



PCISA

Pacific Coast Interscholastic Sailing Association

Welcome to the 2019/2020 Alamos Bay Yacht Club High School Sailing Program!

*** This guide will answer many questions and concerns regarding the Alamos Bay Yacht Club High School Sailing Program, and in general the sport of junior sailing. ***

Some individuals may feel that sailing is a summer time activity while others say it is their life. Sailing is versatile. It can be a simple, fun summer time pursuit, or an active, year round, competitive, high involved sport. Either way, sailing is a sport just like any other. Successful sailors consistently work hard, attend practice, and maintain dedication to the sport, as well as their team. Fun is heavily factored into practices and training; young sailors excel when they are having fun.

Sailing fosters the development of:

- Self-confidence
- Commitment
- An appreciation of the outdoors and nature
- Competitiveness
- Working towards a goal
- Teamwork
- Discipline
- Motivation
- Lifelong friendships

Does my child have to race?

The high school program at ABYC is designed to prepare kids for racing. This includes learning the rules of racing, racing tactics, participation with good sportsmanship, boat handling, and the care and maintenance of sailing equipment. High school sailors, depending on their ability and level of commitment may participate in regattas held locally, regionally, and nationally.

The first time a child races their sailboat can be a very humbling experience. If your child loves sailing, but doesn't like racing, make sure to talk with our coach. There are other paths in the sailing community that your child can take.

What is the time commitment?

Sailors need to attend regularly scheduled practices. All sailors must give 24 hours notice if unable to attend the upcoming practices. Most practices occur Wednesdays and Fridays from 3:30pm – 6:30pm. We will have some Saturday and Thursday practices scheduled to accommodate school calendars.

There are five SoCal events and five PCISA events. SoCal events are great one-day (occasionally two-day) events. The PCISA events are larger, more prestigious two-day events. Teams will travel up and down the coast of California to compete at these larger events. **Teams are required to register with the PCISA and should compete in a minimum of three PCISA events.**

How long can my child really keep sailing?

Sailing has a very long “sport lifespan”. Consider this: the average Olympic sailor is 30 years old. Some sailors are still racing well into their 90’s, and most kids start sailing before they leave elementary school. Sailing spans the life of the sailor. From the beginning of junior sailing, through elementary, middle, and high school, into college, and further into one’s life.

What kind of boats do they use for high school sailing?

The CFJ accommodates double handed teams in high school, and are also used for college and club sailing. Dependent on the sailor’s size and ability, they can train as a skipper and/or crew. Experienced sailors may also sail the single-handed Laser or Laser Radial in the Fall season.

What is expected of the parents?

Rule #1: Do not force your child to sail. They will end up hating it.

That being stated, parents fall into two groups: sailing and non-sailing, but they are the same when it comes to involvement in their child’s sailing. It is imperative that all parents support the growth of their sailor and maintain consistent involvement without disrupting the ongoing sailing/racing activities. Parents are encouraged to allow their sailor to grow at his/her own pace and follow his/her own path. Remember, not every sailor will be an Olympic medalist.

- Leave the coaching to the coaches.

If you are unhappy with the coaching during a scheduled practice or regatta, make sure to talk to the Sailing Director.

If you have an idea for coaching, speak to the Sailing Director & Coach after practice. During practice is not the time to express your thoughts.

- *Lending your sailing advice and expertise is sometimes (believe it or not) un-welcomed by your sailor and/or coach*

Coaching from onshore, especially during racing, is prohibited.

Remember, when observing a race, most likely, you are standing around other parents who will hear your comments. Their child is either beating your sailor or is being beaten by yours, so please be respectful.

- *Just like in school, the more the parent is involved, the more the child is going to get out of it.*

Stay involved by ensuring your sailor is on time and prepared. Encourage care of sailing gear and equipment. Participate in team functions.

What does my sailor need?

- Life jacket (US Coast Guard Approved), NO "BOUYANCY AIDS"
- Sunscreen and hat
- Sunglasses – not necessary, but are a great advantage
- Waterproof watch with countdown timer (this is necessary for all racing kids)
- Shoes – something that covers their toes and can get wet. Old converse or vans are great, sailing or surf booties are more ideal for the racing kids.
- WATER. Re-usable water bottles are great. Each coach boat has a jug of water to refill each bottle during practices.
- During the winter months, you may need to invest in some warmer gear. Fleece, beanies, and anything waterproof are a good place to start. Wetsuits are ideal for sailing and warm neoprene or waterproof gloves are a must.

