



Welcome to the 2016 Sachems Head Yacht Club Race Team! We have put together a great calendar of events and we are excited to attend the regattas representing SHYC. We are thrilled to have **Matt Weber** back again this year with the assistance of **Casey Pilz** and **Maura Lonergan** as race coaches.

We are concentrating our coaching efforts this year to offer travel regattas for the following fleets as well as many Sachems Head Junior races held right at home:

- **Optimist Green Team:** novice racers
- **Optimist Red/White/Blue:**
  - Optimist Red: skippers 10 years old and under
  - Optimist White: skippers 11 and 12 years old
  - Optimist Blue: skippers 13, 14 and 15
- **O'Pen Bic**
- **420 Club Racing-** available at SHYC, Pine Orchard and Madison Beach regattas only
- **420 Team Racing**

**Awards?** Most regatta hosts give awards to the top finishers overall as well as the top finishers in each Red, White, and Blue fleets. Many Blue Fleet sailors feel peer pressure to move on to 420s or Lasers because of peer pressure or that they perceive that that Lasers or 420s are a “cooler” boat. However, top Opti racers usually stay in the boat through Blue Fleet or until they reach 115-120 pounds. It is also normal for 13, 14, and 15 year old year old Opti sailors to compete in some 420 events and some Opti events.

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### **PARENT RESPONSIBILITIES:**

- Make sure your child is registered online in advance for each regatta and we recommend becoming a member of US Sailing (required for Niantic, Jr Olympics Opti regatta)
- **Parents must make plans to get your sailor & boat to/from the regatta.** Race coaches are not allowed to transport sailors/boats.
- If you are sending your child with a chaperone please make sure to include emergency contact and medical insurance information
- Review with regatta checklist to make sure your sailor has everything he/she needs, check Notice of Race (NOR) to see if lunch is provided or if you need to send
- Pick up/load the boat at club evening before - race coaches may coordinate a time to meet
- **Be responsible for your child and/or children you are responsible for on land to ensure sure their behavior is in line with representing SHYC!**

- On arrival at club, help sailor take boat off car, boat to launching area, and sails to rigging area
- Make sure sailor registers - sailor must know sail number
- FROM A DISTANCE, make sure sailor is preparing boat, communicating with coach, lunch to coach, attending skippers meeting
- Parents are not able to watch the regatta from a coach boat. If a parent is planning on bringing their own boat to the regatta to watch on the water, it is a generous gesture to contact any other parents of sailors and offer to have them aboard.
- Pickup time at the end of the day can be bit unpredictable at a regatta based on weather conditions. Most regattas will have general guidelines such as “no races will start after X” or maybe even a set time for an awards ceremony, but not an exact time that sailors will be off the water. Be prepared that the time that sailors will be off the water at a regatta may be a bit unpredictable. If you leave the regatta site, please be sure to tell coaches.
- Help sailors get boat onto car/trailer & return boat to SHYC
- *Parent of the Regatta* to provide ice, snacks, water bottles and candy! (cooler on coach boat)

### **SAILOR/RACER RESPONSIBILITIES:**

- **Represent the standards of SHYC at all times with respect for coaches, teammates and behavior on and off the water.**
- Review NOR and SI at home before regatta - do you need to bring lunch?
- Pack your SHYC team gear bag with all necessary equipment, i.e., hat, sunglasses, sailing gloves, PFD, watch, sunscreen, water bottle etc. (see regatta checklist)
- Assist parents loading boat on car and taking boat off car at regatta venue
- Find place to rig your boat, ask coach to check rigging/tuning, prepare for launching
- Attend skipper’s meeting- review with coach and changes in sailing instructions, weather conditions, wind, tide currents, course start line, etc.
- Check in with coaches between races - expect feedback
- After racing, sail back to club, derig boat, organize your gear for transport home.
- Attend coach debriefing before any post-regatta fun & games! If you finish packing up early, help your fellow sailors!! We are a team!
- Attend award ceremony
- Help parents return boat to club; 420 club racers to be involved from “dock to dock”

### **RACE COACH RESPONSIBILITIES:**

- Review NOR & SI with sailors before regatta, check boats for proper equipment with sailors
- Prepare and distribute regatta checklist to make sure everyone is prepared for specific event
- Prepare coach boat for trip to regatta evening before, make sure snack cooler is clean and ready
- Arrive at regatta venue by beginning of registration
- Check in with sailors, check each boat for proper rigging, tuning
- Attend skippers meeting with sailors; review any instruction changes, weather conditions, wind, tide, currents, and strategy
- Collect sailors lunches/water to go on coach boat and harbor start-escort boats to start line
- Observe sailors racing, take notes and give feedback to sailors between races
- At end of racing, escort sailors back to club, instruct sailors to derig, and set up debriefing time
- Debriefing-review regatta with sailors so they can get optimal learning from experience
- Attend award ceremony with sailors
- Make sure all sailors have an adult that is taking over responsibility for them
- Return to club and put away coach boat.