

# **Carolina Sailing Foundation**

## **RTP Area High School Sailing Program**



## RTP High School Sailing Program

### Mission:

RTP High School Sailing Program shall provide sailboat racing education and coaching and improve participants' ability to compete against other high school teams from around the Southeastern US.

**Eligibility:** Any public, private, or homeschool 8<sup>th</sup>-12<sup>th</sup> grade student in the RTP Area

### Contact / Social Media

- Carolina Sailing Foundation – [www.carolinasailingfoundation.org](http://www.carolinasailingfoundation.org)
  - includes High School Sailing information
- Carolina Sailing Club (CSC)- [www.carolinasailingclub.org](http://www.carolinasailingclub.org)
- South Atlantic Interscholastic Sailing Assoc (SAISA) for regatta schedule – <http://saisahssailing.org>
- Slack group for team messages

### Local Organizations:

- Carolina Sailing Foundation (CSF) a 501 (c)(3)
  - Carolina Sailing Club (CSC)
    - Local sailboat racing – Adults and Youth (Jordan Lake and Kerr Lake)
  - Sailing Programs:
    - RTP High School Sailing Program (Lake Crabtree and Jordan Lake)
    - Opti/420 - Learn to Sail / Race Program for 8-15 year olds (Jordan Lake)
    - Adult Learn to Sail Program (Jordan Lake)

### School Clubs (Optional):

- Must be student initiated for each individual school



### **Governing Organization:**

- ISSA (Interscholastic Sailing Association, National)
- SAISA (South Atlantic Interscholastic Sailing Association)
  - North Division (where RTP HS Sailing competes)
    - RTP, NC; Charlotte, NC; Charleston, SC; Beaufort, SC; Brunswick, GA; Savannah, GA; Atlanta, GA; Knoxville, TN, Jacksonville, FL
  - South Division, includes Florida (south of Jacksonville)

### **High School Program of SAISA**

- Local Racing Practices and Clinics – Intermediate and Advance racing coaching
- Inland Regattas – Charlotte (Lake Norman), Knoxville (Ft. Loudon Lake), RTP (Lake Crabtree)
- Coastal Regattas – Upper and Lower Coastal locations in North Division (Charleston, SC; Savannah, GA; Brunswick, GA; Jacksonville, FL)
- SAISA District Championships
- Information available on SAISA website
  - [SAISA Supplemental Rules that describe individual and team requirements](#)
  - [ISSA Procedural Rules](#)
  - [Racing Rules of Sailing \(2017-2020\)](#)
  - [Current SAISA Calendar](#)

### **Regatta Format**

- 4-6 sailors per regatta team
- Substitutions Allowed (Determined by coaches in attendance at regatta)
- 2 options for each “Regatta Team”
  - All sailors from same school
  - Combination or Composite Teams (registered under skippers school name)
- Goal is to have 4 sailors from the same school to compete as a full team

### **SAYRA**

- South Atlantic Yacht Racing Association, an organizing body for yacht clubs, sailing clubs and individual clubs in the south Atlantic area.



- This group recognizes a number of club-based Junior events throughout the year, and keeps track of results to put together the "SAYRA Junior Series". The SAYRA Junior Series is not team-based but individual or club-based, and includes 420's, Lasers, Sunfish, and Opti sailboats.

### **RTP Program Participation in out of town regattas**

- Only sailors who are ready for higher level competition as skipper or crew
- Each sailor is expected to be working toward completion of at least 4 of the service days or the equivalent, in communication with the director or coaches.
- Goal to have as many of skipper / crew combinations from same school as possible
- Objective to have number of attendees in teams of 4
- May borrow or loan sailors to other teams (Composite Team for each regatta)
- Serious commitment is expected when signing up for regattas. Last minute changes affect the team and whether they can have the correct number of sailors to participate and also make more work for the hosting team. Be sure that you can attend a regatta when you sign up. In the case of circumstances that require a change, let regatta coaches and organizers know directly, and when possible, at least two weeks prior to the regatta (to meet registration deadlines). In this situation, the sailor will be asked to reimburse the regatta fee to CSF.

**Practice Schedule:** The schedule for practices (subject to changes, notifications in *Slack*) is as follows:

- Location: Lake Crabtree
  - Days: Tuesday & Thursday
  - Time: 4:30- dusk (6:45)
- Location: Crosswinds Marina, Jordan Lake
  - Days: Wednesday
  - Time: 4:30 - Dusk

### **Our Fleet:**



Seventeen 420 sailboats (2 person, 14 foot boat)  
1 Laser (14 foot, 1 person)

### Sailing Gear

- **Required** - Coast Guard Approved Type III Personal Floatation Device (PFD) aka a vest style life jacket
- Proper clothing for weather conditions (swimsuits, non-cotton clothing)
- Neoprene booties / water shoes
- Water bottle
- Sunscreen
- Wetsuits required for winter sailing – December through March
- Towel
- Change of clothes
- Optional
  - Sailing Gloves
  - Sunglasses (Polarized and UV protection preferred)
  - Rash Guards (Athletic shirts with built in sunscreen)
  - Foul Weather Gear

### Financial Info for Participants

- \$300 Annual program fee for fall and winter/spring season covers:
  - SAISA Dues \$110/school
  - Regatta Registration which varies by regatta, but is typically about \$50 per team
  - Operating expenses (coaching stipends, equipment operation, maintenance)
- \$200 Optional equipment upgrade donation to Carolina Sailing Foundation (to help to purchase new boats)
- \$50 estimated expenses for each same-day out-of-town regatta (gas donation to driver, meals)
- \$140 estimated expenses for each overnight regatta (gas, meals, one night in hotel)
- Vanguard 420 sailboats and associated equipment is expensive. Please Note: Any damage to sailboats or lost equipment is the financial responsibility of the sailor and family. Sailors are taught how to properly care for, move, rig and de-rig the boats, and stow gear, and are



expected to fully participate in securing all craft as part of each sailing practice.

