



Parents High School Survival Guide

Why Sailing?

- Teaches teamwork
- Fosters perseverance
- Develops and improves cognitive skills
- Instills time management skills
- Encourages goal setting
- Nurtures a healthy lifestyle

Are There Any Prerequisites Required for My Sailor?

Yes. Sailors must be able to swim and be in grades 8-12. No sailing experience is required and boats will be provided.

A pre-participation physical evaluation is required. While pre-season examinations won't prevent the bumps and bruises that might come with your child sailing competitively, it does provide physicians with vital information needed to make informed decisions.

Florida High School Athletic Association Participation Evaluation Forms may be found on your child's high school website or by picking-up a packet at the Sailing Center. Forms should be completed at the start of the season.

What Type of Boats are Sailed?

The boats are called "420s"; these are 14 feet long, and have a main and jib. The boats are Dinghys and do not have a keel –instead they are ballasted, or held down, by the weight of the crew. There are 2 types of racing boats that are the most popular nationally for Scholastic racing based off of their durability, enduring design, size, simplicity in rigging, and other factors. These are the **Flying Junior (FJ)** and the **"420"**. The boat has a mainsail, controlled by the skipper and a jib, controlled by the crew. Sailing two person boats really brings the focus of high school sailing to teamwork and trust in your partner.

The 420s are sailed by 2 person crews: the crews can be co-ed, but there is no requirement that they be mixed crew.

How long is the Season?

The high school program spans 7 months, launching in September and ending March 28, 2020.

Where do the Sailors Practice?

The students practice at the United States Sailing Center – Martin County (USSCMC) located at 1955 NE Indian River Drive, Jensen Beach, Florida 34957. The Sailing Center is located inside Indian Riverside Park.

(www.usscmc.org)

The facility became designated by the United States Sailing Association (www.ussailing.org) as a US Sailing Center. This honor recognizes that USSCMC exceeds all the required standards set forth by U.S. Sailing and maintains an impressive commitment to high quality public access to sailing through our educational resources and trained staff.

The member based Sailing Center moved in 2002 to a two-story waterside facility with unparalleled views of the water on Indian River Drive. Over the last 25 years, the fleet of OPTIs, O'Pen Bics, Lasers, Flying Scots, Hartleys, 420's, Hobie Catamarans, Kayaks, Windsurfers and Paddleboards have expanded exponentially, and the USSCMC hosts large-scale elite events like Junior Olympics on an annual basis.

The USSCMC is committed to broadening the base of the sport of sailing through dedicated and affordable community programs for youth and adults and providing support for the development of future champions and Olympic racers.

Our parent organization, US SAILING, was designated by the US Congress under the Congressional Amateur Sports Act of 1978, as the National Governing Body (NGB) of the sport of sailing. Headquartered in Bristol, Rhode Island, their efforts for the past 125 years have been to grow and support the sport of sailing with a mission to increase sailing participation and excellence through education, competition and equal opportunity, while upholding the principles of fair play, sportsmanship and safety.

Who are the Sailing Coaches?

Ryan Clarke is the Head Coach. Coach Terry Wilson and Coach Nat Osborn will also play major coaching roles. Please feel free to speak with any of these coaches when questions arise; however, please consider your Team Parent as a valuable resource.

Ryan Clarke: ryan@usscmc.org

Terry Wilson: terry@usscmc.org

Nat Osborn: natosborn@gmail.com

Who are the Team Parents?

Jensen Beach High School: Kerry Barron & Suzanne Moore

Martin County High School: Diane Lott

MOA: Brie Lamb

South Fork High School: Paula Pollis

The Pine School: Andrea Foley

What is the Racing Format?

Sailors compete in teams of four, so two sailors from a team (a crew and skipper) will go out and sail two 15-20 minute races. Then they will return to shore and their teammates, another skipper and crew will sail two more races. This process repeats the whole regatta and the scores from each pair of two are combined to produce a total score. **This is called an "A fleet, B fleet" rotational format. Lowest score in sailing wins.** Coaches create A and B fleet teams based on skill, experience, attitude, and other factors.

