High School Sailing Handbook

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Mission Statement and Goals of the Program

Annapolis Yacht Club's Mission Statement is to provide a fun and educational program for youth interested in sailing and racing. We seek to impart a love of sailing as a life sport while providing the fundamental skills necessary for participants to advance in the sport of sailing as far as their desire, skill and hard work may take them.

High School Sailing Program Goals:

Varsity-

- Depending on the team and the strength of the team the goals may vary. For all of our Varsity teams attendance and teamwork will be strictly enforced. For the highly competitive teams, National Championships are within grasp. Practices must be taken very seriously and sailors must make the best of their time on the water. Our goal for these sailors is to focus on all things racing (fleet and team). Sailors will be asked to study calls for team racing, and will be expected to show growth in all areas of their sailing.
- Will sail in local and national regattas.

Junior Varsity-

- Our goal is to develop the skills these sailors may already have from previous sailing experience. Focus will be on making sure each sailor has a vast knowledge of rigging, boat handling techniques, and points of sail. In addition to focusing on the basics, JV sailors will learn the fundamentals of racing. We will incorporate starting techniques and instruction as well as tactics and rules of the road. These sailors should be working towards improvement in all aspects of their sailing and should look to those around them at practice for advice and tips.
- Will sail in local JV regattas during the season. May sail a Varsity regatta as a crew if needed.

Pre- Junior Varsity-

- Our goal is to teach these sailors the basics and fundamentals of sailing and racing. Focus will be on rigging, boat handling techniques, and points of sail. On land demonstrations, classroom work and on the water repetition will encourage growth for these sailors. We will touch on racing once the basics are covered and understood. These sailors should be working towards making the Junior Varsity team.
- May sail a few local Junior Varsity regattas during the season.

Supported High Schools

Annapolis High School

Saint Mary's High School

Severna Park High School

High School Sailing

Governing Body-

The Interscholastic Sailing Association (ISSA) governs secondary school sailing in the United States, in both independent and public high schools. Sailors eligibility starts at the ninth grade; there are no age limits. While ISSA had its origins in the preparatory schools of the Northeast in 1930, it is now a nationwide organization with active districts.

Districts-

1. Northeast (NESSA)
2. Mid- Atlantic (MASSA)
3. South Atlantic (SAISA)
4. Southeast (SEISA)
5. Midwest (MISSA)
6. Pacific Coast (PCISA)
7. Northwest (NWISA)

MASSA Leagues-

1. MDISA (Maryland area schools)
2. NJISA (New Jersey area schools)
3. VISA (Virginia area schools)
4. NYISA- SE (Southeastern NY schools)
5. NYISA- NW (Northwestern NY schools)

Annapolis and Maryland area High Schools are members of the Mid- Atlantic district, MASSA and a part of the MDISA League.

Championships-

FALL	***SPRING***
MDISA Fleet Race Championships	**MDISA Fleet Race Championships**
MDISA Keelboat Championships	**MDISA Team Race Championships**
MDISA Team Race Championships	**MASSA Gold Fleet Race Championships**
MASSA Gold Fleet Race Championships	**MASSA Silver Fleet Race Championships**
MASSA Silver Fleet Race Championships	**MASSA Team Race Championship**
MASSA Keelboat Championships	**Phebe King Memorial Regatta**
MASSA Team Race Championships	**NIT Team Race Championships**
Atlantic Coast Championships	**Mallory Fleet Race National Championships**
ISSA Keelboat Invitational (National) Championships	**Baker Team Race National Championships**

Local Events, District Events, National Events

Fleet Racing-

Fleet racing is the most widespread form of racing used in HS sailing. Venues provide teams with their boats and sails. Usually 6- 18 teams compete all at once. For racing, teams are split into an A and B Division. Each team will have one boat (with a skipper and crew) in A and one boat in B. Traditionally A division is slightly more competitive than B. A Division starts before B Division. The races begin with a start countdown of 3

