy

High School Sailing

Governing Body-

The Interscholastic Sailing Association (ISSA) governs secondary school sailing in the United States, in both independent and public high schools. Sailors eligibility starts at the ninth grade; there are no age limits. While ISSA had its origins in the preparatory schools of the Northeast in 1930, it is now a nationwide organization with active districts.

Districts-

1. Northeast (NESSA)
2. Mid- Atlantic (MASSA)
3. South Atlantic (SAISA)
4. Southeast (SEISA)
5. Midwest (MISSA)
6. Pacific Coast (PCISA)
7. Northwest (NWISA)

SAISA Leagues-

1. South
2. North
3. Caribbean

All of our schools compete in the South League.

Fleet Racing

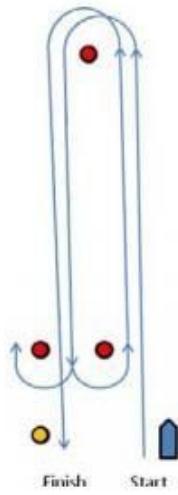
Fleet racing is the most widespread form of racing used in HS sailing. Venues provide teams with their boats and sails. Usually 12- 36 teams compete all at once. For racing, teams are split into an A and B Division. Each team will have one boat (with a skipper and crew) in A and one boat in B. Traditionally A division is slightly more competitive than B. A Division starts before B Division. The races begin with a start countdown of 3 minutes. The sailors then head upwind to round a buoy and then head downwind to a gate and then back up, and then back down to finish where the starting line was. Each division will complete two races in their boats and then will come in to rotate boats to ensure fair sailing. Traditionally rotations move teams into a higher number boat. Scores are recorded in the order that boats cross the finish line. The scores are then compiled and added up. There are no “drop” races in HS sailing. Lowest score wins.

Team Racing

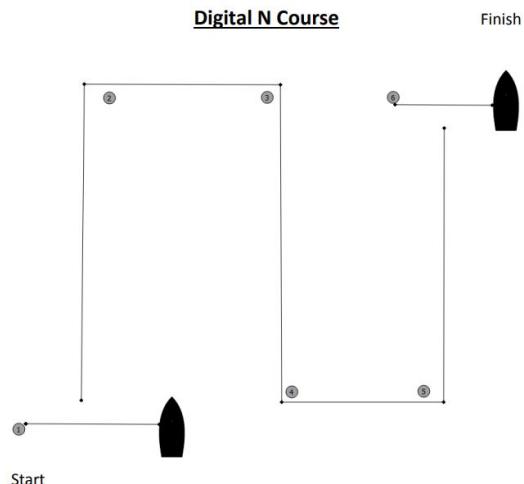
Team racing is a more complex “team” version of sailing. Each team is given 3 boats. Teams race one other team at a time. Races are sailed around a Digital N course. Finishes are recorded in the order boats finish. The team with the lowest score wins. Sailors will use boat handling, communication and plays to create favorable combinations for their team in order to win the race.

Race Courses-

Fleet Race



Team Race



High School Sailing Rules

ISSA Procedural Rules-

What are they?

“The aim of all competition shall be to declare as winner the team or individual best qualified on the merits of superior sailing skill and sportsmanship. The host schools and officials shall make every effort to assure that each race provides a fair test of sailing and maintains the highest standards of sportsmanship. The purpose of these Procedural Rules (PR) is the unification of conditions of interscholastic sailing competitions. They are mandatory for all National Competition but may be modified, as stated below, by District Associations in the interest of providing increased opportunity for participation. All competition within the Interscholastic Sailing Association (ISSA) or any of its member District Associations shall be governed by World Sailing’s Racing Rules of Sailing for 2017-2020 (RRS), as adopted by the United States Sailing Association (US Sailing), and the prescriptions of US Sailing, except as they are amended herein. These Procedural Rules and their Appendices shall rank as sailing instructions for all regattas.”

Where to find them: https://hssailing.org/documents/procedural_rules.pdf

SAISA Supplementary Rules

The SAISA Supplementary Rules are the rules for our ISSA District. They included how to qualify for the SAISA District Mallory Championship and the South Points are organized.

Where to find them:

https://saisa.hssailing.org/documents/SAISA_Supplemental_District_Rules_2018_V1.pdf

US Sailing, Racing Rules of Sailing

The Racing Rules of Sailing (RRS) govern the sport of sailing in the United States on the water. They are revised and published every four years by World Sailing. The current edition is The Racing Rules of Sailing 2017-2020

Where to find them: <http://www.sailing.org/documents/racingrules/index.php>

Team Racing Callbook (advanced for Team Racing Regattas only)

The World Sailing Call Book for Team Racing provides a clear definition, for both competitors and umpires, how certain incidents will be called in match or team racing events. Through written and illustrated examples, scenarios that occur in team racing events are presented along with the rules applicable to that situation and how and when they should be applied. Where to find them:

http://www.sailing.org/documents/caseandcall/call_book_team.php

Sarasota Youth Sailing Rules

Attendance Policy-

Practice is mandatory if you would like to be considered for roster selection. Exceptions can be made for job commitments, homework/study, and/or a school sponsored activity **WITH** prior notification to the coach by the day of the missed practice through email, phone call or text message.

