



CORINTHIAN YACHT CLUB OF SEATTLE'S

VARSITY AND JUNIOR VARSITY RACE TEAM

2021-2022 PROGRAM MANUAL



MISSION

The mission of the CYC Race Team is to instill a lifelong love and respect of sailing while providing the fundamental skills necessary for participants to advance in the sport as far as their desire, talent and hard work may take them. Through sailing, we strive to build confidence through achievement, instill respect for safety, equipment, and rules, develop self-discipline and responsibility, encourage teamwork and camaraderie, and compete with gratitude, passion, and grit at the highest level of the sport. Our team members embody Corinthian values of sportsmanship, believe that Mastery can be achieved with Effort, Learning, and Growth, and strive to Honor the sport of Sailing by respecting the Rules, Officials, Opponents, Team, and Self.

OVERVIEW

CYC Junior Varsity (JV) and Varsity Race Teams are comprised of 7th-12th grade sailors from around the Seattle area. Students practice in Flying Junior (FJs), Vanguard 15s, and Lasers, and compete against other teams from the Northwest Interscholastic Sailing Association (NWISA includes Alaska, Washington, Oregon, and Idaho). There are 7 ISSA (InterScholastic Sailing Association) districts in the United States and more than 500 high school teams registered across the country. There are more than 45 teams in our district. Going into the Fall 2022 Season, CYC's Varsity team is ranked 2nd in district for both Fleet and Team Racing, 17th in the Nation for Fleet racing, 1st in US Sailing's Area L Keelboat class, and 6th in the Nation for Jr Quadruplehanded sailing, among multiple other individual accomplishments by youth sailing under the CYC burgee.

Teams practice two to three times a week in the Spring and Fall sailing out of the North end of Shilshole Bay in Seattle. An optional, but highly beneficial, summer season begins in late June and goes through August. Fall season runs from the beginning of September to the end of October, depending on regatta results. Spring season runs from the beginning of March to late May. Competitions called regattas run most weekends in the Fall and Spring. These events often require travel and logistical coordination, and include local events, district championships, and the possibility of representing the Northwest at a National event.

The JV team focuses on developing boat handling, introductory rules, racing, and tactics, creating a supportive and growth-oriented team culture, and nurturing sailors' passion for sailing. Sailors competing on JV are eligible for NWISA "Silver Fleet" events when they have demonstrated the commitment, attendance, skill and attitude necessary to compete. Team members wishing to sail in regattas should express their interest to the Head Coach, and they will determine if the sailor has met the necessary requirements.

Varsity sailors are selected by the Head Coach. Sailors nominated for the team must be mature, driven, focused, and comfortable pushing their boundaries. A commitment to come to the majority of practices and regattas with a positive attitude and grit is necessary to succeed and participate with this team. Sailors learn advanced racing tactics and strategy, develop advanced wind awareness and knowledge, and strive for perfection in their boat handling, boat speed and teamwork. They compete in Gold Fleet NWISA events as a registered high school and must have a minimum of four sailors grades 9-12 to race at this level.

Sailors that do not attend a school with an established team or are in 7th grade can still participate in the majority of NWISA regattas as conglomerate teams or subs for established teams competing on the JV level. Sailors who been recommended by the Head Coach who do not have an established team may still participate with varsity.

Established HS Teams for 2021/2022 Season:

CYC currently has the following registered teams from Seattle area high schools:

- Ballard High School
- The Downtown School

HS Teams in Development: These teams are either not currently registered with NWISA, or do not yet have a complete team of 4 sailors, but have potential to compete as full teams:

- Ingraham
- Pacific Crest School
- Bishop Blanchett
- Lincoln

GENERAL INFORMATION.

2021 Fall Varsity Season:

The Fall 2021 season will launch our 2021/2022 High School Race Team Season and is eight weeks long running from September through the end of October. There are regattas most weekends during the fall season. Varsity practices run from 3:45 to 6:45 on Monday, 2:30 to 6:45 on Wednesday, and 3:45 to 6:15 on Friday. Some weekend regattas require loading boats on Friday afternoon and sailors can expect to stay later than 6:15 on those days.

