

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.

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