



Sarasota Youth Sailing (SYS)

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Welcome O'Pen Skiff/Bic sailors!

Welcome to our 2019-2020 SYS Fall Racing Program. I look forward to an exciting year! The Sarasota Youth Sailing Program initially started with a summer camp program and since its inception, it has grown to a program with a summer camp attendance of more than 500 and approximately 80 sailors who attend our year round race program. In the late 80s, the SYS Race Team was formed with sailors competing locally, regionally, and nationally sailing in Optimist, Lasers and 420s and has since added a comprehensive high school sailing program with sailors from four area schools competing regionally and nationally at events with other high schools. Furthermore, our Optimist, Laser, C420 and Multihull teams represent our club at many National and International events. Many SYS sailors continue on to compete in college and work as coaches themselves. SYS was the proud organizer of the O'Pen BIC Nationals, at which one of our own, Bryce Tone, took home the winner's trophy.

SYS O'Pen Skiff/BIC - Overview

The O'Pen Bic Racing Team will balance fun and racing. During practice, the team will continue to work on the basics of sailing and racing while also exploring the bay and having fun. Sailors work on boat control, developing boat speed, maneuvering, and sailing around a course. They practice all the points of sail by tacking, jibing, and rounding marks. They also learn some Bic specific racing strategies such as dry capsizing and standing while racing.

The team will be encouraged to participate in local regattas

Children ages 10-14 are welcome to join O'Pen Skiff/BIC. Younger sailors may join by coach recommendation and try-out only. Attending regattas is not required, but they are a great way to practice and expand upon the skills learned during practice.

Volunteering

Parents are an important part of our program. All parents are expected to volunteer at least 8 hours each session:

- Fundraising

- Team Travel Logistics
- Special Events and Regattas (Sailfest)
- Program maintenance
- Marketing

Practices

The practice schedule is as follows.

Saturdays: 11:30 am-4:00 pm

This means rigged and ready by 12:00 pm, back on shore by 3:30 pm, pick-up at 4:00 pm.

Sailors will eat lunch on the water during Saturday practices. Please bring a lunch and half gallon insulated water jug with ice each day. Sailors should arrive with sunscreen applied and extra sunscreen to reapply.

Fall Session dates: August 24 - December 14

Practice will not be held during away regattas. See schedule at the end of this document.

Fees

New sailors may attend one class at no charge to determine if the program is right for him or her; otherwise payment is required for the fall season on or before the first day of class.

Full payment due on or before the first day of class

\$400 practice fee per session

\$100 boat usage fee per session

Per Day rates for visiting Sailors:

Saturday Practice: \$65

Regatta Fees:

\$30/day fee for away regattas due two weeks in advance of each event in order to work out transportation logistics, assure we have enough sailors to send a coach, and be sure to allow our sailors to register for regattas at a discounted rate. Most regattas are 2 days/\$60; however, additional day fees might be assessed for in-state regattas which require an entire day's travel to and from the event.

Parents are needed to tow the coach boat trailer and boat trailer. All participants should pitch in to help cover towing expenses and gas for the trailering parent.

Frequently asked questions:

How do I know when my child will be ready to compete in a regatta?

The goal of the SYS coaches is for sailors to take part only in the conditions that they are ready for, but this can be difficult with constantly changing conditions. The geography and typical wind conditions of certain regattas can also impact the decision of whether a student is ready or not. SYS recommends following the recommendations of the coaches as to when your child is ready to compete. Your coaches are aware of the different regatta sites and the challenges that may impact your child's success. However, please keep in mind that it is difficult to predict the weather and there may be times when your child travels to and pays for a regatta that he or she may not be able to sail in one or more of the races due to unpredictable weather conditions.

Are parents required to attend regattas?

Yes, parents or a designated guardian must arrange their own transportation and accommodations for regattas. Parents must also be available should their child need to come off the water early. Please give your coach your contact information during a regatta, so you may be contacted if this is necessary.

Can parents watch the race on the coach boats?

No, for safety reasons space on the coach boat needs to be available for the sailors should someone need assistance; however, parents are encouraged to bring their own boats if they wish, or alternatively, at some venues charter boats may be available.

What if this is my first regatta? What do I do?

SYS consists of both local and out of town regattas. Regattas are typically held at yacht clubs or community sailing programs. However, some are held at resorts and parks next to the beach. SYS will provide coaches, coach boats, and a trailer (towed by parents) to transport the competitor's boats. The regattas that SYS will attend are on the printed schedule which is included with this packet or on sarasotaysp.com. The cost of coaches is covered by the program and the \$30 fee helps supplement some of the costs associated with travel.

If I plan to go, what do I need to do?

1. Go to the event website and download the Notice of Race (NOR) for review
2. Register online. You will need to know your sailors' SAIL #. The SAIL # will be assigned by the coach at the beginning of the season.
3. Hotel reservations. We recommend you stay at the same hotel as the team. It makes it a lot more fun for the kids and easier for the coaches. We will try to reserve a block of rooms for each regatta. The hotels are chosen by proximity, reasonable price and kid friendly. You can however, make alternate plans if you prefer. To help make your plans easier, SYS has designated a Green Fleet team parent to help communicate travel accommodations and send reminders about regatta deadlines.