Cost: \$450 members/\$350 non-members*

2021 Fall JV Season:

The JV season runs for eight weeks from the beginning of September through the end of October. There are several weekend regattas sailors may participate in depending on availability of boats and level of skill required to compete. JV practices Tuesday and Thursday from 3:45 to 6:15.

Cost: \$400 members/\$300 non-members*

2021/2022 Winter Season:

There are several regattas that occur outside our normal practice window in November, December, and January. Current scheduled events are listed on the calendar. Depending on staffing and interest, supplemental Winter practices are a possibility this season but are not definite. Winter sailing requires wetsuits or drysuits and, due to waning sunlight, may only be possible on Wednesdays with early release from schools. More information will be available near the end of fall season.

Cost: TBD*

2022 Spring HS Season: The 2022 Spring season begins in mid-March and will run until the beginning of June. The regatta schedule should be set by NWISA early in 2022. Regattas

Cost: TBD*

2022 Summer Season:

Please see information about the summer racing series at the end of this manual. The Summer Series is not part of High School racing. Scoring is based individually or in pairs and is open to Opti, Lasers, 420s, FJs and 29ers boats.

Cost: TBD*

*Weekend coaching fees are included in tuition, but regatta and travel fees are not

PRACTICES

Practice: Varsity sailors practice three days a week (M+W+F) from approximately 3:45-6:45pm and have an additional team workout from 2:30-3:30 each Wednesday. JV sailor practices 2 days a week (T+Th) from approximately 3:45-6:15. Practices will occur regardless of weather conditions. ¹

Varsity		JV	
3:45	Arrive/get dressed	3:45	Arrive/get dressed
3:55	Rig	3:55	Rig
4:10	Chalk Talk	4:10	Chalk Talk
4:20	Launch Boats	4:20	Launch Boats
6:10	All boats to the dock to de-rig	5:55	All boats to the dock to de-rig
6:20	Debrief	6:05	Debrief
6:45	Dismissed	6:15	Dismissed

ATTENDANCE POLICY

Sailors should plan to attend all assigned weekly practices. At the beginning of the season, you are expected to communicate all known scheduling conflicts to the coach. Absences due to sailing-related activities are not counted as missed practices. Frequent unexcused absences from practice will lead to temporary loss of regatta privileges and/or dismissal from the team, depending on frequency. If something unexpected comes up and you cannot attend practice, please contact your coach via email, no later than 12pm.

Absences may be excused if they are relayed as soon as the conflict is apparent. School functions, doctors appointments, family trips, illnesses, etc, may be excused as long as communication is clear and occurs prior to the missed practice. Absences that are not communicated or are due to poor time management of schoolwork, participation in sports/activities other than sailing, and "not feeling it today" will not be unexcused. Unexpected events occur and we will do our best to be flexible, but to succeed at this sport you need to put in necessary time on the water. More sailors are interested in participating in our program than we have room for, and if you do not intend to commit to this team, please do not register for race team.

Sailors on Varsity may have no more than two unexcused absences for the season- the expectation when you register is you intend to commit to a full season of sailing- three days a week and most weekends. Sailors who miss more than 5 total scheduled practices may not be eligible to compete in regattas or participate as a Varsity sailor in the following season.

JV sailors may have no more than 4 absences, excused or unexcused. If more than 4 practices are missed, sailor may not be eligible to participate with the team the following season.

*Practice is **rarely** cancelled. In the event that practice is cancelled, a notice will be sent via email. If air quality is higher than 170, practice will be cancelled. In the event of too little or too much wind, lightning, or other adverse weather, we have indoor space to watch training videos, talk about rules, and learn other shore side skills essential to sailing well. In the event an on-shore practice occurs, it may be shortened to earlier than the scheduled end time.

COMMUNICATION

Team Communication: We use Team Snap for all communications. An email will be sent prior to the beginning of the season to sign up. Sailors and parents are encouraged to follow the team through email notifications in order to receive reminders and other pressing information in a timely fashion. The page also has a calendar, information on upcoming regattas, and regatta sign ups/availability tracking. For regatta coordination, a coach will email individual groups (parents, and sailors) who have noted availability for that specific regatta.

