

2018-2019 High School Sailing Teams

The San Francisco Yacht Club



For the 2018-2019 High School season The San Francisco Yacht Club will be offering a **varsity program** for high school sailing teams. Our goal is to create a top-level high school program where the sailors, representing their schools, the coaching staff and The San Francisco Yacht Club work together in a culture of trust, continuous self-improvement and excellence.

A rigorous training program and a focused regatta schedule will be the emphasis, with teams selected from each school to achieve very productive High School practices two days a week. In an ideal year, all SFYC-based High School teams will qualify for the National Championship.

As a high school sport, it is expected that sailing will be each sailor's top athletic priority. This commitment and dedication is key to success at the highest level. Sailing is a sport full of tradition and the potential to make friends who will last a lifetime through good competition.

HS/Semester Individual Team Cost:

\$325/boat

\$200/boat facilities fee

Coach boat fee based on agreed team size

Coaching fee based on agreed team size

Final Team fees to be negotiated by each individual school's lead parents and the SFYC Youth Sailing Department.

The semester cost covers:

- Agreed practice days
- Use of assigned number of FJs and SFYC trailers
- Boat parts and guided maintenance
- Fuel for coach boats at coach supported practices and regattas.
- Agreed coaching at regattas
- Coach travel expenses

Costs do not cover:

- Boat transportation to Regattas*
- Registration and Regatta entry fees
- Food and lodging

**Teams are expected to transport boats and equipment to and from regattas.*

HS Sailor PREP CAMP

August 28-31st – 4:30pm – 7:30pm

FJ training to prepare sailors for upcoming team tryouts

Semester Schedule

September 18: Preseason sailor and parents meeting @ 6pm, SFYC Youth Sailing Center

September 19-20: Tryouts (NEW AND RETURNING SAILORS MUST ATTEND ALL DAYS)
September 19– November 08: Fall season
February 27 – April 18: Spring (championship) season

Weekly HS Schedule

Varsity HS practice: Wednesday, Thursday
JV Practice: Fridays
Boat loading: Fridays before regattas
Boat unloading: Tuesdays following regattas

Fall Daily HS Schedule

3:15 - 4:00 Arrive, check whiteboard for pairings and drills, rig
4:15 In the Cove
7:30 Practice ends – ready to leave parking lot (during Daylight Saving Time)
6:00 Practice ends – ready to leave parking lot (after Daylight Saving Time)

Winter/Spring Daily HS Schedule

3:15 - 4:00 Arrive, check whiteboard for teams and drills, rig
4:15 In the Cove
6:00 Practice ends - ready to leave parking lot (before Daylight Saving Time)
6:30 Practice ends - ready to leave parking lot (during Daylight Saving Time)
7:30 Practice ends - ready to leave parking lot (after April 1st, Nationals practice)

High School Regatta Schedule

(Please refer to the “High School Sailing Teams Calendar” at www.sfyc.org/youth under “Youth Calendars”.)

Fall Semester:

Sep 22-23 Cressy (laser) Elims @ USSCLB
Sep 29-30 NorCal One-day #1 & #2 @ Richmond Yacht Club
Oct 13-14 PCISA #1 (Sea Otter Regatta) @ Monterey Peninsula YC
Oct 20-21 PCISA Keelboat Qualifier @ SDYC
Nov 03-04 NorCal One-day #3 & #4 @ Encinal Yacht Club
Nov 10-11 PCISA #2 (Anteater Regatta) @ Newport Harbor YC

Spring Semester:

Jan 5-6 PCISA #3 (Rose Bowl Regatta) @ Alamitos Bay YC/USC
Feb 02-03 NorCal One-day @ Treasure Island Sailing Center
Feb 23-24 PCISA #4 (Golden Bear Regatta) @ Treasure Island Sailing Center
Mar 09-10 PCISA #5 (Gaucho Regatta) @ Santa Barbara

TBD PCISA Pacific Coast Champs
TBD Mallory (Fleet Racing Nationals)

SFYC FJs and trailers will be made available for teams desiring to attend these additional regattas.

Rosters for events desiring SFYC coaching must be submitted by the team captains two weeks prior to the registration deadline. Team captains/parents are responsible for registering their team for each event once given approval by the SFYC coaching staff. Teams failing to get their rosters approved may result in no SFYC coach support for the event.

High School Teams

For the 2018-2019 season the following teams will be invited to tryout for a spot as a varsity team at SFYC:

Branson
Marin Catholic
Marin Academy
Redwood
San Domenico (JV)

Equipment

Boats and associated equipment will be maintained by the SFYC staff and team captains, sailors must strive to keep equipment together and report any problems. Boat assignments will be posted daily with the practice team makeup by the coaching staff.

High School Tryouts and Rosters

Varsity High School teams practicing out of SFYC will have tryouts September 19-20. **To participate in Tryouts, sailors must have recent/relevant sailing experience.** There are limited spots on each team so cuts will be made. Sailors who do not make the Varsity team will be invited to participate on the JV team. The coaching staff will determine the makeup of the teams during this week of practice based on performance, commitment and the following roster:

- Redwood's ideal team- 9 skippers, 9 regular crews, 2 heavy crews
- Branson's ideal team- 2 skippers, 2 regular crews, 2 heavy crews
- Marin Catholic's ideal team- 2 skippers, 2 regular crews, 2 heavy crews
- Marin Academy's ideal team- 2 skippers, 2 regular crews, 2 heavy crews
- San Domenico's ideal team - 2 skippers, 2 regular crews, 2 heavy crews

(Heavy crews are an important part of ensuring the team performs as well as possible at each regatta. Sometimes multiple heavy crews are needed but may not sail.)

For example at a PCISA Regatta where a school has 2 Gold teams and 1 Silver team:

Gold #1 A skipper/crew
Gold #1 B skipper/crew
Gold #1 heavy crew
Gold #2 A skipper/crew
Gold #2 B skipper/crew
Gold #2 heavy crew
Silver A skipper/crew
Silver B skipper/crew

Each team must demonstrate active team building if your school does not meet the above varsity criteria. There will be no learn-to-sail training at varsity practices. Team captains and veteran members are expected to participate in developing their own sailors on the JV team at practices

on Fridays or privately schedules practices during Daylight savings in the fall and spring seasons. There will be no borrowed sailor training at SFYC.

What it takes to be on the SFYC High School Sailing teams:

1. Proper gear
 - lifejacket
 - sailing boots (no sandals or bare feet)
 - spray-top and spray-pants
 - wetsuit and/or drysuit for winter
 - optional: gloves, fleece, warm hats
2. Adherence and signoff on the Commitment (90% of practices/regattas), Guidelines and Rules list.
3. The personal and team goal of qualifying for the Mallory Trophy (Nationals).