

**DC Sail High School Sailing**  
***99 Potomac Avenue SE, Washington, DC 20003***

**1. Schedule -- when**

Similarly to our spring '18 schedule we are splitting up practice days based on school attendance not level (GF/JV/Varsity), with the exception of Fridays. We practice rain or shine, and on days that the weather doesn't allow us to be out on the water we will be on land reviewing rules, theory, and sailing games.

- **Monday/Wednesday** - O'Connell, Yorktown, BCC, Langley, Potomac, GC Marshall, McLean, St Albans, TC Williams, Edmund Burke, The Field School, Blair, TC Williams, Washington Latin
- **Tuesday/Thursday** - Walt Whitman, Georgetown Day, St. Stephens & Agnes, BASIS DC, Justice (JEB Stuart), Takoma Park, Maret, School Without Walls, Wilson, Winston Churchill, Wootton, Field School, Washington Lee, St. Peter
- **Friday** - All (regardless of school) Varsity and Green Fleet ONLY

Starting the week of August 20th, practices are from 3:30/4 pm, (depending on school release) until 6:30pm.

\*Note: Due to a scheduling conflict we have moved the Saturday Green Fleet practice to Friday afternoons.

**2. Regattas -- how they work**

**How Do Regattas/Races Work?**

High school sailing closely parallels the collegiate sailing format. For fleet racing, teams are divided into A and B divisions, with different skippers and crews in each division (2 sailors per boat). Teams may substitute sailors as

long as prescribed substitution rules are followed. Short courses with a 3 minute starting sequence are used (races average about 18 minutes), typically windward-leeward with a gate. Except in rare cases, only one fleet (A or B) is on the water at a time. After two races are completed, divisions switch, and the boat being sailed by each team is rotated. This allows for coaching and a break. Boat rotation eliminates the possibility of any team having an advantage because of an inherently faster boat. Boats are provided by the hosting school/venue.

Schools also participate in team racing events, where each school fields three boats to sail against three boats from another team. In team racing, teammates work together to outmaneuver the other team so that their combined race scores are better than the other team's combined scores.

### **When do they start?**

JV Regattas begin at **10:00am**. The last race starts no later than 3pm.

Varsity Regattas begin at **9:00am**. The last race starts no later than 4pm.

### **Travel/Special Events**

While most of our regular season events are located in the state of Maryland, from time to time we are given berths to intersectional events or qualify for events outside of our state/league. In these special cases, the schools that are attending are expected to cover any additional costs (i.e. entry fees, damage deposits, housing and travel for coaches/sailors).

## **3. Tryouts**

Sailor tryouts are **August 18th** from 9am-1pm at DC Sail.

### **Junior Varsity and Varsity Levels**

DC Sail coaches divide high school teams into varsity and junior varsity levels based on observed performance and personal knowledge regarding skill levels (determined based on tryouts). Varsity teams attend local

regattas and some also travel to venues requiring overnight stays a couple of times a season. Organization of all local and overnight trips is the responsibility of team captains and parents. JV teams typically travel to day-long local regattas.

#### **4. Practices -- what we do**

Practices are utilized to enhance skills and knowledge of the sailing sport. As well as improve physical ability in order to perform on the water. Most practices will be held on the water, with chalk talks, and debriefs. Our focus is on perfecting boat handling, enhancing tactical maneuvers, and teaching strategy in an effort to increase consistency and reduce overall points (as most sailing events operate on a low-point scoring system).

Understanding that we are constrained by weather, we will adjust our practice plans, in order to entertain the best use of time. Land day's consist of sailing lectures, boat tuning activities, and conditioning (exercises, workouts, stretches, etc). We expect sailors to arrive to practice ready for water or land days.

#### **5. Weather**

We will attempt to sail most days however certain weather conditions can restrict our ability to get on the water. Weather hindrances include:

- Wind (too much or lack of)
  - <1
  - >20 (depending on sailor skill, gusts and consistency)
- Thunderstorms
  - Lightning within 10 miles in the last hour
  - Thunder within within 30 minutes
- Severe storm forecasts
- No sailing will occur if the temperature drops below 30° F

## 6. Equipment/Gear

DC Sail has 18 FJ's, each has a set of practice and racing sails. It is on these boats where sailors will learn a variety of boat handling skills, racing tactics and strategy. Practice sails will be used at all times outside of hosted home DC Sail regattas.

Sailors are responsible for bringing the appropriate gear for any weather condition.

Gear strongly suggested\*\*:

- [Lifejacket](#) (required) we have life jackets at the waterfront if you do not want to purchase your own personal one for comfort.
- [Dingy boots](#) or Close-toed shoes (old sneakers work fine too)
- [Spray Pants](#) & [Spray top](#) (dinghy smock) for foul weather/spray when temps drop. Optional, but many sailors desire for warmth.
- [Sailing gloves](#) --optional, but many sailors desire wearing gloves
- Warm/Dry layers
- Sunscreen, hats, sunglasses
- Water bottle
- Watch (optional)
- Multitool or [Sailing Knife](#) (optional, for questions about this, please reach out to Dan or Abby)
- Whistle

Required (when air and water temps are lower than 120 combined)

- [Drysuit w/boots](#)\*\*
- -OR-
- Long sleeve wetsuit w/dry boots (or wet w/seal socks)

\*\*We will give cost saving suggestions on any of these items if requested!

## **7. Expectations**

Our expectations for sailors:

- Timely arrival for **all** practices and regattas
- Sportsmanlike/Seamanlike behavior
- Preparedness and participation in practice
- Acknowledging the importance of safety and responsibility
- Respect and accountability for all actions while representing DC Sail and your School.

\*\*Missed practices and lack of dedication/motivation at practice will effect your time on the water at regattas.

## **8. Communications**

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