

## 2019-20 High School Sailing Teams

### The San Francisco Yacht Club



For the 2019-20 High School sailing season The San Francisco Yacht Club will be offering equipment (FJs, coachboats, trailers, tow vehicles) and a venue to practice and hold team briefings. SFYC's goal is to provide these assets to Marin County high school sailing teams on the team's terms, based on their desires and goals, and through an individual team agreement between each team parent board and SFYC. There are two seasons, fall and spring, with a separate team agreement for each.

Teams must organize their own coaching for practices and regattas, and pay them directly. Coaches using SFYC equipment and launching from SFYC must be pre-approved by the SFYC Youth Department.

Semester Individual Team Cost: (based on 2 days per week practices)

\$525 per FJ (\$325 boat charter, \$200 operation/facilities fee)

\$700 per coachboat (boat fee shared between teams based on participation)

*Total final team fees to be negotiated by each individual school's parent board and the SFYC Youth Sailing Department, and paid by one check at the beginning of each semester.*

The semester cost covers:

- Use of assigned number of FJs
- Trailer usage for regattas
- Boat (FJ and coachboat) maintenance
- Fuel for coach boats at practices
- Facilities use: parking, classroom, cleaning, restrooms, etc

Costs do not cover:

- Coaching (Teams must hire and pay their own coach directly)
- Boat transportation to regattas\*
- Registration and regatta entry fees
- Food and lodging
- Tow vehicle usage. Vehicles may be chartered at 30 cents per mile.

*\*Teams are expected to transport boats and equipment to and from regattas, or charter equipment at the regatta venue as they desire. SFYC tow vehicles may be available for a fee per mile.*

#### Semester Schedule

September 17: Sailor and parents meeting @ 6pm, SFYC Youth Sailing Center

September 18 – November 7: Fall season

February 26 – April 16: Spring (championship) season

#### Weekly HS Schedule

HS practice available: Wednesdays and Thursdays

JV Practice (if desired and run per team): Fridays

Boat loading: Fridays before regattas  
Boat unloading: Tuesdays following regattas

### Fall Daily HS Schedule

3:15 - 4:00 Arrive, rig and meeting with coach  
4:00 Leave dock  
7:30 Practice ends (during Daylight Saving Time)  
6:00 Practice ends (after Daylight Saving Time)

### Winter/Spring Daily HS Schedule

3:15 - 4:00 Arrive, rig and meeting with coach  
4:00 Leave dock  
6:00 Practice ends (before Daylight Saving Time)  
7:00 Practice ends (during Daylight Saving Time)

### High School Regatta Schedule

Please refer to the PCISA calendar at

<https://pcisa.hssailing.org/schedule-results/2019/2020/pcisa-s>,

or “High School Sailing Teams Calendar” at [www.sfyc.org/youth](http://www.sfyc.org/youth) under “Youth Calendars”.

### **Fall Semester:**

Sep 21-22 Cressy (laser) Elims @ Santa Barbara  
Sep 28-29 NorCal #1 & #2 @ Richmond Yacht Club  
**Oct 12-13 PCISA #1 (Sea Otter Regatta) @ Monterey Peninsula YC**  
Nov 2-3 NorCal #3 & #4 @ Encinal Yacht Club  
**Nov 9-10 PCISA #2 (Anteater Regatta) @ Newport Harbor YC**

### **Spring Semester:**

**Jan 4-5 PCISA #3 (Rose Bowl Regatta) @ Alamitos Bay YC/USC**  
Feb 1-2 NorCal #5 & #6 @ Treasure Island Sailing Center  
**Feb 22-23 PCISA #4 (Golden Bear Regatta) @ Treasure Island Sailing Center**  
**Mar 7-8 PCISA #5 (Gaucho Regatta) @ Santa Barbara**  
Mar 28-29 NorCal Divisional Championship @ TBD

### **Post Season:**

**Apr 18-19 PCISA Pacific Coast Silver Champs @ Encinal YC**  
**Apr 18-19 PCISA Pacific Coast Gold Champs @ TBD SoCal**  
**TBD Mallory (Fleet Racing Nationals)**

*SFYC FJs and trailers will be made available for teams desiring to attend these regattas, but plans and schedules to use SFYC equipment must be communicated to SFYC at least two weeks prior to going on the road.*

*Team captains/parent boards are responsible for registering their team for each regatta.*

### High School Teams

The following teams are invited to develop a team agreement with SFYC for the upcoming season:

Branson  
Marin Catholic  
Marin Academy  
Redwood  
San Domenico

### Equipment

Boats and associated equipment will be maintained by the SFYC staff. Team captains and sailors must strive to keep equipment together and report any problems promptly. Boat will be assigned to each team for the season and will be labeled. Substitute boats may only be used with prior approval of the SFYC staff.

### High School Team Rosters

Each team parent board should work with their teams to determine the roster size and desired boats. Team “try-outs” may be helpful in determining this, and these try-out days must be scheduled with SFYC as part of the team agreement, and include the team’s coach. Past years’ team makeups where similar to the following:

- 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

Team captains and veteran members are expected to participate in developing their own sailors on their JV teams at practices on Fridays should they desire. or privately schedule practices during Daylight savings in the fall and spring seasons.

### What it takes to be on the High School Sailing teams that practice out of SFYC:

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 SFYC rules and code of conduct.

**Requirements to base a High School Sailing Team out of SFYC:**

1. Have a parent team board with a chair-person, whose email address is listed on the SFYC website for sailors to communicate with.
2. Identify and make arrangements with and SFYC-approved coach. Pay them directly.
3. Determine the number of FJs desired/needed.
4. Each sailor' parent signs SFYC waivers prior to sailor participating.
5. Let SFYC know 2 weeks before events when trailers and tow vehicles will be needed. SFYC cannot guarantee availability but will attempt to have them available.
6. Pay the amount owed on the Team-SFYC agreement prior to start of semester.
7. Let SFYC know of any changes or additional needs that differ from that agreement.