

DC Sail High School Sailing

1. Schedule -- when

Practices

- Monday/Wednesday - O'Connell, Yorktown, BCC, Langley, Potomac, GC Marshall, McLean, St Albans, TC Williams, Edmund Burke, The Field School
- Tuesday/Thursday - Walt Whitman, Georgetown Day, St. Stephens & Agnes, Blair, BASIS DC, JEB Stuart, Takoma Park, Maret, School Without Walls, Wilson, Winston Churchill, Wootton
- Friday - Varsity practice

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. Teams may substitute sailors as long as prescribed substitution rules are followed. Short courses with a starting sequences--average of 18 minutes or so--are used, 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.

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.

JV Regatta's are from 10:00am-3pm

Varsity Regatta's are from 9am-4pm

3. Tryouts

Tryout Schedule

2/24

Morning - 10am - 1pm

Afternoon - 2-5pm

JV/Varsity

DC Sail coaches divide high school teams into varsity and junior varsity teams based on observed performance and personal knowledge regarding skill levels (determined based on tryouts). Varsity teams attend local regattas and also travel to venues requiring overnight stays several 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. Therefore 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 15 FJ's which 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 Regatta's.

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

Gear strongly suggested**:

- [Lifejacket](#) (required) we have lifejackets 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](#) and [Spray top](#) (dinghy smock) more optional (intended for foul weather/spray)
- [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
- Preparedness and participation in practice
- Sportsmanlike/Seamanlike behavior
- Acknowledging the importance of safety and responsibility
- Respect and accountability for all actions while representing DCSail and your School.

**Missed practices will effect your time on the water in regattas

8. Communications

Dan Levy
dlevy@dcsail.org
954.651.3468

Abigail White
awhite@dcsail.org

Traci Mead @ DC Sail Office
tmead@dcsail.org
202.547.1250