What is the Typical Regatta Schedule?

High School regattas are typically 1 day, and sailors will sail all day, wind permitting.

7am	Gather at the regatta site
8:30am	Team meeting
9 am	Regatta check-in
10am	Skipper's Meeting
	Races begin
Lunch	Sailors just eat when they have breaks
4pm	Races end. Pack-up boats and equipment
5:30pm	Departure

During the skipper's meeting the racecourse and sailing instructions will be reviewed. After the meeting, sailors should check in with their coach before launching their boats. Sailors should wait for instructions that indicate the launch. This is typically done when the race committee leaves the dock to go out to the racecourse. Please be aware sometimes the regatta departure is postponed due to lack of wind and unfavorable weather conditions.

What Will The Program Cost?

Sailors should plan on buying a PFD (Personal Flotation Device, a Coast Guard Approved Life Jacket) and sailing specific clothing. A long sleeve rash guard or UV shirt, "Dinghy" specific boots or sailing shoes and a spray top or spray jacket are the basics of the Sailing Uniform. Gloves are also a suggestion but a matter of preference. All Sailors always wear a PFD while sailing or on a power boat during practice at USSCMC. Some sailors wear bibs, spray pants or microfleece pants for warmth and protection when the air/water temperature drops during the cooler months.

Sailing program tuition is \$500 (plus \$100 for a junior membership if the sailor is enrolled in High School Sailing program) for the sailing season. There are several travel regattas. Some regattas will require a hotel stay, others can be driven to but will require a very early departure!

Fundraising is an important component of making the high school program sustainable and successful.

What Should I Bring to a Regatta?

Make sure to check the weather for the day of the race and plan accordingly. Sailors should always bring with you multiple layers of sailing attire, foul weather gear, hat, and sunglasses. A change of clothes is also recommended. Spectating Parents should bring foul weather wear, sunglasses and see Regatta schedule for what can be brought for each event. USSCMC parents often congregate on one area so the Team parents will organize for tents and ask for each Sailing parent to share the responsibility to bring water and snacks for the sailors. Parents should bring a comfortable chair to most regattas.

Before leaving for the regatta make sure to pack lots of snacks and make them “waterproof.” Oftentimes athletes eat on the water so it is important to put sandwiches and snacks in Ziploc bags (minimal packaging preferred, in order to avoid litter in the water).

Suggested Packing List

(Please label personal items as life jackets and personal belongings may look the same).

Clothes and personal hygiene supplies
Life jacket/P.F.D. (USCG approved Type III)
Sailing boots/water shoes (Absolutely no bare feet, flip-flops, or Crocks)
Spray jacket/Spray pants
Gloves (if your sailor wears them)
Hat/sunglasses/sunscreen
Shorts (surf shorts, or lycra/spandex shorts recommended)
Hydrofleece or other gear to keep you warm and dry in colder weather
Snacks, drinks and reusable water bottle
Other items: camera, binoculars, cooler with snacks and beverages for the adults, towels. A lot of the regattas can be seen with a good pair of binoculars.

Any Gear Discounts Available?

You will be notified via email about any gear discounts or donations that may be offered throughout the season. Many sailing gear distributors are happy to offer products at a lower cost. Be sure to ask the seller if they can offer any discounts for a high school sailing team. Contact your coach if they require any proof of participation. If you have any questions about the gear, please contact your coach.

What is the Attendance Policy at Regattas?

The Coach presumes that all sailors are available for every regatta unless told otherwise. (PLEASE contact your coach immediately if you cannot attend any regatta on your schedule.) Sailors are asked to attend regattas based on their attendance at practice, commitment to the team, and availability. When traveling to away regattas only the sailors chosen are required to attend.

All sailors on the high school teams are expected to attend the home regattas at the USSCMC to assist in setting up the boats and help the USSCMC staff in running a successful event. Even if you have not been selected to sail that day, please have your sailing gear available in the event that the team needs to make a last minute change.