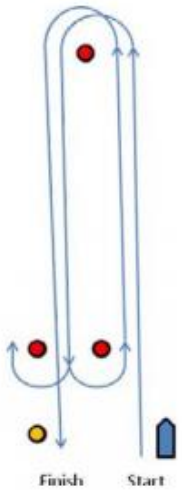
minutes. The sailors then head upwind to round a buoy and then head downwind to a gate and then back up, and then back down to finish where the starting line was. Each division will complete two races in their boats and then will come in to rotate boats to ensure fair sailing. Traditionally rotations move teams into a higher number boat. Scores are recorded in the order that boats cross the finish line. The scores are then compiled and added up. There are no “drop” races in HS sailing. Lowest score wins.

Team Racing-

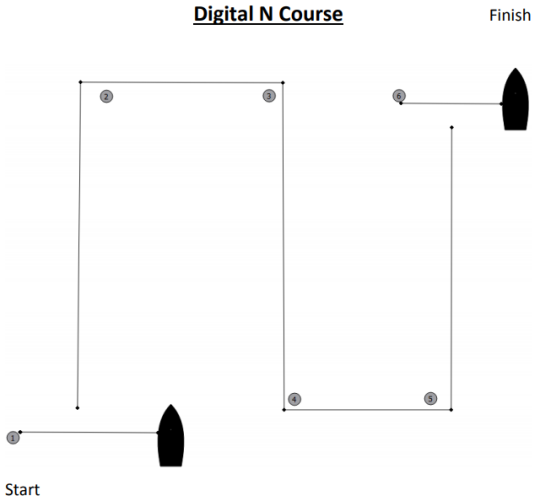
Team racing is a more complex “team” version of sailing. Each team is given 3 boats. Teams race one other team at a time. Races are sailed around a Digital N course. Finishes are recorded in the order boats finish. The team with the lowest score wins. Sailors will use boat handling, communication and plays to create favorable combinations for their team in order to win the race.

Race Courses-

Fleet Race



Team Race



High School Sailing Rules

ISSA Procedural Rules-

What are they?

"The aim of all competition shall be to declare as winner the team or individual best qualified on the merits of superior sailing skill and sportsmanship. The host schools and officials shall make every effort to assure that each race provides a fair test of sailing and maintains the highest standards of sportsmanship. The purpose of these Procedural Rules (PR) is the unification of conditions of interscholastic sailing competitions. They are mandatory for all National Competition but may be modified, as stated below, by District Associations in the interest of providing increased opportunity for participation. All competition within the Interscholastic Sailing Association (ISSA) or any of its member District Associations shall be governed by World Sailing's Racing Rules of Sailing for 2017-2020 (RRS), as adopted by the United States Sailing Association (US Sailing), and the prescriptions of US Sailing, except as they are amended herein. These Procedural Rules and their Appendices shall rank as sailing instructions for all regattas."

Where to find them: https://hssailing.org/documents/procedural_rules17-20-a0917.pdf

Should I read these?

- Pre JV- No, not until you go to a regatta.
- Junior Varsity- Yes, have a light knowledge of the main points
- Varsity- Yes, you should know these rules well.

US Sailing, Racing Rules of Sailing-

What are they?

The Racing Rules of Sailing (RRS) govern the sport of sailing in the United States on the water. They are revised and published every four years by World Sailing The current edition is The Racing Rules of Sailing 2017 - 2020.

Where to find them: http://www.sailing.org/documents/racingrules/index.php

Should I read these?

- Pre JV- Yes. Ease your way into it. The more you sail, the more they will make sense.
- Junior Varsity- Yes, have a pretty solid knowledge of the rules. SKIPPERS and CREWS
- Varsity- Yes, you should know these rules like the back of your hand. SKIPPERS and CREWS

Team Racing Callbook (advanced)-

What are they?

The World Sailing Call Book for Team Racing provides a clear definition, for both competitors and umpires, how certain incidents will be called in match or team racing events. Through written and illustrated examples, scenarios that occur in team racing events are presented along with the rules applicable to that situation and how and when they should be applied.