RESPONSIBILITIES

Corinthian Yacht Club's Responsibilities:

- Provide leadership and administrative support through its Junior Sailing Program and its Parent Coordinators
- Provide and Maintain sailboats and support boats in good condition.
- Use its best efforts to purchase and maintain new boats and equipment

The Coaches' Responsibilities:

- Provide the highest standards of instruction and example for the sailors
- Treat each sailor with respect and attention, without regard for personal preference or prejudice and promote teamwork and individual growth
- Provide direction and discipline at all times to ensure the safety of the sailors.
- Ensure that all equipment and facilities are in as good condition as possible for the sailors' use.

The Sailor's Responsibility:

- Arrive on time, ready to sail and be free of alcohol and drugs in the program. Anyone caught using drugs or alcohol on the premises or at any regatta, including off the water will be subject to discipline by the director and the parent coordinators, which could mean expulsion from the program.
- Rig, Sail, and Cleanup to the best of their ability at all times
- Be available to load and unload boats when necessary for their team.
- Treat their teammates, parents, coaches and competitors with respect. Remember that as a member of the High School Program you are representing your High School and the Corinthian Yacht Club.
- Unsportsmanlike conduct, physical/verbal aggression, harassment, theft, or abusive behavior will not be tolerated.
- Treat all Club equipment and facilities with care and respect and will be held financially liable for their actions, if damage is the result of negligence

The Parent's Responsibilities:

- Provide whatever volunteer support they can within their means, with loading boats, towing, transportation, and regatta help.
- Be willing to be the parent chaperone for their team and provide whatever is necessary in this area.
- Support the sailors with guidance and logistical support and transportation necessary to enable them to compete, while maintaining their physical well being.
- Support the coaches in their daily decisions, refraining from undermining the authority of the Coaches.

Team Parent Coordinator Responsibilities:

The HS sailing team must have a designated Team Parent Coordinator, whose responsibilities include:

- Interface with their High School's athletic department or administration, as needed
- Coordinate regatta participation, logistics and parent chaperone for their HS at each regatta
- Handle regular communications with their team members

CODE OF CONDUCT + EXPECTATIONS

High School Sailing Code of Conduct: This Code of Conduct represents the most important guidelines to follow in order to get the most out of your high school sailing experience. All sailors agree to:

- Follow all rules outlined by CYC including always wearing shoes and lifejacket on docks, floats and boats.
- Exercise excellent sportsmanship on and off the water.
- Respect my fellow teammates and competitors and the equipment.
- Keep my language and conversation appropriate.
- Wear appropriate sailing gear for the conditions.
- Participate in all on-the-water drills and stay with the group at all times while at practice.
- Notify a coach if any equipment is broken or damaged during practice.
- Immediately notify a coach if I or someone I am sailing with becomes injured.
- Stay until practice ends unless I have told the coach (before practice) that I need to leave early.
- NOTE FOR CHAPERONES: All chaperones must stay at regattas for the entire event.

Behavior at CYC: There are a variety of activities happening at CYC outside of race team. The race team and junior's program are part of CYC and must treat the clubhouse and facilities, docks, and members with the utmost respect. It is important for high school sailors to be conscious and considerate of other boaters, especially those who live aboard in Shilshole Marina, or those who use the dinghy docks as we do. Disrespect in any form will not be tolerated, including creating messes and chaos in the clubhouse.

Discipline: If any participant is unwilling to maintain safe and appropriate conduct at CYC or on the water and demonstrates an inability to follow the code of conduct, he/she will be subject to discipline according to the following steps:

1. Verbal warning from coach.
2. Dismissal from practice/ participating on the water for that day, and a discussion with coach and Jr committee.
3. Notification to parents and documentation of behavior.
4. Parent conference with coach and a Junior Committee Representative prior to returning to team practices. Discipline may include suspension from program activities.

*Chronic disciplinary issues cannot be tolerated in a waterfront program. To ensure safety and fairness to all sailors, coaches and participants in other programs, disciplinary action may include but is not limited to dismissal from the program.

Parents & Guardians: Parents/Guardians play an integral role in the functioning of the sailing team, without their help and dedication we would not be able to have such a dynamic high school sailing program. We greatly appreciate everything the parents/guardians do for the team and will rely on them throughout the season for a variety of different purposes. As a parent/guardian of a high school sailor we rely on you to support the logistical and organizational systems that allow all of this fun racing to take place. These efforts can be as simple as helping to serve lunches at a regatta, organizing local or regional events, or becoming a parent liaison to a team.

