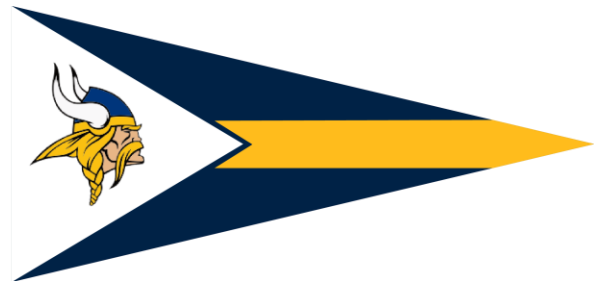
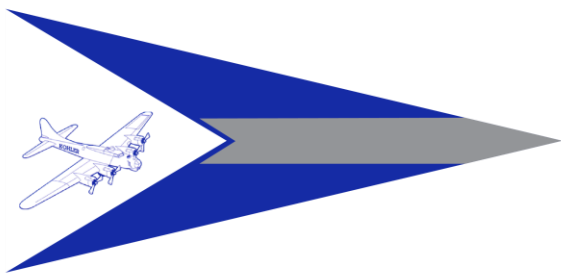


Sheboygan High School Sailing Team

Spring 2019 Guide



SHEBOYGAN
YOUTH SAILING
CENTER

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Sheboygan High School Sailing Guide

High School Sailing National/Regional Structure

High school sailing is governed nationally by the Interscholastic Sailing Association (ISSA) and is split into seven district associations. Our district is the Midwest Interscholastic Sailing Association (MISSA, missa.hssailing.org), which is responsible for scheduling events for the region. MISSA breaks down further into three areas – West, Central, East – and we are part of the West area (Wisconsin, Minnesota, Iowa), though we often compete with teams from the Central area.

Students are eligible to sail in MISSA if they are full-time students in 9th grade or higher. Home-schooled students will be considered eligible to sail with the school they would be assigned to in the district in which they live. 7th and 8th grade students may participate fully in practice and will be eligible for 'Mixed' team events in both the Spring and Fall.

Regatta Tiers are described as followed in the MISSA rule book:

- Tier 1: The District Championship (Great Lakes Championship) and District qualifiers for the three ISSA National championships (Cressy, Mallory, and Baker)
- Tier 2: Qualifiers for Tier 1 regattas; qualifiers for national invitational and other out-of-district regattas; and regattas designated as State Championships if open only to competitors in 9th grade and above
- Tier 3: Any other MISSA regattas.

We will compete in mainly Tier 3 events to allow for as much participation as possible from all members of our team. The Sheboygan High School Sailing Team will support teams from any school in Sheboygan County.

There are three types of competition in high school sailing:

- Fleet Racing (most common): All schools participating in fleet race regattas have "A" division and "B" division that alternate racing throughout the day at each event. All of the boats in one division race each other and the total team score at the end of the event is the combination of the A and B division score. Fleet Races are common in both Spring and Fall and are usually in two-person FJs or 420s.
- Team Racing: These events have two schools competing against each other with three boats per team. The winning team has the lowest total combination of points between their three boats. Typically these events are round-robins where you race each team once and happen in the Spring.

- Single-handed Racing: These events take place in Laser Radials or Standards and are run like fleet races but with only one division. Single-handed racing takes place in the fall only.

Team Goals

Our goals as a team are as follows:

- To create an inclusive environment for competitive sailors across Sheboygan County, regardless of background
- To work to become competitive regionally and nationally and to eventually qualify for Regional and National Championships
- Have fun on the water and make the most of practice time

Program Fees

Team Dues are \$125 per semester. This covers the use of the boats and SYSC facilities for practices and regattas, coaching and coach boat fuel fees for practices and regattas and MISSA team dues. It continues to be our goal to make the high school program affordable for sailors and parents and through generous donations that remains possible. We do ask that parents and sailors participate in any fundraising efforts we may have as a team.

Many regattas have fees associated with them that generally range from \$10-\$50 and often include breakfast and lunch for the sailors. When we send the schedule for each event we will make sure to communicate any fees associated with the events and what they cover. Generally the higher the regatta fee, the more the venue will provide for sailors (meals, t-shirts, etc). We will do our best to keep costs low wherever possible.

Practices

All practices will be held the Sheboygan Youth Sailing Center (619 Broughton Drive). During the school year, practices will be held after school on Tuesday and Thursday from 3:30-5:30pm and on Wednesday from 2:15-5:30pm. There will be land/boat handling drills on Wednesday until 3:30pm to accommodate those sailors who cannot arrive until 3:30pm. Prior to the school year, practices will be held Tuesday through Thursday from 2:30-5:30pm.

Sailors will be expected to show up on time for each practice they are scheduled to attend. If

they cannot attend a practice, it is their responsibility to let the coach know as early as possible to help with planning pairings for the day.

Varsity Letter

Sheboygan North High School Sheboygan North High School Sailing Program recognizes and authorizes the award of Varsity Letters. The Athletic Director and High School Sailing Team Coach maintain overall authority of these Letters and have defined the criteria listed below.

To be eligible for a Varsity Letter, a sailor must:

1. Maintain a cumulative "C" average (verified by Teacher/Sponsor)
2. Participate with the Sailing Team for the entire program year.
3. Sail in at least ten (10) races (cumulative) in MISSA Regattas or District Championships.
4. Attend a majority of practices.

Ultimate decisions on Varsity Letters are made at the discretion of the coach.

Gear

Required: Life jacket – No one is permitted on the water without wearing a proper lifejacket (PFD). Life jacket must be Type III USCG approved. There are a number of PFDs specifically designed for dinghy sailing.