Where to find them: http://www.sailing.org/documents/caseandcall/call_book_team.php

Should I read these?

- Pre JV- No. Unless you are super interested in team racing.
- Junior Varsity- No, not until you are at the higher level. Once you are there you should understand the basics. SKIPPERS and CREWS
- Varsity- Yes, you should know these plays well. SKIPPERS and CREWS.

Annapolis Yacht Club Rules

Coaching-

AYC will provide the coaches for all High School practices and regattas.

Our ratio of coaches to boats sailing is 1:8.

Attendance Policy-

Practice is mandatory if you would like to be considered for roster selection. Exceptions can be made for job commitments, homework/study, and/or a school sponsored activity **WITH** prior notification to the coach by the day of the missed practice through email, phone call or text message.

Disciplinary Policy-

Coaches have the right to send sailors home if they are repeatedly being disrespectful during meetings, while on the water, or while on club/ away regatta venue's property. Sailors may also be sent home if they are representing the high school program/ their school/ Annapolis Yacht Club in a negative way.

3- Strike Policy- *Strike 1:* a sailor will get spoken to by a coach and asked to not repeat the offense. *Strike 2:* a sailor will meet with the coaches and the director to discuss the offense (depending on severity parents may be involved.) *Strike 3:* Call home to parents, the disciplinary action could include suspension or expulsion. The incident will be brought to the attention of the Jr. Committe who will ultimately decide on suspension or expulsion.

Foul Weather Policy

Coaches have the right to cancel, limit, or modify practices is weather is not favorable or creates dangerous or high- risk situations. Examples include but are not limited to heavy rain, cold temperatures, high wind speeds, thunder and lightning, or anything that makes driving conditions unsafe.

Cancellation Policy: AYC aims to give parents notice by noon the day of. When we can, we will try to give more notice.

Limited Practice Policy: These will occur on windy days. Coaches will select a smaller roster to come to practice. Those not on the roster have the day off from sailing. The main reason we limit windy practices if for safety reasons and productivity concerns.

Early Dismissal Policy: On days where there is very light wind or no wind at all we may have a classroom session and then an earlier pick up time. If parents cannot make it earlier to pick their child up that is fine, coaches will be at the club until 6:30 regardless. Like the cancellation policy, we will try to give you as much notice as possible for these practices.

Damage Policy-

AYC provides equipment for all sailors to use during the practice times we provide. Accidents happen and we understand that, but with that being said our sailors need to take ownership over the borrowed equipment and must take care of it like it is their own.

In the case of severe damage, or loss of equipment, the AYC Jr. Fleet staff will discuss the incident and ask the involved sailors to share their description of the situation. Using the Racing Rules of Sailing and facts found from all parties involved, we will determine whether a sailor is found to be at fault or acted in a deliberately reckless or unsafe way. We will ask that sailor to either do some work around the Club, or that they write a check to have the damage repaired/ lost equipment replaced. The Jr. Fleet staff and the Dockmasters will assess the damage and the cost of the repair to determine the amount owed.

Roster Assignments-

#1 Coaches Discretion: The High School Sailing Coach has the right to choose who to place on the roster for a MDISA/MASSA regatta with regards to skipper/crew pairings and Varsity/Junior Varsity teams.

#2 Sportsmanship: Sailors must respect the rules of sailing and the rules AYC staff put forward. Sailors must also respect all coaches, competitors and teammates. Bullying and negative behavior will heavily impact a sailor's standing on the team and will be strictly monitored and punished.

#3 Proper Equipment: Each sailor must have the following proper equipment in good working order to be considered: USCG life jacket, whistle, weather appropriate clothing, sailing shoes (close-toed, must be worn while sailing), gloves, bailers, sunscreen, workout cloths, proper workout shoes (tennis shoes), sunglasses and hat are optional. Must wear a dry suit when required by coaches.

