



High School Sailors and Families!

HSS is making a big splash this spring! We have over 30 sailors making waves in West Harbor and beyond this season. Spring is a great time of year to be on the water - great breeze, cooler temperatures, and sailing sure beats doing homework after school! Come join us this spring, what are you waiting for?!

What's even better this season is that the buzz of HSS is starting to catch on. Many schools are fielding teams at WFC and we have plenty of "free agents" as well who are enjoying plenty of great practice time and we will happily help you get a team started for your school.

Some things to keep in mind this season:

PRACTICE:

HSS practice is held at WFC Monday-Friday, 3:30-6:00pm. **Practice slots are available on a first-come, first-served basis and you must check-in via Sport Easy by 12pm prior to practice. (A minimum of 6 sailors is required to run practice.)** Sailors are not required to come to every practice, but it is strongly encouraged that sailors do come as frequently as possible. We understand that academics does comes first, however more time on the water is best for the sailor and their teams.

SPORT EASY:

Sport Easy is a free app that the team will be using to communicate about practices, volunteer days, clinics, and much more. All participants will be able to check into practices, view posted documents, and discuss topics with teammates using Chat. Coaches will be able to post pairs for practice, manage attendance, and communicate with the team regarding practice and other events.

Each sailor and up to two parents can be given access to the account to check sailors in. I ask that all sailors log onto Sport Easy and put a photo of themselves as their profile photo so that teammates can learn everyone's name faster.

GEAR:

As the days get shorter and it gets a little cooler, please be sure to come prepared to practice. Your best bet is to pack a sailing bag with the following:

- PFD (or borrow ours)
- **MANDATORY SPRING SEASON:**
 - Dry Suit

- 120degree rule. This means if you add the air temp and the water temp together and it's not 120 degrees Fahrenheit then a dry suit is mandatory for all sailors. (Wet suits are not acceptable.) The mandatory dry suit rule will be lifted when the air and water temps are over 120 degrees for four consecutive days.
 - **Dry suits are MANDATORY when water temp is below 50 degrees.
 - Closed toe captive heel dinghy boots or sneakers
 - Winter sailing gloves (Lobster gloves)
 - Winter hat
- Non-cotton layers, such as nylon and fleece – think Tech Shirt, UnderArmour, close-fitting fleece
- Spray top and spray pants (sailing specific waterproof layers- not just for rain, but great on chilly and windy days)
- Boots (at the very least: closed-toe, captive-heel shoes. Although, sailing boots will keep your feet warmer as it gets colder.)
- Sailing gloves (warmth and protection from line)
- Hat/sunglasses/sunblock
- Fleece or wool hat as it gets chilly
- Change of clothes to warm up after practice
- Reusable water bottle
- Waterproof countdown watch
- Bailer (Empty Tide Detergent Bottle or Large Arizona Iced Tea Jug work best.)

Some good vendors for sailing gear include: Annapolis Performance Sailing (10% off, www.apsltd.com, (800) 729-9767); Landfall Navigation (15% off, free shipping over \$40, warehouse in CT with clearance racks, www.landfallnavigation.com, (800) 941-2219); Whitecaps Marine Outfitters (www.whitecapsmarine.com, (888) 994-4832); West Coast Sailing (www.westcoastsailing.net, (503) 285-5536); Sailing Pro Shop (www.sailingproshop.com, (800) 354-7245); Mauri Pro Sailing & Marine (www.mauriprosailing.com, (888) 756-8883); Rooster (www.roostersailing.com). Many offer a scholastic discount if you call and mention that your sailor is on a high school sailing team.

RECRUITING & BRING-A-FRIEND FRIDAYS:

New recruits are the life line to the team's future. With that said, on Friday's each sailor can bring one friend to practice for free. The recruit (friend) can come to ONE Friday for free and then will need to sign up for the Full Season or Pay-per-Play. It is everyone's responsibility to make recruits (friends) feel welcomed. We must be amicable, accommodating and accepting as a matter of courtesy and fellowship. We are ambassadors of High School Sailing on Long Island, and the sport of sailing.

LEARNING COMPONENTS:

The High School Sailing Program will cover the following Learning Components:

- **Physical Condition & Literacy** – Students will learn the correct ways of using their bodies to get the maximum out of them for the various weather conditions that sailors are sailing in.
- **Team Building** – Each activity of the sailing team involves the entire group and all teams work together during practices. Students will feel the sense of team and partnership with others in the

program, a true sense of community. All students are at all times expected to help each other in an effort to strengthen their sense of a team and their ability to work with others.

- **Leadership** – While sailing and caring for the boats used during the semester, students learn responsibility and initiative. This allows the students to learn to take charge and work together to solve problems.
- **Boat Handling** – Boat handling involves learning to control the boats in a variety of situations and weather conditions.
- **Sail Trim** – Students learn to properly trim and shape the sails of their boats in order to maximize performance.
- **Boat speed** – The movement of the boat through the water is critical aspect of sailboat racing. Methods of steering the boat, movement of the boat through the water and trim of sails are taught to optimize the speed of the boat.
- **Tactics & Rules** – Through Tactics, students will learn to study the conditions and other boats to formulate a strategy that will best suit their needs on the course. The Rules (Racing Rules of Sailing – RRS) are taught so that students can not only avoid collision but also use the rules to their advantage during a race.
- **Weather** – Weather is taught to help students understand the wind and other forces on their boat. An understanding of weather is also important in safety and predicting bad situations before they occur.
- **Sailing Safety** – All aspects of safety are addressed. When is it safe to go out on the water? How to prepare yourself for weather, wind, waves? How to prepare your boat and equipment to reduce the risk of accidents and injuries? Seamanship and more.
- **Marine Ecology** – Students will learn the impact that each person and each vessel have on the marine environment and the issue as to how each sailor can do his or her part to keep the bay and ocean clean and safe.
- **Summation** – The combination of these skills makes a good sailor great. Becoming a competent sailor does not come easily but required a lot of work through training on and off the water. As always, the main goal of The WaterFront Center High School Program is to learn something while having fun!

