

Sarasota Youth Sailing
NACRA 15 RACE TEAM
Fall Season 2021

The NACRA 15 is a high-performance twin trapeze catamaran capable of speeds above twenty knots. This class is sanctioned by World Sailing and is the youth training platform for the larger NACRA 17 utilized in the Olympic Games. Members of the SYS NACRA 15 Race Team campaign on a year-round basis and compete at the highest levels of the sport.

TEAM FORMAT: The NACRA 15 Race Team is comprised of two distinct squads. The NACRA 15 Travel Team consists of our premier sailors and meets for practice each Wednesday and Sunday. The NACRA 15 Chutes & Wires Practices meets each Friday and is intended to develop sailors new to the boat.

HEAD COACH: Nick Lovisa will return as Head Coach of NACRA 15 Race Team. Nick has been coaching at Sarasota Youth Sailing for seven years and has been involved in the NACRA 15 Race Team for the last three years. He has an extensive background in multihull sailing and is also a US Sailing Certified Level 2 Coach. Contact Nick via email: nicholaslovisa@gmail.com

TEAM SELECTION: Participation with the NACRA 15 Team is highly selective. Candidates seeking to enroll in either the NACRA 15 Travel Team or the NACRA 15 Chutes & Wires Practices must apply by writing to Head Coach Nick Lovisa.

Applications should include your goals for the season, your sailing background with competitive results, any recent clinics attended, and a preliminary schedule of events you wish to attend. Applicants should also include a brief bio with academic interests and additional athletic pursuits. Once selected sailors will be provided instructions to complete their team registration.

PRACTICE SCHEDULE & COST:

[First Fall Practice is Sunday, August 29th. Last Fall Practice is Sunday, December 19th.]

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| Fridays | 1600 – 1900 | NACRA 15 Chutes & Wires Practices | \$600 |
| Wednesdays | 1600 – 1900 | NACRA 15 Travel Team Practice | |
| Sundays | 0900 – 1500 | NACRA 15 Travel Team Practice | \$1800 |

- Sailors attending NACRA 15 Travel Team Regattas will be billed an additional \$60 per racing day.
- Sailors participating in the Friday NACRA 15 Chutes & Wires Practices must co-enroll in either the ILCA Race Team, the Club 420 Travel Team, or the Club 420 Thursday High School Practices.
- Sailors participating in the NACRA 15 Travel Team will receive a 10% discount from their fall season total when co-enrolled in the Club 420 Travel Team, or the Club 420 Thursday High School Practices.
- Private coaching is available by appointment. Cost is \$100 per two-hour session.
- Team Scholarships and payment plans are available upon request.

ABOUT THE PRACTICES:

Friday Chutes & Wires Practices are designed for sailors new to the NACRA 15. Students will learn the basic skills and mechanics necessary to confidently sail the boat in light to moderate conditions. These practices are intended for sailors transitioning from a competitive background in Opti's, Lasers, or Club 420s. Skippers and crews will rotate 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 building confidence in safely operating a high-performance catamaran.

The NACRA 15 Travel Team is intended for sailors who have had prior performance multihull training and are ready to learn new ways to advance their skills. Skippers and crews, in most occurrences, will be established for the entire season and paired to same boat with the goal of getting better as a team. On the water training will begin with boat speed and maneuvers and then transition into boat handling and tactics as the season progresses. Other important skills include boat tuning, proper care and maintenance, and travel logistics. Sailors will train for regattas and compete with a growing fleet of NACRA 15s across the country.

TIME COMMITMENT: Skill development in the NACRA 15 utilizes a building block approach and is directly proportional to the amount of time spent on the water at practice. Successful Travel Team sailors at this level will spend between ten and fifteen hours per week at practice and compete in a regatta about once 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 NACRA 15 experience should schedule as many high-level events as possible during the season.

Sailors and families will encounter additional time commitments 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.

The Fall Season NACRA 15 Regatta Schedule is under development. Sailors will compete in several open events and US Sailing sanctioned ODP Clinics. Contact Head Coach Nick Lovisa for updated information.