



# Riverside Military Academy Sailing Program Spring 2017

## RMA 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](http://www.llsc.com) for complete club details.

## RMA High School Jr. Varsity & Varsity Sailing Team (7<sup>th</sup> thru 12<sup>th</sup> grade):

Using the Lake Lanier Sailing Club – quantity 10 C420 sail boats, Race Team will practice 2 times per 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 13th thru April 26<sup>th</sup> (7 weeks).
- Total of 2 afternoons per week, 12 practices over 7 weeks, maximum of 3.5 hours per practice.
- Certified US Sailing Coach provided and all boat equipment.
- Maximum of 25 cadets permitted per training session (20 cadets in boats, 5 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.
- \$500 per cadet per semester, 7 week program, transportation included. Minimum of 4 cadets, maximum of 25 cadets permitted.
- Cadets/RMA will need to provide all sailing gear: boots, spray tops. Recommend bringing own lifejackets.
- Online registration here:  
[https://www.regattanetwork.com/clubmgmt/applet\\_registration\\_form.php?regatta\\_id=14062](https://www.regattanetwork.com/clubmgmt/applet_registration_form.php?regatta_id=14062)
- Online waivers must be completed prior to participating.

## **High School Regatta Schedule** (Fall events for RMA, Parent Advisor coordinating, \*additional fees for entry & travel)

- April 29-30- Atlanta Yacht Club Junior Olympics Festival

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