What is the Attendance Policy for Practices?

Students who are not in attendance at school may not participate in practice that afternoon (unless excused from school for medical/personal reasons)

Sailors should attend all weekly practices

If you cannot attend practice you must contact your coach by 10am that morning at the latest (email or text message is best)!

Team practice is between 4:00 pm and 6:15 pm for the entire season. Sailors only practice the days assigned to their team. In the fall season practices may be shortened due to loss of daylight. Students and parents will be notified of any changes to the practice schedules.

What is a Typical Afternoon Practice Schedule?

4:00 Arrive and get ready to sail (Jensen Beach High School begins at 3:45pm)
4:05 Rig boats (Team Captains lead this effort)
4:15 Chalk Talk
4:30 Launch boats
4:45 Practice on water
5:50 All boats to the docks to de-rig
6:05 Quick debrief (if necessary)
6:15 Dismissal

Assignments:

Wednesdays JBHS & Pine School
Thursdays SFHS & MCHS & MOA
Fridays Advanced Practice

Saturday practices:

9AM-12PM: 9th Grad and New Sailors or New Racers
1PM-4PM Race Practice Everyone

Practice is rarely cancelled. In the event practice is cancelled, an email or text message will be sent by **2:00 pm**.

Bits of Advice Shared from Sailing Parents:

1. Label your sailors name on EVERYTHING. Sailing gear is expensive and labeling actually does help the gear find its way back to you. Silver Sharpie on Black clothing or there is a company called Stuck on You that has waterproof tags that will hold your Sailors Name, Phone Number and USSCMC.
2. Bring a comfortable camping chair as you will be sitting a lot waiting for your sailor to come in or have their turn to sail. Some of the regattas are held at parks while others you have a sea wall to sit on... see guide for specifics.
3. Boats will be towed to regattas, Sailors are expected to be at the event to unload, rig and ensure everything and everyone is ready for sailing. This is not a "show up and go" event!! After the event is over, the boats will need to have the rigging taken down, and the boats and rigging loaded on the trailer ready for transportation back to the Sailing Center. All Sailors are expected to participate in this preparation and packing up.
4. Team shirts, jackets, rash guards and Pinnies are among the items that could be ordered for the team. The Jensen Beach High School team Pinnies were paid for from a Fund-Raising Boat/Car Wash held at the Sailing Center in September. Teams can organize fundraising for each team to purchase gear. If you have any questions on the clothing or team gear please feel free to call your Team Parent for clarification.
5. During the winter months it will be chilly at the regattas. Please consider purchasing hand warmers and foot warmers. Your sailor may like to have one of these to keep warm on the water and you may appreciate a set to stay warm while watching!

Upcoming SAISA 2019-2020 Regattas:

South Points 1 – Hollywood/LYC

Host Organization:	Hollywood/Lauderdale Yacht Club (LYC)
Web Site:	LAUDERDALE YACHT CLUB
Date:	September 28, 2019
Location:	Hollywood, Florida: Holland Park Pavilion, 801 Johnson Street, Hollywood, FL 33019
Distance/Driving time:	Approximately 2 Hours
Lodging Recommendations:	Hollywood has a number of smaller hotel/motels. Make sure to LOCK your vehicle and Leave NO VALUABLES in your vehicle.
Recommendations:	Bring food with you for lunch. Sailors get a limited breakfast and lunch. Parents can purchase lunch from event. There are not a lot of lunch/food options so best to bring snacks and everything you want to eat and drink with you.
Facility Information:	There is a very small area for spectators and it is usually fills up quickly. Team parents will set up 2 tents. Please bring a chair or a towel if you prefer to sit on the grass. There is a tower for spectating.

