



Riverside Military Academy Sailing Program Spring 2019

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 for complete club details.

RMA 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 11th thru April 29th (8 weeks). (Monday's)
- 1 afternoon per week, 8 practices over 8 weeks, maximum of 3.5 hours per practice.
- Certified US Sailing Coach provided and all boat equipment.
- Maximum of 16 cadets permitted per training session (16 cadets 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.
- \$175 per cadet for 2019 Spring semester, 8 week program. 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 waivers must be completed prior to participating.

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