**** PLEASE REMEMBER TO LABEL ALL OF YOUR CHILD'S BELONGINGS. EVERYTHING TENDS TO START LOOKING THE SAME WHEN IT'S ALL THROWN TOGETHER****

Regattas

Regattas require traveling and team planning. A parent or guardian is required for each sailor participating in a regatta. Remember that it is not the responsibility of the coach to watch the sailors for the weekend. Please make arrangements with other parents if you are unable to attend.

Registration for each event will be taken care of by the Team Parent for the weekend and split among those who are on the list to sail the event set by the coaches. Team Parents will be assigned at the beginning of the season. If you are the designated Team Parent and cannot make the event, it is your responsibility to assign another parent to take your spot.

There are two types of High School regattas. The first are the SoCal events and there are five of these between San Diego and Marina del Rey. 8th graders are eligible to compete at these and are highly recommended to do so. The SoCal Series is the perfect opportunity for newer sailors to get a taste of competition, but it is also the perfect place for our experienced sailors to get more time on the water. The other type of regatta is the Intersectional events held between San Francisco and Newport Beach. 8th graders are not eligible to compete at these as the overall end scores are the qualifier for Nationals. Coaches will be at both SoCal and PCISA regattas.

**** Coaches will determine who will sail each division at each event. Attendance will be taken into consideration as well as commitment and engagement during practices. ****

Towing

Parents must tow to away regattas. All of the club trailers have a 2" ball. **Copies of the driver's insurance and driver's license must be provided to the Sailing Director 1 week prior to the event.** The speed limit when towing a trailer is 55 mph, and lane restrictions apply. If you are uncomfortable towing a trailer, please consult the Sailing Director.

Coaches

All ABYC coaches are US Sailing Level 1 (minimum), AED, CPR, and First Aid certified. Coaches are there to help your sailor prepare for future regattas. They do what is in the best interest of each sailor, not parent, and their team to allow for the most success. This includes:

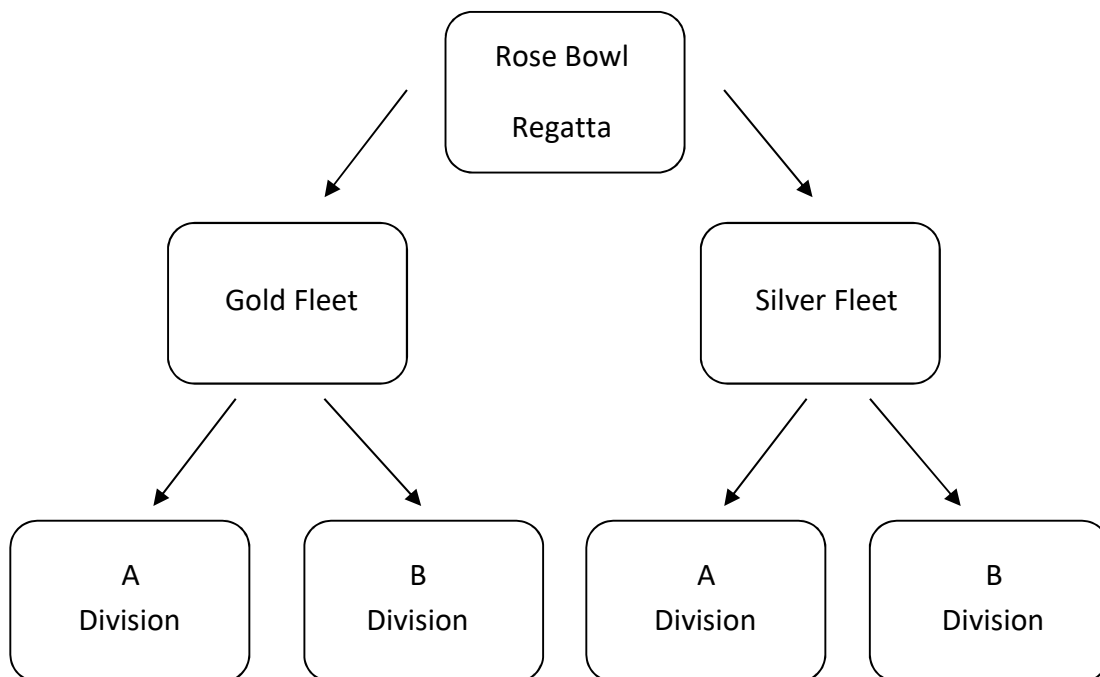
- Assisting in preparing their boat (to an extent)
- On the water and on land coaching
- Deciding which players to put in each division
- Ensuring the safety of each sailor

Therefore, it is crucial for each sailor to listen and respect their coaches.

How it works:

High school sailing is made up of teams from all over the country, separated into seven districts. Within these districts there are regattas, or competitions. At each regatta, teams are split into Gold Fleet and Silver Fleet. Within each fleet, there are two divisions, A and B.

