

Contact Information

Website: www.whatcomsailing.com

Coach: coaches@whatcomsailing.com (Please use this email before individual emails)

Scott Wilson

swilson@wilsonengineering.com

(360) 303-1759

NWISA

Northwest Interscholastic Sailing Association

nwisa.hssailing.org

ISSA

Interscholastic Sailing Association

www.hssailing.org

SAILING TEAM TRY-OUTS

It is very important that you have completed all of the required paperwork ***prior*** to practice. Players must be cleared through the **ASB/Athletic Offices and have paperwork turned in to the coaches.**

IF YOU ARE NOT CLEARED YOU CANNOT TRY-OUT!!

Listed below are the skills and attributes you will be evaluated on during tryouts. ***Everyone*** will be competing for their spot on a team – we look forward to a very competitive process.

PHYSICAL SKILLS

- **Endurance:** The ability of a sailor to commit themselves diligently throughout a regatta with no sign of fatigue or skill loss.
- **Agility:** The ability to move quickly and easily across the boat. Being able to adjust your body to the various demands sailing requires.
- **Strength:** The ability to effectively use your body to hike hard and sheet sails for a long race.

TECHNICAL SKILLS

- **Boat Handling:** Your ability to successfully demonstrate roll-tacks, roll-gybes, sail trim, accelerations, and mark roundings.
- **Boat Speed:** This is your ability to properly trim your sails, position your body appropriately for the sailing conditions, and steer appropriately relative to the wind direction.
- **Starts:** Your ability to execute a successful start with proper acceleration.

INDIVIDUAL ATTRIBUTES

Listed below are some of the most important personal traits that I look for in a sailor. These values will be something that our team illustrates every time we are on the water.

- **Responsibility:** Intelligent, can be trusted by teammates and coach, reliable, a stable and skillful sailor.
- **Leadership:** dedication, pride, bears responsibility for the team, influences the environment, hard worker, leads by example.
- **Attitude:** Disciplined, emotionally stable, composed, stays away from conflict, and never puts ego before the team.
- **Mental Stamina:** Persistent, no mental lapses/mistakes, strong intuition, FOCUSED throughout the race and the regatta!
- **Coachability:** ready to learn and to achieve goals, self-motivated, attentive and receptive, interested, willing to discuss problems, hard worker, and open to new ideas.
- **Dedication:** dedicated to the team and improving your sailing abilities.
- **Team:** believes that the team is more important than the individual, wants to achieve team goals, believes that together we can win, knows their role and responsibilities and sticks to them.

Regatta 101

Everything a you need to know about high school sailing regattas!

As your high school sailors go through a term, they will learn skills ranging from basic/intermediate skills to advanced racing techniques. The goal is to prepare them to participate in inter-school competitions, called regattas. Since regattas are often out of town and involve overnight stays, we depend on our parent volunteers to serve as drivers and chaperones. For those of you who are new to all this, we've prepared this list of FAQs to try and answer most of your questions.

What is a regatta?

A regatta is simply a series of short sailboat races, typically anywhere from 5 to 20 races will be completed in the regatta. It is either one or two days long and held on weekends. High school sailors compete as 4-person teams, with one 2-person crew sailing in the A division and one 2-person crew sailing in the B division. Racing alternates between A and B divisions, with sailors swapping boats between races. The scores of both divisions are added together to determine the team's ranking in the final results.

Who gets to sail in the regatta?

Attendance at regattas is required. Typically, the more experienced sailors serve as skippers and the less experienced sailors serve as crews. At formal events (i.e., district championships), all four team members must be from the same school. But for most of the regattas we will be attending, this is not a requirement, and we will be mixing sailors from different schools to make our teams. Final team assignments are made by the coaches prior to each regatta.

When are the regattas held?

Most high school regattas take place in the spring. They are held on weekends at predetermined times and locations (see *High School Regatta Schedule*). An organization called the Northwest Interscholastic Sailing Association (NWISA) determines locations and dates for all high school races in the northwest.