#4 Competitiveness: Rosters will be made to field the most competitive team to produce the best results at a regatta.

#5 Practice Participation: Individuals should show effort during practice, wanting to improve their skills as a sailor and for the betterment of the team. Sailors should ask coaches and teammates questions and ask them to watch them try new maneuvers.

#6 Attitude: Individuals should show a desire to sail, willingness to help others, respect for equipment, coaches, and teammates. Consistent goofing around will be noted and will most likely result in less sailing time at regattas. With that being said, a little bit of goofing around is allowed, but sailors know when it's appropriate and when it is not.

#7 Team Chemistry: Individuals should possess good sportsmanship, good communication, and willingness to make a better team (not just in the competitive aspect but a fun positive atmosphere). Individuals should be willing to rotate between different skipper and crew pairings. All sailors should be able and willing to sail with anyone.

#8 Seniority: Seniority will be considered with respect to the other guidelines listed above.

#9 Team Representation: Individuals should represent the team, outside of sailing, in a positive manner, this includes sustaining from smoking, drinking alcohol, or use of illegal substances. Sailors should recognize that they are representing Annapolis Yacht Club as well as their teams, their coaches and their parents.

#10 Event Factors: When selecting the roster, the following factors can be considered: regatta venues, type of boat, weather conditions (light vs heavy wind), and opponents.

Tryouts-

Tryouts will be held the first week of sailing practice (Tuesday- Thursday). Coaches will use their discretion to assign sailors to teams that will best suit their growth and development as young sailors. The level of each teams' assignments may differ depending on how deep a certain group of sailors is. The level of one high school's JV team could be the equivalent skill level of another team's Varsity team if the HS teams' skill levels differ drastically.

Requirements for each HS team-

Varsity- To be considered for Varsity a sailor must be consistently finishing/ ranking in the top third of their respective team. During tryouts this sailor should express leadership and initiative when rigging and doing "chores" around the boatyard before and after sailing. This sailor should understand the general rules of sailing and should exhibit a desire to learn more about the rules. This sailor may also be a senior who shows great interest or drive to learn the sport at an accelerated pace. 8th graders are not permitted to sail on Varsity.

Skipper	Crew
Properly switches hands in a tack	Knows where to put body weight in varying conditions
Recognizes whether they are lifted/ headed	Understands how to communicate upwind and downwind with the skipper
Know when to wing/ reach	Understands jib trim basics
Respects the sailing rules and understands them well.	SKIPPER TOO* Understands sail controls (vang, outhaul, downhaul, jib tension) and how it changes with conditions
Basic knowledge of Team Racing	Knows how to roll tack/ roll gybe
Understands main trim and tell tales	Can sail both a 420 and FJ
Consistently is able to get off of the start line in top 1/3 of fleet	Demonstrates explosiveness and athleticism in the boat while hiking and boat handling

Junior Varsity- To be considered for Junior Varsity a sailor must be consistently finishing/ ranking in the top half of their respective team. During tryouts this sailor should express initiative to learn from those around them when rigging and doing basic "chores" around the boatyard before and after sailing. This sailor should understand the general rules of sailing and should exhibit a desire to learn more about the rules. Any upperclassmen that are new to the sport that demonstrate drive and desire to learn the sport of sailing.

Skipper	Crew
Tacks facing forward in the boat	Is learning where to place bodyweight to make the boat go fast
Recognizes whether they are lifted/ headed at least half of the time	Is vocal in the boat. Is able to focus on sailing communication. Asks skipper what to talk about if they are unsure.
Knows when to wing/ reach at least half of the time	Knows where the jib should be trimmed to relatively accurately
Respects the sailing rules and asks questions if they don't know a rule	SKIPPER TOO* Has a basic knowledge of what sail controls do to the sails
Can sail upwind	Knows where to move during a tack and gybe
Is learning main trim and tell tales	Can sail both a 420 and FJ
Can get a good start half of the time	Practices being more explosive and athletic in the boat while hiking and boat handling

Pre- Junior Varsity- Pre- JV sailors do not need to have any knowledge of sailing. They do however need to be able to pass a capsize and swim test administered by the coaches at the beginning of tryouts to ensure a safe season. These sailors must understand that they will need to focus and pay attention to all instruction in order to get better and improve and essentially move up to JV. Goofing around is not allowed as safety is our number one concern with new sailors (as well as veteran sailors). Will most likely not sail in a regatta, but will definitely be considered if they show great improvement. Please note that Pre- JV practices have a higher likelihood of being canceled due to wind and weather constraints than the more advanced practices.