Take the Rose Bowl Regatta for example. This regatta is held in Long Beach, CA usually the first weekend of January. College sailing teams also attend this event in hopes to recruit high school seniors looking to sail in college. The format of the regatta can be simplified as shown below:



A complete team must have at least four players/sailors. Just like any other sport there is a minimum number of players needed to participate in any competition. A team is required to have two players in a division and two divisions in at least one of the fleets. Therefore, four players are required to compete in any regatta. A team is not required to have enough players for two fleets. They are allowed to only compete in one if they choose. It does not hurt a team to only compete in one fleet as each fleet is scored separately.

Each big regatta typically lasts for two days. At the end, each team gets scored, or ranked. For example, if Team X's A division finished first in one race, second in race two, and fifteenth in race three while Team X's B Division finished first in all three races, Team X has a total of 21 points. If Team Y's A division finished third in one race, third in race two, and first in race three while Team Y's B division finished each race in second, Team Y has a total of 13 points. When ranked overall, the lowest number of points wins the regatta. In this case, Team Y with 13 total points will be ranked higher than Team X with 21 points.

With there being only a minimum number of payers required for each team, there is no maximum. Extra players, or sailors, are knows as alternates. These sailors get rotated in and out of boats for races at the coaches' (not parents') discretion to give everyone on the team a chance to compete at each regatta. Rotating alternates into boats can only be done between races and not during a race, but they can happen multiple times within each day of racing.

.....From the Coach!

1. *Never stand around while other sailors are rigging and de-rigging – help your teammates to get everyone on and off the water faster.*
2. Try to always be the first one on your team to: get to practice, change into your sailing clothes, rig and get on the water. Prepare for practice the way you prepare for a regatta so pack a spray top even on warm days and make sure you have a bailer and a sailing watch.
3. Listen carefully when your coach explains the drills on land – and make sure to ask questions if you are confused.
4. Always sail your best from the minute you leave the dock. Use every moment on the water to improve your boat-handling – make every tack out to the race area your best roll tack.
5. Keep an eye on the coach boat so you are close by when the coach signals that he/she is ready to start the first drill. A good rule of thumb is to circle the coach boat when you get to the practice area. It makes for a great warm-up.
6. If a boat capsizes or breaks down, the coach may have to leave the group to deal with the problem. Don't just reach around goofing off while you wait for the coach to tell you what to do – organize the other sailor to do a rabbit start or race upwind yourself working on boat-handling.
7. If you have a question for the coach, sail up to the coach boat so you can discuss it without having to yell, If you are having a problem with something (for example, acceleration off the starting line), then ask the coach if he/she could watch your next start for that specific problem. Before a drill, sail near the coach boat to hear the plan and pass it along to other team members.
8. When your coach makes a suggestion to you – TRY IT. And then try it again and again. If you feel you aren't getting enough attention from your coach, you probably aren't making an effort to sail close to the coach between drills to get advice or you probably aren't doing anything with the advice you were given – the coach goes off to work with some other team. If you don't understand what the coach meant, then at the next opportunity, ask them.
9. Even if you are assigned to sail with a novice crew, don't complain. Look at it as an opportunity to improve the whole team and improve your teaching skills. And remember that one of the best ways to teach is by catching your crew doing something right and complimenting them.

10. NEVER yell at your skipper or crew. If your skipper or crew does make a mistake, think about what you can do to keep the boat moving as fast as possible. Wait to discuss it until after the race. And think about what you could have done to prevent the problem.
11. If something broke on your boat during practice, make sure you either fix it when you come in or make sure it gets reported so it can be fixed before the next practice. Remember to carry a few spare ring dings and pins in your life-jacket along with a spare roll of electrical tape.
12. Be a team player. If you are the alternate at a regatta, be supportive of the team that's on the water. Keep watching the racing so if you get rotated in, you have a firm grasp on what side of the course is paying, how long the starting line is, ect. Help with the rotation by grabbing the next boat – check it for water, check the rig tension and look at common problems such as hiking strap lines that are frayed and check the tiller extension universal for wear. As your teammates are heading out, make sure they have a bailer, sailing watch, ect.
13. If you have a specific issue about something with the team, first give it some times to see if it's still a problem, and then ask the coach if you could find a time to discuss it privately – away from practice.
14. Most high school teams in Southern California only practice two days per week. Find time on the other days to improve your fitness and sailing knowledge. Read Dave Perry's book on Understanding the Racing Rules. If you are team racing, then get Steve Hunt's DVD on Team Racing and read the Umpire Call Book. Workouts are a great way to improve your sailing.
15. And finally, appreciate that you get to go out on the water for a few hours after a long day of sitting in classrooms. So have fun!