South Points 2 – USSCMC/Jensen Beach

South Points 3 – Sarasota Sailing Squadron

Host Organization:	Sarasota YSP
Web Site:	SARASOTA SAILING SQUADRON
Date:	December 7, 2019
Location:	1717 Ken Thompson Pkwy, Sarasota FL 34236
Distance/Driving time:	3:20
Lodging Recommendations:	Hyatt Regency, 1.5 Miles, Holiday Inn Lido Beach, Hotel Indigo, LaQuinta
Facility Information:	This regatta is held in a public park. It's best to bring lunch to this regatta as a grocery store is a good 15 minute ride. There are a few picnic tables and until high tide you can sit right on the beach. The park is spacious and plenty of room for tents, blanket to lay on and comfy chairs. There is Plenty of parking.

Fun things to do in at this Regatta: there is a Rock Climbing Center called Vertical Ventures and a great little pizza place down the street.

South Points 4 – Ransom Everglades School

Host Organization:	Ransom Everglades School
Web Site:	RANSOM EVERGLADES
Date:	January 11, 2020
	Harry Anderson Water Sports Center (Ransom Everglades Upper School Waterfront) 3575 Main Highway, Coconut Grove FL 33133
Distance/Driving time:	2 hours from Sailing Center
Lodging Recommendations:	Mutiny Hotel, Coconut Grove Apartments by NUOVO, Sonesta, Mayfair, Hampton Inn, Residence Inn, etc.
Recommendations:	Downtown Coconut Grove has a great variety of restaurants, from LoKal Burgers to a fresh bakery, Present Bakery

Facility Information: Bring a Chair to sit on, space is limited but you should be able to see the regatta with a good pair of binoculars. Spectating is done on the Football field which has artificial turf, so no umbrellas or tent stakes.

South Points 5 – St Petersburg Yacht Club

Host Organization: St Petersburg Yacht Club
Web Site: [SPYC](#)
Date: February 1, 2020
Location: 250 2nd Ave SE, St. Petersburg, FL 33701
Distance/Driving time: 3 Hours and 30 Minutes
Lodging Recommendations: Ponce de Leon Hotel, Hyatt Place Downtown, Hilton Bayfront, Courtyard by Marriott, Days Inn, Holiday Inn Express
Recommendations: Great dining downtown. Lots of options and many restaurants are located near hotels. Great downtown shopping and dining area. Varsity Sailors will eat lunch on the water, in their sailboat. Varsity sailors should have plenty of water and waterproof snacks. If needed, sailors will sail by the seawall for replenishments.
Facility Information: Bring a chair or a stadium seat. You can purchase a parking pass but be careful where you park as cars are ticketed. Parking near the Sailing Center is limited. You can view the event from the sea wall. You can park your vehicle in the park by the Sailing Club (in a marked spot only) and ride a bicycle the short distance to the event. Bring lunch or you can ride a short distance to downtown, sometimes they have a great flea market with food and it is a good place to walk around.

Fun things to do in at this Regatta: There is an Escape Room near this event and a wonderful downtown area with food for everyone.

South Points 6 – Davis Island Yacht Club

Host Organization: South Atlantic Interscholastic Sailing Association in conjunction with the Davis Island Youth Sailing Foundation
Web Site: [DAVIS ISLAND YACHT CLUB](#)
Date: March 7, 2020
Location: 1315 Severn Ave, Tampa FL 33606
Distance/Driving time: 3 Hours and 10 Minutes from USSCMC
Lodging Recommendations: Hilton Downtown, Courtyard Marriott, Floridian Palace, Residence Inn, Quality Inn Airport
Recommendations: [220 East](#), [Fresh Kitchen](#), [Green Lemon](#)
Facility Information: There is parking along the street and many of the kids skateboard back and forth. Last year, a few of the kids camped out on the lawn the night before the regatta. There is a nice lawn and a facility with tables. Each team usually claims a table and sets up chairs on the lawn to watch the regatta. Bring a cooler with lunch and plan to stay the day and watch the regatta with a good pair of binoculars. Bring a wagon for toting stuff to the spectator area as it can be a long walk.

Fun things to do in at this Regatta: This is a fun regatta to camp at on Friday night. Tents can be set up on the beach near your vehicle and you can have “campfire” food and there are shower facilities near the swimming pool as well as an outside pool shower.