



North Atlanta Sailing Program Spring 2019

North Atlanta High School Sailing Goal:

- Provide a comprehensive High School Sailing Team program as an after school activity.
- Within 3 years, become one of the top schools within South Atlantic Inter-Scholastic Sailing Association (SAISA) North qualifying for South Atlantic Regionals.
- Provide regularly scheduled Learn to Sail program as a weekend activity as a training opportunity to build the Racing team (optional offering TBD).

Facilities:

Lake Lanier Sailing Club in Flowery Branch, Georgia can offer an all-inclusive program with ideal sailing facilities, highly qualified coaches, sailboat and coach boat equipment and full insurance coverage. Go to www.llsc.com for complete club details.

North Atlanta High School Jr. Varsity & Varsity Sailing Team (7th thru 12th grade):

Using the Lake Lanier Sailing Club – quantity 8 C420 sail boats, Race Team will practice once a week for race skill development including: Race tactics, strategy, boat speed and tuning, rules, seamanship, sportsmanship and team work.

- Practice starts the week of March 18th thru May 20th (10 weeks). (Monday's) 5:30 - 7:30 PM
- 1 afternoon per week, 10 practices over 10 weeks, maximum of 2.5 hours per practice.
- Certified US Sailing Coach provided and all boat equipment.
- Maximum of 16 students per training session (16 students in boats, 8 rotating).
- Practices will include: Rigging, shore side chalk talk, on the water drills, practice races, debrief, de rigging.
- Goal: To further racing skill development to build a competitive team in the SAISA District.
- \$200 per students for 2019 Spring semester, 10 week program. Minimum of 4 students, maximum of 25 students permitted.
- Students will need to provide all sailing gear: boots, spray tops. Recommend bringing own lifejackets.
- Online waivers must be completed prior to participating.

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