AYC Guidelines for Captains

Captain Elections-

Captain Elections will be held during the middle of the Spring sailing season. We aim to have one female and one male captain for each team. The format of the election will be current Captains going forward and presenting what they believe makes a good captain, the responsibilities they had and what some of the challenges were for them. Nominations will then be followed by nominated sailors choosing whether they want to run for Captain or turn down their nomination. Sailors from any team can nominate a sailor from another team. A sailor is only allowed to nominate ONE captain per team. We believe this will make them think through their nomination choice a little more than they have in the past. Nominated sailors will then get a short time to explain why they want to be a team Captain to their respective team. Team members will then vote. The winners will then take on the role of the understudy Captains while the current Captains finish out their terms.

Responsibilities, Expectations, Qualities of a Captain-

- Needs to be able to communicate openly with coaches about state of the team and concerns the team may have
- Needs to be able to bring team or individual issues to coaches' or program director's attention
- Will be the point of contact for all sailors for any carpool information for regattas
- Will need to help coaches find alternate sailors if someone cannot attend a regatta last minute
- Will organize and oversee a team gear order each season.
- Will help organize travel logistics for away regattas
    - Will ask parents ahead of time for volunteers to chaperone
    - Will research potential housing or hotel options (2-3 options) ahead of time. They will then present to the team and parents. A parent will then take care of booking and payment.
    - Will help decide when to leave for the regatta
    - Will help delegate which snacks/ drinks/ lunch orders their teammates want. They will give this list to a parent chaperone.
- Will organize at least TWO team functions per season. These can be team dinners at a restaurant or someone's house, paint ball, laser tag, pottery painting, a community service outing, a fundraising activity, etcetera.
- Will enforce teams bringing proper gear to each event. This includes making sure all sailors wear their pinnies.
- Will be a leader on and off the water.
- Will make an active effort to know every single sailor on their team and will introduce the newer sailors to the team.
- Will make paper plate awards at end of each season for all teammates.

Required Gear

Sailors are in charge of their own gear and belongings. LABEL everything with sailor's name!

All sailors must have the following gear:

- Coast Guard Approved PFD, appropriate size
- Whistle
- Closed- Toe Shoes
    - Sneakers
    - Sailing Boots
- If JV or Varsity- A sailing watch that counts down
- Warm Fleece
- Light base layers (non- cotton), top and bottom
- If racing- a team pinnie (purchased from AYC for $25)
- A bailer
    - This is used to scoop water out of the boat while sailing
    - We recommend iced tea gallon jugs or laundry detergent containers.
        - Just cut off the bottom of the jug (not the top where the cap is)
    - Label your bailer as many of them will be the same
- A plastic reusable water bottle

***Drysuits are required if the water temperature is below 50 degrees F.**
***Drysuits also may be required at Coach's discretion at any given practice.**
***Sailors will not be allowed on the water if they do no wear their drysuits when they are required.**

We recommend that sailors also bring this gear, but it is not required:

- Sunglasses (polarized)
- Baseball cap
- Warm wool hat
- Neck Warmer
- Warm Head Band
- Spray Jacket or Rain Coat
- Spray Pants or Water proof pants
- Sailing gloves
    - For protection of hand or warmth in the cold months
    - Gardening gloves work in the warmer months
        - Go to amazon.com and type in Atlas Showa Best 370 Garden 4 Color Pack of Garden Gloves (4 pairs of gloves)
- Electrical Tape (put in life jacket pocket)

Good Places to Buy Gear-

Local: West Marine, Helly Hansen and APS

Online: Amazon (for fleece headbands, hats, neck warmers, gloves, under layers, socks, watch), Gill (foul weather gear), Musto (foul weather gear), Soundboatworks, etc

Parent Responsibility/ Involvement-

Involvement-

At Practice: Parents should not be in the Junior Building, or around the HS sailing tent unless they need to speak with a coach, or need to contact their child urgently.