Where are the regattas held?

Regattas for high school sailors in the northwest can be held as far south as Eugene. They typically take place in the Seattle, Portland, and Kitsap Peninsula areas. We also travel to a couple regattas each year in California.

Who provides the boats?

Boats will be provided by the hosting schools and other programs around the area for most events, but often times we will bring boats also.

How do we get to the regattas?

We drive in private cars or rented vans with adult drivers. Whatcom Community High School Sailing has developed a Regatta Travel Policy that covers our guidelines and responsibilities in some detail (see *Regatta Travel Policy*). Drivers must be 25 or older.

Where do we stay?

Sailors usually stay with a host family or in other lodgings arranged by the hosting organization. Parents usually have the option of staying with the kids or finding other accommodations on their own. When the regatta is in Bellingham, local families will host out of town families.

What are the parent responsibilities at a regatta?

It's the job of the adult chaperones to assist and oversee the teams as they travel. This includes driving, managing the necessary forms and documentation, getting the sailors from their overnight lodgings to the regatta site on time, providing support as needed during the racing, and supervising after race activities.

What do we do while the kids are sailing?

Bring a book and chair, binoculars, camera, umbrella, raincoat and hat. Be ready to help cold, wet kids coming off the water with a blanket, a change of clothes, or a warm drink. Enjoy the racing and don't hesitate to ask the coaches questions if you want to learn more.

Where do I get specific information about a regatta?

Specific regatta instructions—including times, locations, racing guidelines, housing arrangements, social events, etc.—are published in a Notice of Race issued by the NWISA or hosting organization before the event. This document will be posted on www.nwisa.org when it is received, or you can get a copy from the coaches or Parent Volunteer Coordinator.

Here's a typical regatta scenario:

Friday evening: Meet at Sehome Haggens Parking Lot; Load gear in cars of drivers; drive to regatta location; settle kids into host family homes.

Saturday morning: Get to the regatta site early for registration, rigging of boats (kids do this) and skippers meeting; first race typically starts around noon; racing continues until 4ish or no wind.

Saturday evening: Usually a hosted dinner for all participants, then home to bed or supervised activities for the kids (but not too late!).

Sunday: Racing starts early (10ish) and usually ends by 3 pm, followed by packing up the boats, awards presentation (stay for this!), then hit the road for home.

Where can I get more information?

Regatta schedule, current announcements, travel policies, parent volunteer guidelines, forms, and contact names and numbers can be found at www.whatcomsailing.com

Regatta Travel Policy

All members of Whatcom Community Sailing must adhere to the following policies in order to travel with the team to a high school regatta outside the Bellingham area. In addition, all team members, parents, and coaches must comply with the Whatcom Community Sailing Code of Conduct and the Bellingham Public Schools Rights and Responsibilities during the entire trip, from the time of departure to the regatta to the time of return to Bellingham. In particular, no drug or alcohol use is allowed by team members, and all are expected to behave in a way that best represents the High School Program.

Travel Policies

1. One adult shall be designated chaperone for each traveling regatta and shall accompany the team for all transportation, housing, and sailing during the duration of the regatta.
2. Team members are not allowed to drive to regattas without a parent present in their vehicle. Drivers must be 25 or older.
3. Team members shall reimburse drivers for fuel and other driving expenses.
4. Team members and their parents will be responsible for all meals and lodging expenses not included in the regatta package.
5. The coach(s) will serve as team managers and provide direction and instructions on all matters related to the sailing activities. Sailors and parents shall comply with all coaches' instructions.
6. All team members must travel to and from regattas with the team and stay with the team at all times for the duration of the regatta.

Lodging Policies

1. Overnight accommodations are generally arranged by the host organization. This may include home stays with host families or group lodging in a public facility (i.e., Scout Lodge in Silverdale).
2. Lodging arrangements will be determined by the coaches and assigned to team members.
3. Team members must stay with the team at regattas.