The communication between parents/guardians and instructional staff is a key element in providing an effective and successful sailing experience. If you have a specific concern or issue relating to sailing instructions that you would like addressed, please refer to the following guidelines:

1. First, kindly speak directly to your sailor's coach outside of practice times.
2. If you feel that the issue still needs resolution please speak to the Junior Sailing Committee
3. Lastly, you can make an appointment to speak to the Commodore.

REGATTA INFORMATION

Sailors in the program participate in regattas involving other clubs and sailing teams. When they do so, they are representing CYC and their respective high school and are expected to conduct themselves accordingly. Parental/Guardian support and involvement are important to the success of these events. If your sailor is participating, we will ask you to help with transportation, towing boats, chaperoning or housing and event management (for in town events). Without your help, these events are not possible. Cost of travel is not covered by the high school sailing registration fee. Some events have a 'per sailor fee' that must be paid by the sailor/parent, the typical fee is between \$5 and \$30. Travel to and from regattas, accommodation, and food logistics is up to the sailors and parents to organize.

Local clubs and sailing centers host these regattas year-round to allow for a healthy, and busy, competitive schedule. Our teams compete in two types of racing- Fleet and Team. In fleet racing, four sailors – “A Fleet” skipper and crew and “B Fleet” skipper and crew race as fast as they can around a race course in the same type of boat as their competitors. A and B Fleet alternate sailing two races at a time with their fleet and rotate between boats throughout the event. While one fleet is racing, the other stays on shore. The cumulative score of both teams determines their place in the regatta. Like golf, the lower the score, the better you're doing. In team racing, 3 boats (6 sailors) from each team race at once. Teams use their knowledge of the rules, communication and teamwork, and boat handling to maneuver their boats into a “winning” combination. Competition takes place in the form of a fast-paced round robin regatta- all teams race against all other teams and the best record wins the regatta. Regatta type and format will be communicated prior to the event.

What to Bring to a Regatta:

- Your sailing gear and a bailer
- The host venue's waiver/consent form, signed by your parent/guardian
- Entry fee if applicable
- Food and water, unless it is provided by the host
- Water bottle
- Homework, for during postponement, or when off the water
- Sleeping bag and pillow if the team is being housed overnight

Once You're at the Regatta Site: Sailors must register (or check in) for the regatta upon arrival. This is usually somewhere in the host clubhouse. Registration requires completion of a parental consent form and paying any entry fees. Be sure to pick up a copy of the sailing instructions (NOR) and read them if provided.

Typical Regatta Schedule: Complete schedules for each event can be found on the Northwest District Interscholastic Sailing Association website (nwsa.hssailing.org).

On the NWISA website, look for the 'Notice of Race' (NOR). About half of the regattas are two-day events, the rest are Saturday only regattas. The NOR will provide all information about the regatta including location, race times, whatever food is provided by the host as well as rules and scoring.

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.

Regatta Availability & Selection: Sailors will be asked to submit their regatta availability a minimum of 7 days prior to a regatta. It is incredibly difficult for the coach to manage changing availabilities so please stick by your commitments or find a teammate to fill your spot if your plans change. If there are limited spots for a certain event, sailors will be selected to attend the regatta based on their *attendance at practice, commitment to the team, positive attitude, and availability*.

Regatta Formats: Both seasons include “Fleet Race” and most likely “Team Race” regattas, but the majority of the regattas attended are Fleet races.

1. In Fleet Racing, there are 2 fleets (A and B). Each "Team" has one boat in each Fleet, so teams are represented by four sailors (two sailors per boat). The goal is to accumulate the lowest score (1st place in a race gains you one point, and so on) throughout the regatta. There are usually around eight to ten races completed in each fleet, so on average 16-20 races per team.
 - a. At some of the regattas, multiple teams (per division) from each individual school are allowed with the additional teams being on the silver/JV level.
 - b. Generally, the two divisions alternate using the boats. For example, if you are sailing in "B Fleet", you will be on land when "A Fleet" is sailing.
2. In "Team Racing", there are only six boats in a race at one time. There are just two teams racing against one another, each team using three boats (six sailors). The goal of each team is to have fewer points than the other team; scoring 10 points or under ensures a win. Boats are assigned points equal to their finishing position. Therefore, one team's boats finishing in 1st place, 3rd place and 6th place = $1+3+6 = 10$ points = win.