At Regattas: Parents are invited and encouraged to come and watch. If you know your child would prefer you to keep your distance, please do so. Parents should never go down to the rotation area while sailors are rotating boats. Parents should also keep their distance during team meetings.

Responsibilities-

For local regattas:

- Parents should make sure sailors have a lunch option that does not involve the sailor themselves leaving the regatta venue
- Make sure carpools are running smoothly

For travel/ away regattas:

One of our goals is to increase our sailors' responsibility to plan for themselves and organize trips. Captains are to be in charge of the initial level of travel planning. They will then present to the parents of the sailors attending the regatta with options. The parent chaperones will then have the final say on travel plans and will take care of the booking and payments.

- Chaperones-
    - Ensure that all sailors are accounted for at all times
    - Take care of all lodging logistics once they are planned
    - Help organize all meals for sailors on trip (save all receipts)
    - Enforce a strict curfew
    - Set strict meeting times for morning departures to the venue
    - Drive sailors to and from venue each day
    - Order lunches during the day for sailors (save ALL receipts)
    - Chaperones should make sure they know of any allergies or health concerns for all sailors on the trip.
    - Chaperones should have all contact information for parents in their phones in case of an emergency.
    - Formulate an expense document that is clear and concise and shows the breakdown of expenses and what each family owes. Make sure you keep all receipts.
    - ST. MARY'S PARENTS: must complete STAND training before Chaperoning
- Parent of a child going to an away regatta-
    - Provide chaperone with any details pertaining to your child that you believe they might need to know
    - Remind your child that they are on an athletic trip, not a vacation. They need to get ample sleep and eat well to perform well.
    - Make sure you have Chaperone's contact information
    - Be responsive and prompt when the bill is sent your way
    - Sit back and relax!

Expenses

Required of all Participants-

1. Registration Fee
    a. Register by going to annapolisyc.com → Junior Fleet → Programs → High School
2. ISSA Fee
    a. $150 per school to join ISSA (paid by cash or check made out to AYC Junior Fleet)
    b. The $150 is divided by the number of sailors registered in our HS Program (usually around $9 per sailor)
3. Team Pinnie
    a. Must buy a pinnie if you are on JV or Varsity. Pre- JV sailors must buy one if they get put on a regatta's roster
    b. $25 (paid by cash, check made out to AYC Junior Fleet, or billed to AYC/ JAM number)
4. Required Gear

Required of those who go to regattas (JV or local Varsity)-

1. No additional coaching expenses
2. Money for lunch
3. Transportation to Regatta (toll/ gas money if carpooling)

Required of those who travel to non- local regattas on Varsity-

1. Cost of transportation to and from the regatta for the Coach(es)
2. Cost of housing for the Coach(es)
3. Cost of food for the Coaches(es) (at the Federal GSA per diem rate for the area)
    a. For items 1-3, these expenses will be split evenly between each sailor on each AYC team that is at the event.
4. Personal expenses
5. Regatta entry fee if applicable
    a. This will be split equally among team members. One parent per team will have to write a check for this.
6. Damage Deposit if applicable
    a. This will be split equally among team members. One parent per team will have to write a check.
    b. If the damage deposit is used (in part or full), it will be equally split among each team member on the boat

How to pay your share of Coach expenses after traveling to a Varsity travel regatta:

Coaches will send out an email with the total each family owes.

