

Carolina Sailing Foundation
RTP Area High School Sailing Program

2017-2018 Handbook
(14th Season)

August 2017



Carolina Sailing Foundation – RTP High School Sailing Program 2017-2018 Handbook

RTP High School Sailing Program

Mission: The mission of the RTP High School Sailing Program is to provide sailboat racing education/coaching and to improve participants' ability to compete against other high school teams from around the Southeastern US.

Eligibility: Any public or private school students in 8th-12th grades in the RTP Area

Key Contacts -

- ✚ Sam Marcom - Captains
- ✚ Andy Hencke - Program Director
- ✚ Alan Backus – Coach
- ✚ Lauren Mershon – Coach
- ✚ Steve Cardoze – Coach Advisor
- ✚ Sara Paisner – Coach Advisor
- ✚ Andrew Shook - Equipment Maintenance
- ✚ Howard Ferguson - Regatta Chair/Coaching Coordinator
- ✚ Kim & Tyler Wheeler – Registrar
- ✚ Lars Nyland; Hilman and Heather Hicks – Regatta Scorekeepers
- ✚ Pam & Kelly Marcom -- Service Day Chairs
- ✚ Kim & Tyler Wheeler - Logo Wear
- ✚ Dan Russell – Advisor
- ✚ Tom David --Advisor
- ✚ Robin Seagall – Advisor
- ✚ John Norton – HS Program Committee / CSF President / CSC Liaison

Local Organizations:

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



School Clubs (Optional):

- Must be student initiated for each individual school



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National 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
 - South Division
 - Florida and Caribbean Islands



HS 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

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 Teams (registered under skippers school name)
- Goal is to have 4 sailors from the same school to compete as a full team

RTP Program Participation in out of town regattas

- Only sailors who are ready for higher level competition as skipper or crew
- 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)

Online Presence

- RTP High School Sailing Website: www.rtphighschoolsailing.org
- Google Group will be rtp-hs-sailing@googlegroups.com
- Facebook – RTP High School Sailing Team
- Carolina Sailing Club (CSC) www.carolinasailingclub.org
- Carolinas Sailing Foundation – www.carolinasailingfoundation.org

South Atlantic Interscholastic Sailing Assoc (SAISA) for regatta schedule –
<http://saisahssailing.org>



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Practice Schedule: The schedule for practices (subject to email changes) is as follows:

- **Tuesday: our program with our coaches (Alan & Lauren)**
- **Wednesday: our program joins NC State coached by their captains (college sailors)**
- **Thursday: our program with our coaches (Alan & Lauren)**

Boats: Fleet of nine 420 sailboats (2 person. 14 foot boat)

Sailing Gear Required for all Practices and Regattas

- **Required** - Coast Guard Approved Personal Floatation Device (PFD)
- Proper clothing for weather conditions (swim suits, non-cotton clothing)
- Secure footwear – Able to get wet, ideally closed toe tevas or sailing boots
- Water bottle
- Sun screen
- 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 sun screen)
 - Foul Weather Gear (Spray top and salopettes - waterproof pants)
 - Sailing Boots

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 teams equipment. Scholarships are available for financial hardship situations.

Financial Info for Participants

- \$275 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)
- \$120 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.



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Volunteer Commitment for Participants

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

- Lake Crabtree Service Days (2 per year)
- Help with RTP-hosted regattas (2 per year)
- Various standing committees of RTPHS Sailing Program
 - Boat moves
 - Social activities
- Periodic fundraisers

Capital Equipment Tax Free Donations to 501(c)(3) Carolina Sailing Foundation / Fund Raising Needs

- Fully tax deductible donations needed to purchased 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 8th-12th graders from public and private 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
Green Hope											89