What do I need to bring?

1. Sailing gear (life vest, gloves, closed toe shoes, foul weather gear, tools, sunglasses, towels, water bottle, sunscreen, hat, etc.)
2. Sail, blades and dolly. You must bring the sail, blades and dolly with you. Parents are responsible to be sure their boat is loaded and tied down. Trailers will be at SYS on Wednesday before each regatta to load.

What next?

Regattas typically take place on Saturday and Sunday and they include between 3 and 5 separate races each day (depending on the weather) with time for lunch on the water with your coach. Lunch is typically included with the regatta fee charged by the organizing club. Plan on an early start on Saturday. We will hold a team meeting ½ hour prior to the competitors briefing or skippers meeting. The briefing will be printed on the notice of race and sailors must be rigged and ready prior to the team meeting.

The sailors are usually off the water by 4 pm on Saturday and 2 or 3 pm on Sunday with the awards commencing by 4:00 pm on Sunday. We recommend driving on the Friday before the event. Check in, get a good night's sleep and be at the regatta venue early, normally 8 am or earlier to help unload your boat. Print out and keep the Notice of Race with you. Be ready to sail when you arrive at the event on the morning of, you will not have time to go back to the hotel. Don't forget your gear bag, sail and blades.

The practice before the event

1. Load your boat after practice. If your child is unable to attend the practice please be sure your boat gets loaded before the trailer leaves SYS.
2. Tie down your boat for safe travel. SYS recommends purchasing tie down straps to secure properly.

Regatta Day

1. You need to find the group and look for the club trailer.
2. Unload your boat from the trailer. This is a team effort. Please help each other load and unload the boats.
3. Bring your dolly to transport your boat to the loading area. Be sure to tag your dolly so you will know which one is yours in the pile at the regatta. There is usually a pile of more than 200!
4. Have your sailor rig his or her boat on the dolly.
5. While your sailor is rigging, go to the registration table and check-in.
6. After the sailor rigs his or her boat have your coach check it.

Team Meeting

1. The coach will call a team meeting ½ hour prior to the skippers meeting. At this time, the coach will review the sailing instructions and update the kids.
2. Parents should stay around to help the sailors launch their boats. Parents also need to help retrieve sailors in the afternoon.

3. The coaches stay with the sailors on the water. In the event that a sailor must come in early, a parent or designated person must be available for them on shore. Please give your coach a contact number so we may contact you.

Afternoon and Evening

1. Please be sure to check with your coach for any group activities after racing. You must also check with your coach to obtain the time for the group to meet the next day. Get a good night's sleep.

After the last Race

1. Bring your boat back to the trailer and load your boat. Parents are responsible for tying down the boat for safe travel. Don't forget your blades, sail and dolly which should be returned to SYS at the next practice.
2. We recommend everyone staying for the trophy presentation even if they don't expect to receive an award. Participant's medals are typically given to all Green Fleet sailors.

SYS Contact information:

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SYS Executive Director

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O'Pen BIC Coaches:

Nick Powers

Travis Yates (Parent Volunteer)

Sailor's checklist for Regattas

I have found that it works best to give this checklist to your child and have him/her help pack and check off the items when they are loaded for each regatta. Create a 'tackle box' for small items and hardware and designate special suitcase or duffel for clothing, etc. If the items are always kept together, packing will be a breeze! Many of the warm weather gear items can wait until November.

Required items

- Water bottle
- Lifejacket
- Sunscreen must be applied before going out—there may be times when it cannot be reapplied on the coach boat during the regatta—you may want to bring stick sunscreen to attach to your child's life jacket or boat so he or she can reapply themselves
- Whistle

- Good water shoes, no flip flop type sandals
- Your coaches' cell phone number and a cell phone to be contacted in case of emergency
- Waterproof watch with a countdown timer that can be set at 3 and/or 5 minutes. Please teach your sailor how to use the watch and bring it to practice for him/her to practice before the first regatta.
- Large plastic bag for sailing instructions and course diagrams. Sailors can keep this information under the straps that hold the airbags.
- Extra set of dry clothes

Highly Recommended items

- Spray jacket or dinghy smock and spray pants for colder days. Some sailors may prefer to wear a wetsuit as well...a dinghy smock will not keep your sailor warm and dry if he/she is submerged.
- Leatherman or sharp scissors and pliers (to undo tight knots) and a lighter to burn the ends of the line
- Sailing gloves
- Hiking pants
- Hat with a strap so it doesn't get lost
- Sunglasses and sunglass strap. Polarized sunglasses reduce glare and help sailors spot the wind on the water.
- Long sleeve water shirt

Parent responsibilities:

Parents need to coordinate providing coach lunches, sailor snacks, water and ice. Parents will also need to share in the duties of trailering the coach boat and opti trailer.

Important Dates:

Labor Day Regatta: August 31-Sept 1

Sailfest Regatta: March 28-29