Options to pay bill:

1. AYC will bill your JAM or AYC member # (if you are a member)
2. Write a check out to Annapolis Yacht Club, attn. HS Program and Regatta Check is for.
    a. Either hand check to a coach or program director
    b. Mail the check to the club at the following address

Annapolis Yacht Club
Attn. Angela Rocca
PO Box 908
Annapolis, MD 21404

Practice Schedule

Spring 2018:

Tryouts: March 13th- 15th

First Week of Practice: March 19th- March 23rd

All practices will be 3:30pm- 6:30pm unless stated otherwise.

Varsity: Tuesday, Wednesday & Thursday

- Sailors will not be guaranteed to be sailing all 3 hours due to us having more sailors than boats, we will need to rotate sailors in and out of the sail boats regularly.

JV- Tuesday, Wednesday & Thursday (invited to attend Pre- JV practices as a skipper)

- Sailors will not be guaranteed to be sailing all 3 hours due to us having more sailors than boats, we will need to rotate sailors in and out of the sail boats regularly.

Pre- JV: Mondays and Fridays

- Sailors will get their guaranteed 3 hours of sailing each practice. No need to rotate sailors out of boats as there will be plenty of boats for the number of sailors.

Tentative Spring 2018 Regatta Schedule

March

March 10: SSA Team Race
March 11: DC Sail Fleet Race
March 17: AYC Fleet Race
March 17: DC Sail Fleet JV
March 18: DC Sail 2 v. 2
March 24: SCC/ KI Fleet Race JV
March 24: St. Peter and Paul Fleet Race

April

April 7- 8: MDISA Fleet Race Qualifier
April 7: Kent Island Fleet Race JV
April 14- 15: MASSA Gold and Silver Championships
April 14: EYC/ SSA Fleet Race JV
April 21: MDISA Team Race Qualifier
April 21: BCSC Fleet Race JV
April 22 (?) : J- World Keelboat Regatta (J- 80s)
April 28- 29: MASSA Team Race Championships

May

May 5: DC Sail Fleet Race
May 5: SCC Fleet Race JV
May 12- 13 : Mallory Fleet Race National Championship
May 12- 13: Phebe King Memorial Trophy
May 12: St. Mary's Ryken Fleet Race JV
May 19: JV Championships
May 26- 27: Baker Team Race National Championship
May 26-27: NIT Team Race Championship

Forms of Communication

Email List Serve-

To subscribe to google group email list, send a blank email to one of the addresses below:

1. Annapolis High School: ahighsailing+subscribe@googlegroups.com
2. Severna Park High School: spsailing+subscribe@googlegroups.com
3. St. Mary's High School stmsailing+subscribe@googlegroups.com

To be added to the list serve, send aycjrsailing@gmail.com an email asking to be added, referencing which school your child belongs to. We recommend you add both the parent's email as well as the sailor's email. Your email will then be added to their school's google group.

The list serve is the coach's main form of communication to families and sailors

You will be notified of the following by being on the list serve:

- Details about tryouts
- Roster assignments
- Practice Schedule
- Canceled or modified practices
- Regatta Assignments
- Weekend Results
- Important notices
- Information about end of year pizza party

Parents may use the list serve for the following:

- Plan carpools for local regattas with other parents
- To ask if any parents/ sailors are selling gear
- To directly ask the coach a question (No CC- ing the whole list serve, please)

*Parents or Sailors that abuse the list serve rules will be removed or have their privilege to post/ send emails revoked.

Sailor's Group Messages

Captains will be in charge of organizing a group message on their cellphones. Traditionally they use Groupme, Whatsapp, or just regular texting. Captains are to include all sailors in their group and have been instructed that no one shall be left out.

Coaches and Parents are not involved in these group messages. If something appears to be concerning however we ask sailors to follow this protocol:

1. Confront the issue by asking the person to stop directly
2. If this does not solve the problem then it should be brought to the attention of the coaches. We ask that you show us the concerning material at this time.
3. If we deem the problem to be a concern, coaches and program director will meet with the sailor who posted the inappropriate content. And then depending on the severity of the problem, and disciplinary action will occur.
4. Parents will be contacted if the problem happens more than one time, or if the first incident is extreme.