Disciplinary Policy-

Coaches have the right to send sailors home if they are repeatedly being disrespectful during meetings, while on the water, or while on property/ away regatta venue's property. Sailors may also be sent home if they are representing the high school program/ their school/Sarasota Youth Sailing in a negative way.

3- Strike Policy- *Strike 1*: a sailor will get spoken to by a coach and asked to not repeat the offense. *Strike 2*: a sailor will meet with the coaches and the director to discuss the offense (depending on severity parents may be involved.) *Strike 3*: Call home to parents, the disciplinary action could include suspension or expulsion. The incident will be brought to the attention of the Board who will ultimately decide on suspension or expulsion.

Foul Weather Policy

Coaches have the right to cancel, limit, or modify practices if weather is not favorable or creates dangerous or high-risk situations. We sail during Hurricane Season so there may be times that we ask for help with getting prepared. Examples include but are not limited to Tropical Storms & Hurricane Watch/ Warning, heavy rain, cold temperatures, high wind speeds, thunder and lightning, or anything that makes driving conditions unsafe.

Cancellation Policy: SYS aims to give parents notice by 2pm the day of. When we can, we will try to give more notice.

Limited Practice Policy: These will occur on windy days. Coaches will select a smaller roster to come to practice. Those not on the roster have the day off from sailing. The main reason we limit windy practices is for safety reasons and productivity concerns.

Early Dismissal Policy: On days where there is very light wind or no wind at all we may have a classroom session and then an earlier pick up time. If parents cannot make it earlier to pick their child up that is fine, coaches will be at the club until 7:00 regardless. Like the cancellation policy, we will try to give you as much notice as possible for these practices.

Damage Policy-

Sarasota Youth Sailing provides equipment for all sailors to use during the practice times we provide. Accidents happen, and we understand that, but with that being said our sailors need to take ownership over the borrowed equipment and must take care of it like it is their own.

In the case of severe damage, or loss of equipment, the SYS staff will discuss the incident and ask the involved sailors to share their description of the situation. Using the Racing Rules of Sailing and facts found from all parties involved, we will determine whether a sailor is found to be at fault or acted in a deliberately reckless or unsafe way. We will ask that sailor to either do some work around the Club, or that they write a check to have the damage repaired/ lost equipment replaced. The SYS staff will assess the damage and the cost of the repair to determine the amount owed.

Roster Assignments-

#1 Coaches Discretion: The High School Sailing Coach has the right to choose who to place on the roster for a SAISA regatta with regards to skipper/crew pairings and Varsity/Junior Varsity teams.

#2 Sportsmanship: Sailors must respect the rules of sailing and the rules Sarasota Youth Sailing put forward. Sailors must also respect all coaches, competitors and teammates. Bullying and negative behavior will heavily impact a sailor's standing on the team and will be strictly monitored and punished.

#3 Proper Equipment: Each sailor must have the following proper equipment in good working order to be considered: USCG life jacket, whistle, weather appropriate clothing, sailing shoes (closed-toed, must be worn while sailing), gloves, bailers, sunscreen, workout clothes, proper workout shoes (tennis shoes), sunglasses and hat are optional.

#4 Competitiveness: Rosters will be made to field the most competitive team to produce the best results at a regatta.

#5 Practice Participation: Individuals should show effort during practice, wanting to improve their skills as a sailor and for the betterment of the team. Sailors should ask coaches and teammates questions and ask them to watch them try new maneuvers.

#6 Attitude: Individuals should show a desire to sail, willingness to help others, respect for equipment, coaches, and teammates. Consistent goofing around will be noted and will most likely result in less sailing time at regattas. With that being said, a little bit of goofing around is allowed, but sailors know when it's appropriate and when it is not.

#7 Team Chemistry: Individuals should possess good sportsmanship, good communication, and willingness to make a better team (not just in the competitive aspect but a fun positive atmosphere). Individuals should be willing to rotate between different skipper and crew pairings. All sailors should be able and willing to sail with anyone.

#8 Seniority: Seniority will be considered with respect to the other guidelines listed above.

#9 Team Representation: Individuals should represent the team, outside of sailing, in a positive manner, this includes sustaining from smoking, drinking alcohol, or use of illegal substances. Sailors should recognize that they are representing Sarasota Youth Sailing as well as their teams, their coaches and their parents.