Spectating: Unfortunately, sailing is not an easy sport to watch and most high school regattas do not have spectator boats. However, sailors will be on land for a portion of the day and 'fans' are always appreciated. Lawn chairs, thermoses and snacks, and binoculars are all great for parents to bring.

After the Regatta: After racing, sailors will head back to shore to de-rig and secure all the boats that were being used by their team. Sailors are expected to participate in the de-rigging and loading of any boats used whether from CYC or another program/club.

GEAR

Most sailing gear is determined by each sailor's personal preference. Every sailor has a different comfort level and cold threshold. Consider this gear list (provided by West Coast Sailing's Andrew Cannard) as a general overview until you decide what works best for you out on the water.

The two most important factors in dressing for winter sailing are staying warm and keeping dry. Next is to retain some freedom of movement. Wearing the proper clothing is an important safety issue and helps to avoid hypothermia. A warm and dry sailor is more comfortable, has more fun, can sail longer, and can focus their energy on sailing technique rather than being distracted by being miserable. Appropriate clothing will be required to go out sailing during practices. The sailor needs clothing that wicks moisture (sweat) away from the skin, retains warmth even when wet, and keeps the rain and spray off.

The key is dressing in layers with each layer performing slightly different tasks and working together to help the sailor stay comfortable. Dressing in layers also makes it easier for the sailor to adjust layers to suit the conditions. Some clothing from other sports such as kayaking and wakeboarding or even skiing and hiking may work for sailing, but we suggest you consider the following pieces of sailing specific gear.

Synthetics vs. Cotton

No one should be out sailing in cotton. Cotton absorbs water and does not retain warmth when it is wet. Synthetics designed for active outdoor activities do a much better job of moving moisture away from the skin, retaining warmth when wet and shedding rain and spray. DO NOT wear any cotton when sailing in anything other than the hot days of summer.

Base Layer

The base layer is what goes next to your skin. It should wick moisture away from the skin, dry quickly, and retain a thin layer of trapped warm air next to your skin, even when wet. It also can help avoid chaffing or rubbing from some of the outer layers. Wear pants and a long sleeved top in the winter, short sleeve t-shirts and swim trunks are good for warmer seasons. To work best the base layer should fit closely, but not so tightly it constricts movement or blood flow. Base layers come in 2 or 3 weights, the lightweight or midweight material is best; the heavy weight models will probably be too warm once you are actively sailing.

Warmth Layer

This is the middle layer and its main function is to insulate the body. Most sailors will probably start out with synthetic fleece pants or bibs, and a jacket. Another option is a wet suit which is quite warm but they can restrict movement due to their tight fit and the thickness of the material. A farmer John or Jane cut wetsuit (sleeveless leg and torso one piece suit) can alleviate some of the movement issues but will require some other layer like a fleece jacket to add warmth to your arms.

Outer Layer

This layer is designed to protect from rain, spray and wind. The more advanced or committed the sailor – the more they may opt for specialized clothing designed for dinghy sailing. Most sailors opt for a bib or pant made from waterproof nylon and a jacket of some waterproof/breathable fabric like Gore-Tex. In addition to rain and spray from the outside, an active dinghy sailor will be perspiring and if some of that moisture can evaporate out through a vapor breathable fabric like Gore-Tex, the sailor will be dryer and more comfortable. Due to the constant water contact and the abrasion of the deck, bibs or pants used are often nylon coated with a waterproof coating, with a second layer of reinforcing fabric on the bottom and maybe the knees. Bibs are generally preferred so that if your jacket creeps up you won't have a dose of cold air or water hit your back side. A good jacket is essential. Qualities to look for are freedom of movement, good fit, tight seals around the neck, waist and wrists, waterproof, and breathable. Many sailors start out with a good quality waterproof/breathable rain coat designed for backpacking or even a foul weather jacket. These are serviceable and certainly many, many sailors have done fine in such garb. But some are bulky, sometimes they restrict movement, often the tails are longer and wrap down around the hips and get in the way and most importantly they usually lack the tight seals around openings. If you are able to splurge on one piece of clothing, a good Spray Top designed for dinghy sailing is the item. A good top will embrace all the qualities listed above and provide many years of service. Spray tops are short waisted and seal around the waist for water tightness as well as allowing full flex at the waist for the sailor, they do not have hoods to blow around in the wind and restrict visibility but have neoprene wetsuit like seals around the neck to seal out water and hold in the heat.