This protocol will be applied to any social media or texting problems that arise. Bullying and harassment are not tolerated at any level.

Coach's Personal Cell Phone #-

Sailors will be given the head coach's cell phone number. Use this as a secondary way to let us know about last minute delays or if the sailor cannot make it to practice.
Captains may communicate with the coach via text or call if a matter arises.
Do not call or text the Coach after 7pm. If the matter is urgent, send an email & it will get returned as soon as possible.

Regatta Locations

Severn School Sailing Venue:
Magothy Marina
360 Magothy Road
Severna Park, MD 21146

- 20 Minute Drive from AYC

Sailing Center at Chesapeake (SCC):
Tall Timbers Marina
18521 Herring Creek Road
Tall Timbers, MD 20690

- 2 Hour Drive from AYC

DC Sail:
Diamond Teague Park Piers
99 Potomac Avenue SE
Washington DC 20003

- 45 Minute Drive from AYC

Gunston:
The Gunston School
911 Gunston Road
Centreville, MD 21617

- 45 minute Drive from AYC

Ft. Monroe/Youth Sailing Virginia:
100 Stillwater Road Ft. Monroe, VA 23651

- 4 Hour Drive from AYC

Washington College (WAC):
Truslow Boat House/Leila Hynson Pavilion
*South Cross Street- Next to Wilmur Park

- 1 Hour Drive from AYC

St. Peter and Paul:
Tred Avon Yacht Club
100 W Strand, Oxford, MD 21654

- 1 Hour & 15 Minute Drive from AYC

BCSC Baltimore County Sailing Center:
2200 Rocky Point Road
Baltimore, MD 21221

- 1 Hour from AYC

Kent Island:

Kent Island Yacht Club
117 Yacht Club Drive
Chester, MD 21619

- 30 minutes from AYC

Hosting a Regatta

Annapolis Yacht Club has a very valuable and convenient venue when it comes to hosting regattas and events. With our full fleet of 18 club 420s, 8 j22s, tip- top shape power boats, and our close vicinity and relationship with Severn Sailing Association (SSA) and their full fleet of FJs, our venue comes in high demand for when MASSA and MDISA look to find hosts for regattas.

How many Regattas are hosted per season?
Usually 2-5 regattas each Fall, and then another 2-5 each Spring

Varsity or JV?
Both JV and Varsity.

What type of Racing?
We host fleet race regattas, team race regattas, and keelboat regattas.

What can parents do to help?
VOLUNTEER ☺

How can you Volunteer?-

Before a regatta comes around, the coaches will send out a request for volunteers. This request usually comes in a google sheet format.

You will see the dates of the regatta and then slots for the positions we need filled by volunteers.

In order to make these regattas go smoothly, we need volunteers! So if you are hesitant because you believe you may not know enough, come along anyways! We will teach you what you need to know to be a successful volunteer!

Volunteer Positions-

Race Committee PRO
Race Committee Finish Recorder
Race Committee Assistant
Mark Set Boat Driver (2)
Mark Set Boat Assistant (2)
Bosun (fixes any problems/ damages that occur)
Pusher (on land contact, in charge of rallying sailors when it's time to rotate)
Scorer (uses program "techscore" to input scores)
Judges
On the Water Umpires
Photographer

We always treat our volunteers with gratitude and show our recognition in our write ups and with a complementary boxed lunch from Jimmy Johns or Panera Bread. Feel free to bring your child along for the ride too!

How to Check Scores

You can monitor and check out your child's team's progress and scores through the following website:

http://scores.hssailing.org/

Coaches are in charge of inputting sailor's names and race numbers into the program.

Please give Coaches until Monday at 5pm to complete this.

If your child's name is spelled incorrectly, or their graduating year is wrong please email aycjrsailing@gmail.com and we will promptly make that correction.