#10 Event Factors: When selecting the roster, the following factors can be considered: regatta venues, type of boat, weather conditions (light vs heavy wind), and opponents.

Required Gear

Sailors are in charge of their own gear and belongings. Label everything with sailor's name!

All sailors must have the following gear:

- Coast Guard Approved PFD, appropriate size
- Whistle
- Closed-Toe Shoes – Sneakers, Sailing Boots
- Sailing Watch with a countdown timer
- Reusable Water Bottle
- If racing – a team pinnie
- Bailer
 - This is used to scoop water out of the boat while sailing
 - We recommend iced tea gallon jugs or laundry detergent containers (just cut off the bottom of the jug, not the top where the cap is)
 - Label your bailer as many of them will be the same
- Light base layers (non-cotton), top and bottom

***Sailors must be wearing shoes at all times on property and closed toed shoes while sailing. If they do not have closed toed shoes, they will not be allowed to sail.**

We recommend that sailors also bring this gear, but it is not required:

- Sunglasses (polarized)
- Baseball Cap or Visor
- Sailing Gloves
 - For protection of hand or warmth in the cold months
 - Gardening gloves work in the warmer months (Check out Atlas Showa Best 370 Garden 4 color pack of Garden Gloves on Amazon.com)
- Electrical Tape (put in life jacket pocket)

Colder Weather Gear

- Spray Jacket or Rain Coat
- Spray Pants or Waterproof Pants
- Warm Head Band
- Neck Warmer
- Warm Wool Hat

Good places to Buy Gear-

West Marine, Helly Hansen, Annapolis Performance Sailing, Gill, Musto, etc.

Parent Responsibility/ Involvement

Involvement

At Practice: Parents should not be at the team meetings or classrooms, unless they need to speak with a coach, or need to contact their child urgently

At Regattas: Parents are invited and encouraged to come and watch. If you know your child would prefer you to keep your distance, please do so. Parents should never go down to the rotation area while sailors are rotating boats. Parents should also keep their distance during team meetings.

Responsibilities

For Local regattas:

- Parents should make sure sailors have a lunch option that does not involve the sailor themselves leaving the regatta venue
- Make sure carpools are running smoothly
- If needed, parents will be asked to tow a trailer with 420s to an event

For Travel/Away regattas:

Chaperones-

- Ensure that all sailors are accounted for at all times
- Take care of all lodging logistics once they are planned
- Help organize all meals for sailors on trip (save all receipts)
- Enforce a strict curfew
- Set strict meeting times for morning departures to the venue
- Drive sailors to and from the venue each day
- Order lunches during the day for sailors (save all receipts)
- Chaperones should make sure they know of any allergies or health concerns for all sailors on the trip
- Formulate an expense document that is clear and concise and shows the breakdown of expenses and what each family owes. Make sure you keep all receipts
- If needed, Parents will be asked to tow the 420 trailer

Parent of a child going to an away regatta-

- Provide chaperone with any details pertaining to your child that you believe you might need to know
- Remind your child that they are on an athletic trip, not a vacation. They need to get ample sleep and eat well to perform well.
- Make sure you have Chaperone's contact information
- Be responsive and prompt when the bill is sent your way
- Sit back and relax!

Forms of Communication

Sailor's Group Messages

Captains will be in charge of organizing a group message on their cellphones. Traditionally they use Groupme, WhatsApp, or just regular texting. Captains are to include all sailors in their group and have been instructed no one shall be left out.

Coaches and Parents are not involved in these group messages. If something appears to be concerning however we ask sailors to follow this protocol:

1. Confront the issue by asking the person to stop directly
2. If this does not solve the problem, then it should be brought to the attention of the coaches or director. We ask that you show us the concerning material at this time.
3. If we deem the problem to be a concern, coaches and the director will meet with the sailor who posted the inappropriate content. And then depending on the severity of the problem, and disciplinary action will occur.
4. Parents will be contacted if the problem happens more than one time, or if the first-time incident is extreme.

This protocol will be applied to any social media or texting problems that arise. Bullying and harassment are not tolerated at any level.

How can you Volunteer?

Before a regatta comes around, the director will send out a request for volunteers. This request usually comes in a google sheet format.

You will see the dates of the regatta and then slots for the positions we need filled by volunteers.

In order to make these regattas go smoothly, we need volunteers! So if you are hesitant because you believe you may not know enough, come along anyways! We will teach you what you need to know to be a successful volunteer!

How to Check Scores

You can monitor and check out your child's team's progress and scores through the following website: <http://scores.hssailing.org/>

Coaches are in charge of inputting sailor's names and race numbers into the program.

Please give Coaches until Monday at 5pm after the event to complete this.