



## **Sarasota Youth Sailing (SYS)**

1717 Ken Thompson Parkway

Sarasota, Florida 34236

941.504.4236

### **Welcome Green Fleet Sailors!**

Welcome to our 2020-2021 SYS 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 Green Fleet - Overview**

Green fleet is for intermediate and advanced level sailors to learn the skills necessary for competition. Sailors must be able to sail upwind/downwind courses efficiently in light-medium wind before joining the fall race team. During green fleet practice, sailors will concentrate on skills and habits that will help them progress to handle their boats more efficiently around a course. Our group will advance quickly and sailors joining during the season will need to demonstrate a stronger skills set. Private lessons are available if you feel your sailor needs to brush up on his/her skills.

Children ages 8-14 are welcome to join the green fleet. Younger sailors may join by coach recommendation and try-out only. The SYS Green Fleet will travel to approximately one regatta per month. Attending regattas is not required, but they are a great way to practice and expand upon the skills learned during practice. Furthermore, away regattas are a great way to get to know your teammates and experience the exhilaration of competitive sailing. The regattas are held at fantastic locations where there is an opportunity for all family members to enjoy themselves.

### **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: 9:30-4:00pm

This means rigged and ready by 10:00am, 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 22 - December 12

Spring Session dates: January 16-May 8

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

## Fleets

Beginning and Competition Green Fleet sailors will be practicing together.

*SYS Beginning Green Fleet:* Learn the skills necessary to compete in sailing. After successful completion (at the discretion of the coach), sailors will move up to the Competition Green Fleet. Beginning green fleet often takes place during summer camp.

*Competition Green Fleet:* This is our largest fleet of advanced level sailors who are ready to race and/or have some experience racing. Sailors typically advance to red, white and blue fleets when they are consistently placing in the top of the Green Fleet at authorized opti events.

## 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**

\$535 practice fee per session

\$150 boat usage fee per session (if using a SYS boat)

### **Per Day rates for visiting Sailors:**

Saturday Practice: \$65

### **Regatta Fees:**

\$60/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/\$100; 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 opti trailer. All participants should pitch in to help cover towing expenses and gas for the trailering parent.

SYS encourages attendance at national and out of state events. SYS sailors will be charged a rate to cover coaching expenses including hotel, transportation, and the coaches hourly rate divided by the number of participants who wish to attend in order to attend national regattas and otherwise unscheduled events.

## **Frequently asked questions:**

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

Racing is divided by beginning (Green Fleet) and more advanced racers (White, Blue and Red Fleets). This is a wonderful way for new sailors to get their feet wet. Coaches are allowed to coach the back half of the green fleet during most regattas and this is a huge help for new sailors; however, there are periods of time when the coaches will be assisting other sailors. For this reason, sailors must not just have the skills to race, but the maturity to handle being on the water in a boat by themselves in the wind conditions that are present. 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](http://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. The club will bring the boat. 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 time 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:**

Mary Trichter

SYS Executive Director

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E-mail: [sarasotayouthsailing@gmail.com](mailto:sarasotayouthsailing@gmail.com)

Information: [www.sarasotayouthsailing.org](http://www.sarasotayouthsailing.org)

Like us on Facebook – Sarasota Youth Sailing

Follow us on Instagram - [sarasotayouthsailing](https://www.instagram.com/sarasotayouthsailing)

### Green Fleet Coaches:

Julie Forbes

## **Resources:**

### USODA-United States Optimist Dinghy Association

This is a great organization to join and the fee is very inexpensive. The publication included in your fee is a great way to keep updated about what is going on in Optimist sailing.

Genoa Fedyszyn, USODA Class Administrator

[usoda@usoda.org](mailto:usoda@usoda.org)

[www.usoda.org](http://www.usoda.org)

### US Sailing

Resource for national events in all categories - some sailing regattas require membership to US Sailing.

Register through the MVP Program at <https://www1.ussailing.org/Membership/MPP/Default.aspx>

[www.ussailing.org](http://www.ussailing.org)

## **Additional Resources**

### **Gear, Hardware, Boats, Sails and Boat Supplies**

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#### *McLaughlin Boat Works*

Spencer Wiberley

800.784.6478

[spencer@optistuff.com](mailto:spencer@optistuff.com)

<http://www.optistuff.com>

*Tackle Shack Water Sports*-this organization has supplies and gear available for purchase at most optimist regattas

Mr. Andy LeVine

800.537.6099

7801 66<sup>th</sup> Street North

Pinellas Park, Florida 33781

[andy@tshack.com](mailto:andy@tshack.com)

[www.tackleshack.com](http://www.tackleshack.com)

Mr. Bill Hyatt

4512 S. Dale Mabry Hwy

Tampa, FL. 33611

[shop@sailingspecialties.net](mailto:shop@sailingspecialties.net)

*Annapolis Performance Sailing*-an online resource for clothing and gear.

[www.apsltd.com](http://www.apsltd.com)

1-800-729-9767

*Masthead Enterprises*-Great resource for boat hardware and gear when you are in the St. Petersburg area

4500 28<sup>th</sup> St N

St Petersburg, FL

727.327.5361

*Sailing Specialties*-another source for gear at regattas



## Sailor's checklist for Opti 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**

- o Water bottle
- o Lifejacket
- o 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 lifejacket or boat so he or she can reapply themselves
- o Whistle
- o Good water shoes, no flip flop type sandals
- o Your coaches' cell phone number and a cell phone to be contacted in case of emergency
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- o Be sure to check out your child's sail, rudder, daggerboard, and dolly before leaving town. Be sure the joints on the tiller extension are not cracked and all the hardware is functional.
- o 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.
- o Large plastic bag for sailing instructions and course diagrams. Sailors can keep this information under the straps that hold the airbags.
- o Extra set of dry clothes

### **Highly Recommended items**

- o 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.
- o Leatherman or sharp scissors and pliers (to undo tight knots) and a lighter to burn the ends of the line
- o Sailing gloves
- o Hiking pants
- o Hat with a strap so it doesn't get lost
- o Sunglasses and sunglass strap. Polarized sunglasses reduce glare and help sailors spot the wind on the water.
- o Long sleeved water shirt
- o Opti paddle-these are required at many regattas—you may purchase them at regattas from sailing specialties and tackle shack-it is a special hand paddle to keep in the boat
- o Wind indicator-please label with your name. These can be purchased at most regattas. If your sailor does not have a racing spar to attach, your coach will have cable ties to secure it to the top of the mast.
- o Mast Clamp (this is an item that can help save the boat from damage during a capsize, but it must be used correctly-so it can wait till your sailor has more experience).

### **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.