

Sarasota Youth Sailing Club 420 RACE TEAM Fall Season 2021

The Club 420 is a popular two-person boat sailed by thousands of youth sailors across the country. The boat is highly configurable and can accommodate multiple disciplines of sailing. Sailors aging or sizing out of the Optimist or Open Skiff will find the Club 420 a fun and challenging endeavor. ILCA and NACRA 15 Team sailors will also benefit from some cross-training with the Club 420.

AGES: Sailors on the Club 420 Race Team are usually from ages 14 to 18. Exceptions for younger sailors can be made at the coach's discretion based on the individual's skill and experience.

TEAM FORMAT: SYS will offer three separate practice opportunities per week in the Club 420. All three practices fall under the Club 420 Team umbrella but focus on distinctly different disciplines of sailing. We recommend sailors enroll in at least two of the three available Club 420 Team practices per week.

Each Club 420 practice is sold separately. Sailors enrolling in all three Club 420 practices will receive a 10% discount from their fall season total. Sailors providing their own Club 420 will be discounted \$300 from their fall season total. Scholarships and payment plans are available upon request.

PRACTICE SCHEDULE & COST:

[First Fall Practice is Saturday, August 21st. Last Fall Practice is Saturday, December 11th.]

Thursdays	1600 – 1900	High School Practice	\$500
Fridays	1600 – 1900	Chutes & Wires Practice	\$500
Saturdays	0900 – 1500	Travel Team Practice	\$1000

Sailors attending C/420 Travel Team Regattas will be billed an additional \$60 per racing day.

Sailors attending High School Regattas will be billed an additional \$20 per racing day.

Private coaching is available by appointment. Cost is \$100 per two-hour session.

ABOUT THE PRACTICES:

High School Practices are geared to prepare sailors for competition in the South Atlantic Interscholastic Sailing Association (SAISA) sanctioned events. SAISA events closely parallel the format of College Sailing. In this discipline the Club 420's are sailed with jib and main only and without a trapeze. The regattas are typically small one-day events with numerous short-course races. This places an added emphasis on starting, tactics, racing rules, and boat handling. High School sailing is a perfect opportunity for a newer sailor to begin crewing or for an experienced skipper moving up from another boat to continue competitive development.

Chutes & Wires Practices introduce sailors to racing the Club 420 with a spinnaker and trapeze. These techniques are essential for continued progression into the Club 420 Travel Team. Sailors in these sessions will rotate skipper and crew duties frequently while learning the responsibilities of each position through all the handling evolutions around the racecourse. Practices will drill down into the fundamentals of teamwork, boat speed, and boat handling. While this practice is designed for sailors

new to the spinnaker and trapeze, experienced Club 420 sailors are invited to enroll and utilize the time to fine tune their skills and master the fundamentals.

Club 420 Travel Team Practices provide a comprehensive training day atmosphere for Club 420 sailors participating in a season long sailing campaign. The full-day sessions will include lessons in physical literacy, mental health, boat preparation, teamwork, speed, handling, tactics, strategy, weather, racing rules, and all-important regatta travel logistics. These practices are disciplined and designed for maximum time efficiency. Sailors will have their skills tracked and evaluated to ensure continuous development towards a national level standard of excellence.

COACHES: Stephan VerHulst returns as Head Club 420 Team Coach. Stephan is an experienced Club and Collegiate sailor with 10 years of experience inside the Club 420 Class and is a US Sailing Level 1 Coach. He has competed at national level events both in the Club 420 and the Intercollegiate Sailing circuits. This will be his third year as Head Coach of the Club 420 Team at SYS. Stephan will be assisted by NACRA 15 Head Coach Nick Lovisa.

ABILITY LEVEL: SYS Summer Campers completing the Level 2 420 Class have been shown some of the basic skills required to sail the Club 420 and would be a good fit to get started in the High School and Chutes & Wires Practices. Additional private lessons are available by appointment and may be necessary for newer sailors to hone their skills to be ready for the Club 420 Travel Team.

TIME COMMITMENT: Skill development in the Club 420 utilizes a building block approach and is directly proportional to the amount of time spent on the water at practice. Successful sailors at this level will spend between ten and fifteen hours per week at practice and compete in a regatta about once or twice per month. A well-practiced sailor will have a more enjoyable experience. Well engaged and prepared parents can best accommodate the needs of their sailors. Regatta participation further accelerates development. Sailors with two or more years of Club 420 experience should schedule as many high-level events as possible during the season.

There are additional time commitments required for transiting to and from practices, delivering boats to and from regattas, studying coaching notes, reviewing video and photos, and making travel plans. A capable SUV or truck with a trailer hitch is a most valuable resource for executing team travel logistics.

FALL REGATTA SCHEDULE:

September 4 – 5	Sarasota Labor Day Regatta @ Sarasota
October 2	SAISA South Points 1 @ Ft. Lauderdale
October 16 – 17	River Romp Regatta @ Fort Myers
October 22	SAISA South Points 2 @ Jensen Beach
November 13	SAISA South Points 3 @ Sarasota
November 27 – 28	Davis Island Thanksgiving @ Tampa
December 4 – 5	Martin County Junior Olympic @ Jensen Beach