

## **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 21<sup>st</sup>. Last Fall Practice is Saturday, December 11<sup>th</sup>.]*

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 Sailing Director Kevin Dooley for High School Practices on Thursday evenings and NACRA 15 Head Coach Nick Lovisa for Travel Team Practices on Saturdays.

**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

Spring:

February 19 – 21	Midwinters Championship @ Jensen Beach	Tier 1
April 9 – 10	Sail Fest @ SYS	Tier 2
April 23 – 24	Venetian Cup	Tier 3
May 14 – 15	CRYC Spring Fling @ CRYC	Tier 2

Summer (New England) (Dates subject to change):

June 29 – 30	New England Championship @ TBD	Tier 1
July 14 – 17	North American Championship @ TBD	Tier 1
July 20 – 22	Club 420 National Championship @ TBD	Tier 1
July 26 – 27	CJ Buckley Team Race Regatta @ TBD	Tier 1
July 30 – August 1	C420 South Shore Championship @ TBD	Tier 1
July 31 – August 1	Hyannis Regatta @ HYC	Tier 1
August 6 – 8	Buzzard's Bay Regatta @ NBYC	Tier 1

Chutes and Wires Advancement Metrics

All Team Member's skills

Correctly solo rigging and derigging a C420

Capsize and Recovery

Consistent boat maintenance, cleaning, and upkeep

Can successfully sail around triangle course rudderless, no spinnaker

Knowledge of basic rules

Starboard/port

Leeward

Mark room

Barging

Knowledge of 3 racecourses

Windward Leeward

Triangle

Rectangle

Knots:

Square

Double overhand

Figure 8

Bowline

Takes notes in chalk talks

Always brings their gear

Fast enough to keep up with race team on elimination drills

Crew Specific Tasks

Proper Spinnaker pole technique  
Set  
Windward set  
Douse  
Leeward Douse  
Extra Credit:  
Ghost douse  
Rodeo Gybe  
Proper spinnaker Technique  
Spin collapses <10% of sailing in all conditions  
Keeps hands on spinnaker until Skipper grabs the sheets  
Roll tacking  
Upwind duties:  
Active heel management ALWAYS  
Proper weight placement in different wind conditions  
Proper Trapping Technique  
Shoulders down  
Knees bending first  
Proactive awareness to boat heel  
Identify and start to count down puffs and lulls  
Has at least limited experience flying spin while trapping

#### Skipper Specific Tasks

Consistently avoids crashing  
Proper gybing form  
Pre-gybe duties  
Board down  
Vang on  
Mainsheet cleated  
Gybe  
Keeps tiller extension in hand during gybe  
Keeps spinnaker flying through gybe 80% of gybes  
Correct exit angle from gybe in different wind conditions  
Know basics of roll gybing  
Steers with the sails and heel, not the rudder  
Consistently plays the main to keep the boat flat  
Limited experience spin reaching

Website Program Summer Camp Descriptions

Summer Camp:

Level 1 420- Beginner Pre-requisite: Level 2 Optimist or Sailing Directors Approval. Student Age Recommendation: 13-18 years old. The Level 1 420 team is designed for those junior sailors who want are to experiencing sailing a double-handed boat for the first time. Through demonstrations both on land and on the water, students develop an understanding for how to work as part of a team. The class will focus on the introduction of the jib and crew position, proper sail trim, using a skippering a larger vessel, spinnaker as well as the proper terminology. Focus:

- Teamwork
- Tacking/Gybing
- Terminology Using a spinnaker
- Introduction of Jib
- Safety
- Proper sail trim
- Having Fun

Level 2 420- Advanced Pre-requisite: Level 1 -420 or Sailing Directors Approval. Student Age Recommendation: 13-18 years old. The Level 2 420-Advanced class gives experienced sailors and Optimist racers to this an opportunity to further their education in a high- performance boat. Sailors train in both the skipper and crew positions learning how to use a spinnaker, proper position on roll tacks and gybes, and weight placement. Sailors receive on-shore chalk talks in preparation for on-the-water drills, and they are instructed on sail trim, boat speed and rules. The class will also cover the basic concepts of racing. Focus:

- Teamwork
- Spinnaker skills
- Skipper/Crew assignments
- Introduction to racing
- Safety
- Roll Tacking/Gybing
- Having Fun