### **Program Costs**

The actual costs of running RTPHS Sailing are much greater than the annual program fee each sailor pays. The difference is made up by donated time from coaches and adult volunteers, subsidized storage space by Wake County Parks and Recreation at Lake Crabtree, and generous support by Carolina Sailing Foundation. These contributions provide hours of teaching, coaching, and use of the team equipment. Scholarships are available for financial hardship situations.

### **Volunteer Commitment for Participants**

Sailors and their families are expected to volunteer for the program in the following ways:

- Each sailor is expected to participate in *at least* 4 of the service days below, parents are welcome:
  - Lake Crabtree Service Days (2 per year)
  - Boat repair days (2 per year)
  - Boat Move days (3 per year)
- Help with RTP-hosted regattas (1 per year)
- Various leadership roles for sailors and parents in RTPHS Sailing Program

### **Leaderships Roles**

Team Captains  
Coaches  
Equipment Maintenance  
Regatta Chairs  
Regatta Scorekeepers  
Lead Volunteer Coordinator  
Boat Move Coordinator  
Service Day Chairs  
Swag & Logo Wear  
Program Director



## Advisors

### **Capital Equipment Tax Free Donations to 501(c)(3) Carolina Sailing Foundation / Fundraising Needs**

- Fully tax deductible donations needed to purchase new/used equipment
- Sailors are expected to care for the sailboats and other equipment

## **APPENDIX**

### **Background**

The program was established in the fall of 2004 and was modeled after successful high school programs from Charlotte, NC; Savannah, GA; and Brunswick, GA. The program is open to any 8<sup>th</sup>-12<sup>th</sup> graders from public, private, and homeschool high schools in the RTP and surrounding area. Volunteers with years of sailing and racing experience run and coach the RTP High School program. All students practice and train as a complete organization independent of the high school that they attend. When we compete in SAISA sponsored events, students will compete representing their specific high school or a combination of high schools for each individual event. Our long term goal is to grow the program to support complete teams from as many high schools as possible in the RTP area, but to also allow individuals sailors to actively participate as new teams are launched.

### **Organization**



The program operates under the Carolina Sailing Foundation (CSF), a 501(c)(3) non profit organization which promotes youth and adult sailing education and sailboat racing in Central North Carolina.

The RTP High School Sailing Program is affiliated with the Carolina Sailing Club (CSC) and allowed to participate in local races conducted by CSC without charge.

All high school teams are members of the South Atlantic Interscholastic Sailing Association (SAISA.org) and compete in the North Division of SAISA against high school teams from NC, SC, TN, and GA.

**Help Us with Recruitment and Promotional Efforts:**

- Word of Mouth (Flyers)
- Social Media (Facebook, Instagram, Twitter)
- School Club Registrations
- School Newspaper Articles
- Website
- Potential Partnerships with YMCA, Summer Camps and Sea Scouts
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**Overview of typical high school regatta:**

- Each regatta consists of 2 divisions “A” and “B”.
- The regatta consists of 2 races times the number of teams entered. For example if there are 10 teams they will attempt to race 20 races.
- A division will have 10 races and B division will have 10 races
- The teams rotate boats after every 2 races so every team gets to race each boat twice. This equalizes the difference in faster and slower boats. The following chart is an example of a boat rotation schedule:

School	Boat									
Green Hope A Division	1	X	3	X	5	X	7	X	9	X
Green Hope B Division	X	2	X	4	X	6	X	8	X	10

- Most regattas are sailed on club 420s w/out spinnaker or trapeze.





- Races are run from 9AM to 5PM on Saturday (Sunday mornings if weather conditions do not allow completion of event in one day)
- A majority of races are a modified windward leeward course that will usually last 10 to 20 minutes.
- The teams after 2 races for “A” Division will sail back to the docks where they hop off and the next group for “B” Division gets on.
- Substitutions are allowed between rotations and a crew can switch divisions, however a skipper is not allowed to change divisions.
- On the water coaching is not allowed.
- The host location provides a base number of boats usually 10 to 16.
- There is one boat per school entered and the host school provides boats to visiting teams on a first come first serve basis. After those boats are reserved, the schools that didn’t get one must bring their own boat.
- The scoring is in 3 parts: A division’s score, B division’s score, and an overall team score which is a total of the two.

School	Placing									Total
Green Hope A	3	5	6	4	1	10	7	4	4	44
Green Hope B	2	5	3	4	9	6	7	8	1	45

### Useful information

- [Sailing a 420](#)
- [Animated Video of the rules from US Sailing](#)
- Boat Tuning: To get the boats set up equal, measure and and adjust the following items in order on each boat:
  - a. Mast Step- Distance from back of mast to inside stern of boat: goal was 9'3" to 9' 31/2"
  - b. Jib Halyard tension: Goal was 260 lbs of tension in side shroud (22 on new Pro Loos gauge)
  - c. Length of side shrouds: Goal to equalize distance from top of mast to left and right deck where shrouds connect to hull



- d. Mast rake: Goal to have each mast between 20' 8"-20 9 1/2" from top of mast to top of transom. We found that by moving the pin on each side shroud by 1 hole increased or decreased rake by 2"