Other

1. Coaches will carry copies of medical release forms for each team member traveling to the regatta.
2. The coach or parent chaperone accompanying the team to the regatta may approve exceptions to this travel and lodging policy when, in their judgment, an exception is justified and appropriate.

What to Wear and Bring

REQUIRED:

- Type III PFD - Short in the waist, light and flexible and preferably in a high visibility color.
- Whistle – Must be attached to life jacket.
- Wetsuit – The water is very cold all year round. Some days, we will require that wetsuits be worn to go sailing.
- Workout gear – This includes running shoes and other appropriate gear for cardio exercises.
- Appropriate attire/gear for conditions – If you do not come prepared for the weather conditions, you will not be allowed to go sailing. For example, a person wearing jeans, sweatshirt, no gloves, and barefoot will not be allowed to sail.

RECOMMENDED:

- Water – You will be working hard, so a water bottle is nice to keep you hydrated.
- Change of Clothes – You will get wet, so something to change into after practice is nice.
- Hat – Keeps your head warm on cold days.
- Sunglasses – Protects your eyes from the sun glare off the water.
- Sun screen - The sun reflecting off the water will give you a sun burn very quickly.
- Base layers- rash guards and fleece layers. No cotton or jeans-when they get wet, they stay wet (and heavy, and cold)
- Bibs and smock- water-proof or, at least, water resistant outer layers.
- Gloves- sailing gloves or gardening gloves work. Something with grip in the palm that also allows you to use your thumb and forefinger. (if you get gardening gloves, you might want to cut off the tip on the thumb and forefinger)
- Boots- neoprene boots are helpful. Your feet will be wet, so sandals/tennis shoes will be cold.
- Watch – A waterproof watch is a good thing to have for timing the start of the race.

The Racing Rules of Sailing

Learning the racing rules of sailing is essential. Having a book is very helpful. You can get a basic rule book through www.ussailing.org. You can also get a book that explains the rules with pictures and simplified wording. This version is often more helpful, especially when learning the rules.

West Marine
3560 Meridian St.
www.westmarine.com

WestCoast Sailing
www.westcoastsailing.net

Costco
Costco has base layers and occasionally water-proof outer layers

Brands to search: Gill, Ronstan, Henri Lloyd, Musto, Zhik

Searching for these brands will lead you to a variety of sites that you can order gear from.

Practice Rules

On Shore:

- Arrive on time. Come prepared to practice.
- Get dressed or start rigging as soon as you arrive.
- You may dress in the basement bathrooms of the BYC or the public restrooms at Zuanich Park.
- Keep all your gear stowed in bags, not in bathrooms.
- No cell phones, iPods etc. at all. Cell phones must be turned off and stowed in gear bags prior to start of practice.
- No running, jumping, or pushing on the docks.
- Everyone helps rig boats. If you don't rig, you don't sail.
- Everyone helps unrig boats. Do not leave until all boats have been put away (including covers and tie-downs). Even if it's not your boat.
- Use of BYC facilities is limited to downstairs restrooms.
- Leave the facilities cleaner than you found it. Pick up after yourself and remove all your gear when you leave.
- Notify a coach if you are unable to make it to practice at least 24 hours before practice. If you don't come to practice, you don't sail in regattas.

Important! If you come to practice you are expected to stay on-site and participate in the practice activities for the duration of the practice session. Do not leave the premises until you have been excused by the coaches. If you need to leave practice early, you must inform a coach before leaving.

On the water:

- Always wear PFD and shoes when in boats or on docks.
- Always obey coach's commands and instructions immediately.
- Stay close to the coach boat between drills. Do not sail away from the group at any time.
- Sail by the rules at all times, including during and between drills.
- When boats hit, somebody must do circles (one if you take your own penalty; two or more if a coach has to tell you).
- Stay with the boat in a capsized. Wave your hands above your head if you need assistance.
- If three or more boats are capsized, everyone will be directed to head for the dock.
- Any sailor failing to comply with the rules will be sent off the water for remainder of practice.