REGATTAS:

Some of our teams are already participating in high school regattas. Here's a quick guide to high school racing: The Interscholastic Sailing Association (ISSA) governs high school sailing across the country. We are a part of the MidAtlantic Scholastic Sailing Association (MASSA), which includes schools in NY, NJ, DE, VA, MD and PA. MASSA is divided further into leagues; we are in the New York Interscholastic Sailing Association – South East (NYISA-SE), which includes schools around the Long Island region. School teams must register with ISSA to compete as an "official" team. Some events have open berths for composite teams; these slots are for sailors who do not have a school team. Many of our WFC sailors fall into this category, which means that even if you don't have a school team (yet!), you can still compete in some NYISA-SE regattas this season. (MASSA dues may be an additional fee per school. WFC Composite sailors must have a registered MASSA school to participate in any League event.) **If you are interested in competing it is encouraged that you attend to practice as frequently as possible. Sailors who attend practices frequently will have priority to compete!**

IMPORTANT SPRING 2019 DATES:

PARENT MEETING:

- Monday, March 11th, 2019 from 5:30pm-6:15pm

CLINICS (\$80/day, or ½ off if you pay for the whole season):

- **Boat Handling Clinic** – Thursday, April 18th, 2019 from 9am-4pm
- **Fleet Racing Clinic** – Friday, April 19th, 2019 from 9am-4pm

IN HOUSE REGATTAS (\$25/event):

These are “green” regattas are specifically geared toward all sailors, as coaches will provide real-time race coaching. Everyone in 420 or Optimist are encouraged to sign up for these events! We will be creating crews based on ability. Late lunch at the WFC Building to follow racing.

- **Spring Fling Regatta** – Sunday, April 28th, 2019 from 10am-3pm
- **Spring into Summer Regatta** – Sunday, May 19th, 2019 from 10am-3pm

LEAGUE REGATTAS:

- **TO BE ANNOUNCED.**

CHAMPIONSHIP REGATTAS:

- **TO BE ANNOUNCED.**

VOLUNTEER DAYS:

For the Spring 2019 Season; 26 volunteer hours are scheduled and available!

- **Rigging Week** – Monday, March 4th, 2019 from 3:30pm-6pm
- **Rigging Week** – Tuesday, March 5th, 2019 from 3:30pm-6pm
- **Rigging Week** – Wednesday, March 6th, 2019 from 3:30pm-6pm
- **Rigging Week** – Thursday, March 7th, 2019 from 3:30pm-6pm
- **Rigging Week** – Friday, March 8th, 2019 from 3:30pm-6pm
- **Derigging Week** – Monday, May 20th, 2019 from 3:30pm-6pm
- **Derigging Week** – Tuesday, May 21st, 2019 from 3:30pm-6pm
- **Derigging Week** – Wednesday, May 22nd, 2019 from 3:30pm-6pm
- **Memorial Day** – Monday, May 27th, 2019 from 10am-4pm

OTHER IMPORTANT ANNOUNCEMENTS:

- **US SAILING Level 1 Instructor Course** – Friday through Monday, 24th – 27th, 2019 from 8am-6pm at The WaterFront Center. *See below for more information.*
 - The goal of this program is to produce highly qualified sailing instructors. Topics covered in the course include: classroom and on-the-water teaching techniques, risk management, safety issues, lesson planning, creative activities, ethical concerns, and sport physiology and psychology.
 - This is a 4-day, 40-hour course. Attendance at all 40 hours is mandatory. Absence from any portion of the course excludes the instructor candidate from certification.

- All candidates must have reached their 16th birthday within the calendar year that the course is being held in. Candidates under 18 years of age who complete the course will be designated as a Sailing Assistant until their 18th birthday.
- For more information go to USSailing.org, Education, US Sailing Level 1 Instructor or to <https://bit.ly/2U9jP0>. *SPOTS FILL UP VERY QUICKLY!*
- **Powerboat Instruction** – Dates TBA for the Spring of 2019, taught by certified Powerboat Instructors held at The WaterFront Center. *See website for more information.*
 - Earn your NYS Boating Safety Certificate through the two-day Safe Powerboat Handling or Launch Tender Package courses. These certificates are required for anyone operating a Personal Watercraft (PWC) in New York waters, and those operating motorized vessels with a driver's license. These interactive on-the-water courses are taught by licensed instructors and will prepare you for the safety exam through both classroom and hands-on lessons. Ages 12 & older.

***And in case your head is spinning with all these great events,
the following page is a fridge-friendly calendar cheat-sheet.***

Any questions feel free to give me a call or email. Hope to see you on the water soon!

Fair winds,

Coach MacKenzie

SAILING DIRECTOR

THE WATERFRONT CENTER

COACHING STAFF:



MacKenzie McGuckin
Sailing Director



John Brendel
Waterfront Coordinator