Hats

A hat is essential to helping to stay warm and dry. A fleece beanie is good, a fleece hat with a nylon shell which includes ear flaps is even warmer and cuts the wind better. Having a couple of hats in your duffle bag gives you some options depending on the day.

Boots and Socks

After you splurge on a Spray Top, get a pair of dinghy sailing boots. Your feet will always be wet in a small boat and these neoprene boots will save the day. The heavy neoprene boots stay warm when soaked, the hard rubber soles provide support for walking on the docks and grip the cockpit sole well. Socks are a personal preference. A pair of polypro socks will add warmth and give you one more thing to launder with the polypro long underwear. Some people sail with socks and others don't. It's a personal preference.

Gloves

Opinions vary on the use of gloves. Some want the feel of the sheet and tiller in their bare hand, some opt for sailing gloves and some opt for less expensive but effective gardening gloves. It is really personal preference. Sailing gloves come full fingered or part fingered, even some with some full fingers and some part fingered in the same glove. An inexpensive alternative are gardening gloves – the kind with grippy rubber on the palm and fingers, and a stretchy fabric on the back and wrist – they grip well, are very flexible and you won't feel bad when you lose them.

Sailing Watch

Every sailor should have a waterproof watch with a countdown timer for timing race starts. A basic Casio or Timex waterproof watch with countdown timer will do just great. If you really get into racing, special sailing watches and timers are available, but they are unnecessary initially.

PF_D (Personal Flotation Device in Coast Guard language, also known as a Life Jacket)

A required safety item for every sailor. Get a good one that fits well over all your clothing, allows easy movement, has the flotation concentrated on your lower chest, belly, and back, and has smooth low

profile straps over the shoulders that will not catch on the mainsheet when ducking under the boom. Obtain the best you can, this is an important safety item and something you don't want to skimp on.

Duffle

Every sailor should set up a duffle for all their gear so they have one place to keep it handy and ready to go and not need to search for it in several spots around the house every time you head out to sail. It is helpful for this to be waterproof.

Where to obtain clothing and equipment.

If you are new to sailing or have only sailed in the summer, this list may seem daunting and overwhelmingly expensive. It needn't be.

Many sailors find they have many items already that will work for a while and then they can upgrade if their commitment grows and as their finances allow. Taking it one step at a time allows you to see what is working well for others, maybe try out some different combinations and determine what will be best for you.

Seek out other sailors, friends, family and neighbors. Some may have clothing to loan or give you as you get started. Many adult sailors are excited to see younger sailors get started and may have just the right item to share with you. It is important to support local shops whenever we can. For specialized sailing gear and equipment, West Coast Sailing in Portland right over the border is extremely knowledgeable about dinghy clothing and gear as well as being enthusiastic and supportive of the High School Sailing Program.

West Coast Sailing (westcoastsailing.net) provides any members of a high school team a 15% discount off most apparel and soft goods. Just use the discount code "ISSA" on the cart page on checkout. They also do free shipping on most orders and are based in Oregon right across the WA/OR border so there is no sales tax should you want to stop by.

There are a few places where you might find some bargains on new or pre-owned clothing. Don't forget to look for seasonal sales, after holiday markdowns and closeouts. REI offers a huge selection of outdoor clothing including long underwear, fleece, and outerwear. There are also numerous places online and in Seattle that offer specific dinghy sailing clothing and gear.

ADDITIONAL RESOURCES

Northwest Interscholastic Sailing Association (NWISA) website: <http://nwisa.hssailing.org/>

Please check the website for additional regatta information and the regatta NORs (Notices of Race). The NORs include the start/end time of the regatta as well as other important information.

Interscholastic Sailing Association (ISSA) website: <http://www.hssailing.org/>

The Sailing Foundation <http://www.nwyouthsailing.org/racing/high-school-sailing/>