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High School Sailing at the WaterFront Center

Why start a High School Sailing Team?

Sailing is a fast-growing sport at the high school and college level. There is little doubt participation in youth sports is a positive experience for students, exposing them to new activities and friends. As a sport, sailing attracts both recreational and competitive participants of all ages and abilities fostering skill building, problem solving, confidence and character building. On the High School level, sailing provides a co-ed experience that supports both the individual athlete as well as the team experience.

High School Sailing provides a bridge for youth sailors to local, regional and national racing, and college sailing while promoting the love of a life-long sport.

The Role of The WaterFront Center (WFC)

The mission of the WaterFront Center (WFC) is to educate people of all ages, abilities and backgrounds so they can become active stewards of the marine environment, and to promote community sailing and other environmentally friendly ways to enjoy the waters of Oyster Bay.

The WFC aims to advance the scope and access to sailing, collegiate sailing and keel boat racing through means of a low cost, vibrant and inclusive High School Sailing Program (HSS). The WFC, the dock, beach, ramp, and floats at Oyster Bay's Western Waterfront, Beekman Beach and West Harbor combined with great coaches provide the perfect venue.

HSS at the WFC is open to students of all sailing abilities in grades 7th through 12th. We invite individuals and teams to practice, form teams and compete in local, regional and Interscholastic Sailing Association regattas.

The WFC provides coaches, sailboats (420s), safety and coach boats, shore-side facilities, team training and support, regatta support and comprehensive insurance covering equipment, facilities and programs.

Forming a High School Team

Schools can determine their level of involvement with their High School Sailing Team. They can support a team at the varsity level, club level or allow the program to be completely student run. Because the WFC provides all logistics, the school can be completely hands off with no liability or commitment to the program. However, it is possible to form a team without school district backing and several local schools have been successful in forming teams this way.

The WFC encourages schools to support their High School Sailing Team, but again, students may register on their own as a student-run program. Teams that are most successful have the support from their schools and districts.

All it really takes:

- One motivated student to generate interest.
- One parent or advisor.
- Four students to start an official team.

Interscholastic Sailing Association (ISSA)

What is the ISSA?: The Interscholastic Sailing Association (ISSA), founded in 1930 and managed by a Board of Directors, is the governing body of scholastic sailing across independent and public secondary schools on the national level. The ISSA is divided into seven districts throughout the country. The MidAtlantic Scholastic Sailing Association (MASSA) includes schools in New York, Pennsylvania, New Jersey, Delaware, Maryland and Virginia. MASSA is further divided into five leagues; Southeast League includes schools on Long Island and southeast New York. In 2010, there were 56 registered school teams in MASSA and 18 teams in the League.

Registering your Team: In order to qualify for ISSA events, teams must be registered with the ISSA. Registering a team is EASY! It only takes four students and \$100 to form an official team!

Registration requirements:

1. Each team must have a designated “team adult,” which can be a WFC coach, advisor or parent.
2. Team adult enters registration online at www.massasailing.org including: school information, student names and graduation dates (only 4 are needed to register a team), program info (where students sail and what boats they sail).
3. Submit dues: \$85/year for ISSA and \$15/year for MASSA
4. Receive confirmation from the League Director.

That’s it! Couldn’t be easier!! There is no commitment needed or liability to the school.

Nevertheless, forming a team and joining ISSA is not required to compete in non-national level events. Competing and attending local/regional regattas with no support from a High School is acceptable. Entry into the high school sailing arena is very easy, and if students are unable to gain support from the school they attend, they can sail at local events under the WaterFront Center’s name.

Logistics

Fall Season: Early September through Early November

Spring Season: Mid-March through Early May

Practice

Practice Schedule: Practice slots are available Monday through Friday, 3:30-6:00pm.

Practice is available seven days a week; individuals and teams may choose to meet as often and as regularly as they choose, and teams are encouraged to set up a practice schedule with specific days. Exact schedules will be arranged to meet demand and availability. Practice slots must be reserved in advance using the app “TeamStuff”.

Practice sessions are led by WFC HSS coaches and consist of both on-shore and on-the-water components. On-shore activities include chalk-talks that may cover racing rules, strategy and tactics, as well as fitness. However, most of each practice session is held on the water in the WFC sailing area (West Harbor, Oyster Bay), with sailors practicing in double-handed 420s and coaches alongside in

safety boats. On-the-water practices include warm-ups, skill builders, drills and games, and practice races.

Coaching & Supervision

The HSS program is managed by MacKenzie McGuckin, Sailing Director. Supplementary support is provided by David L. Waldo, Executive Director. Additional coaches include WFC certified instructors and youth coaches that are experienced sailors and racers.

All on-the-water activities are further supervised by the shore-based support.

Regattas

Participation: Individuals and teams are encouraged to compete in regattas (sailboat races). All HSS sailors are encouraged to compete in WFC regattas, and competent sailors may be eligible to compete with the WFC program at local high school regattas. High school sanctioned teams are eligible to compete in Interscholastic Sailing Association (ISSA) regattas (see ISSA section for more information).

Scheduling: WFC hosts 2 in-house regattas per season, generally including a beginners' regatta and season championship in addition to the ISSA which has a comprehensive regatta schedule for registered teams. Some regattas are open invitational, some require team status, and some are qualifying events. The experience level and status of the team determines which regattas are appropriate for them.

Regatta Logistics: Local, regional and national regattas are hosted by sailing facilities including high school teams and sailing centers. The host provides the boats and sailing equipment. Sailors and families or schools are responsible for transportation to regattas; WFC coaches cannot transport team members. WFC may send a coach to support HSS sailors for an additional fee.

Cost

School: There is **no cost** directly to the school to participate in HSS at the WFC, unless a school decides to cover the registration fees or gear costs for its students. Teams that decide to join the ISSA must pay dues as described below.

Students: The registration fee for the HSS Program at WFC for 420 sailors is \$45 per session or \$575 for the full season. There may be special pricing available if full teams already formed choose to commit to our program. Registration fees include use of WFC boats and facilities, coaching, safety boats, scheduling and team support.

Additional Resources

For more information on HSS at the WFC, please contact MacKenzie or Dave.

www.TheWaterFrontCenter.org

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For more information on High School Sailing, please visit:

ISSA: www.highschoolsailingusa.org

MASSA: www.massasailing.org