For safety reasons, students must be properly attired. Regardless of the season, hypothermia can occur in a matter of minutes if a sailor capsizes and is improperly dressed. A sailor with the right clothing will be able to continue sailing in comfort even after multiple capsizes while minimizing their risk of hypothermia. We reserve the right to refuse sailing to students who are not prepared for the conditions. This is in the interest of their safety.

Insulation and wind protection are the key elements to sailing clothing. Dinghy sailing is an active sport and students will work hard and generate a lot of body heat. For this reason, it is important to dress in a way as to not overheat. It is also equally important to dress in a manner to be comfortable after getting wet from spray and/or capsizes. Avoid cotton at all costs. T-shirts, sweatshirts, etc. are the worst kind of clothing for sailing as they retain water, restrict mobility, and actually make you colder.

1. Shoes/Boots - Close-toed shoes are required. Dinghy boots are preferred but sneakers are ok. No flip-flops or bare feet!

2. Spray Top - Really all you need here is something waterproof to go over all your warm base layers. Any waterproof jacket will work. The "sailing" spray tops are designed with sailing in mind, so they don't have unnecessary pockets or hoods.

3. Spray Pants - If you are just getting into sailing you don't need to go buy the best gear, and for spray pants anything waterproof will work just fine, even ski pants work great. But it is worth the money to purchase a nice pair of salopettes (bibs). The salopettes are nice to keep your whole body warm since they go up all the way to your chest.

4. Warm Base Layers - either a wetsuit or an insulation layer beneath. The insulation layer should be something that will not lose its insulation properties when wet. Consider capilene, spandex, and technical fleece. When the water gets colder students should consider wearing more layers and a dry suit.

5. Dry suits/wet suits are mandatory when water temperatures are below 50 degrees.

6. Hat - In colder weather, students should wear a hat that insulates and stays on in the breeze. Keeping the head covered greatly improves comfort and minimizes chances of hypothermia on a cold day.

6. Sailing Gloves - they protect against chafing and cold. Gardening gloves also work well in cold weather.

7. Pinnies - The purpose of pinnies is to identify each school on the water during regattas. They are required at high school sailing events.

There are several online vendors that provide a scholastic discount on some of the top sailing gear available.

APS <http://www.apsltd.com>

Sturgis Boat Works <http://www.sturgisboatworks.com>

West Coast Sailing <https://www.westcoastsailing.net>

The team does have a limited supply of used gear to use. Team members may have gear to loan as well.

Travel

Throughout the season, we will travel to events throughout the Midwest. For each event, it will be the responsibility of the sailors to indicate their interest in attending and whether they want to skipper (steer the boat) or crew (trim the jib) at each event to the coach. The coach will be responsible for making the roster/pairings necessary for each event and will coordinate loading trailers of boats if necessary with the sailors. It is the responsibility of the sailors and parents to coordinate travel to each event, including at least one parent chaperone per event. The coach will help facilitate the communication and provide necessary information for each event to the

sailors and parents.

Many of our events are Saturday/Sunday events, so sailors and parents will be responsible for finding housing and dividing any fees that may go along with the housing between sailors.

Once a sailor commits to attending a regatta, it is extremely important that they maintain this commitment for travel plans and pairings.

Sailor Responsibilities

Our high school sailing team is student-driven, student-run and student-led! We are excited to offer the facilities, coaching, equipment and knowledge to support a sailing team right here in Sheboygan. We expect all of the sailors on our team to:

- Display enthusiasm, sportsmanship, teamwork and leadership during all team events, including practices and regattas
- Help recruit new sailors to join the team and grow the sport in our community
- Have a positive attitude and desire to improve at each practice
- Show respect toward fellow sailors, parents and coaches at all times
- Communicate any issues with boats, teammates, scheduling with the coach as soon as possible
- Take care of the boats, building and other equipment provided by SYSC and other clubs to the best of their ability
- Develop time management skills in order to balance attending all practices and regattas and maintain quality work at school
- Create and maintain a positive environment for all sailors on the team
- Be timely in arriving at practice, changing into sailing gear and rigging boats
- Be team players and, most importantly, have fun on the water!

Parent Responsibilities

Parental involvement is essential to the success of this program. Parents are expected to participate in the parent group, which supports the SYSC High School Sailing Program. During the season, monthly meetings will be held at the SYSC to keep parents informed.

Among the many activities where parents are expected to participate are:

- Serve as needed when requested by coach
- Assist in carpooling to and from team practice and events
- Driver/chaperone duty on away Regattas
- Assist with loading and unloading boats that travel to regattas
- Tow trailers to away regattas
- Assist with supervision at away regattas as needed
- Assist with hosting home regattas
- Assist with end of season Awards Banquet
- Assist with team apparel orders

TEAM PARENT(s) Chaperone Regatta Responsibilities

- Team Parent(s) shall be responsible to organize and coordinate the transportation of a sailboat(s) when needed, in addition to any carpooling and other logistics with regards to travel.
- Loading and unloading trailers with boats shall be the responsibility of the sailors with help from their parents. This should not become a burden to the Team Parent(s) as sailors must support and participate with the task of loading and unloading trailers.
- Team parents also need to coordinate food for the sailors for each day.

How to Follow Racing

Parents can follow race results at <https://scores.hssailing.org> on TechScore. The coach will be responsible for filling in the names of participating sailors at the regatta. We will do our best to post pictures on our Facebook page and website as often as possible!

Forms of Communication

New this year – we will communicate using the Teamstuff.com website and app. This should make it easier to share calendars, mark your practice and event availability, share photos and communicate with the entire team. Of course we will still communicate via hsteam@sheboyganyouthsailing.com when necessary.