

SailMaine
High School Sailing

Program Handbook



sailmaine.org

Contacts

- Please contact SailMaine High School Program Director Steve Fernald in regard to registration forms, seasonal fees, volunteer opportunities and any other questions you might have about the high school program.
- For questions on fee waivers/ financial aid, late fees, refunds, donations or other financial questions, please contact Sailing Master Jeff Cumming.

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SailMaine Sailing Master
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SailMaine High School Sailing Program

Parent Coordinators

Parent Coordinators (PCs) are parents who have been asked by SailMaine to be the liaison between SailMaine and the High School Sailing Team parents. The PCs are kept up-to-date about the program with regular meetings involving PCs from all teams and the SailMaine High School Program Director. The Parent Coordinators support the team coaches with travel arrangements and regular communication. They do not have input on pairings or regatta assignments or any other coaching-related responsibility.

Southern Maine High School

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Cheverus High School

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History of the SailMaine High School Sailing Program

About SailMaine:

Founded as a non-profit organization in 1995, SailMaine acts as an umbrella under which many individual sailing programs operate. In the past, its role in the Maine sailing community was primarily as a fundraising apparatus for activities such as Olympic campaigns, college racing, high school racing, and junior sailing. More recently, SailMaine has taken a more active role in the administration and promotion of these programs. As with most non-profits, much of SailMaine's strength is found in its volunteers and coaches; however, the effort is propelled by the enthusiasm of its participants and donors. In total, SailMaine has filled a local demand for affordable, quality sailing opportunities - a demand that continues to grow.

About the High School Sailing Program:

The SailMaine High School Sailing Program was founded by 12 Waynflete School sailors in the fall of 1999 under its former name of Casco Bay High School Sailing. It is an all-encompassing high school sailing program for fall and spring seasons that admits any Portland area student in the 8th grade or above. Entering the 2009-2010 school year, SailMaine HS Sailing is expecting an overall enrollment of nearly 100 students from 10+ Portland area high schools.

Since 1999, sailors without an officially recognized team at their high school have competed on a conglomerate team made up of sailors from multiple high schools known as "Southern Maine High School Sailing" (formerly known as "Casco Bay High School Sailing"). Sailors competing for this team have won the 2003 and 2004 Maine State High School Championship, and the 2002 and 2003 Northern New England High School Championship. Southern Maine won the 2004 Downeast Fleet Racing Championship, the Casco Bay Bash Open Fleet Race three years in a row from 2002-2004, and placed second at the 2004 NESSA Herreschoff Trophy (Women's Invitational).

Cheverus High School was the first local school that took the next logical step in successfully winning official recognition of their sport at their school. This affords them greater access to competition possibilities, and the chance to represent their school directly. They have taken advantage of this recognition, winning a berth at High School Nationals in Grosse Pointe, Michigan in 2006. In the winter of 2006, both Portland High School and Cape Elizabeth High School won official recognition as a team from their respective school boards. In the Spring of 2007, North Yarmouth Academy and Falmouth High School were successful in starting their own teams.

A number of former SailMaine high school sailors have gone on to sail at colleges such as Eckerd, Yale, Roger Williams, Connecticut College, Bowdoin, St. Mary's College of Maryland, Kings Point, Maine Maritime Academy, UVM, URI, MIT,

Harvard, and others. As we continue to develop our high school program, we look forward to helping more young athletes excel.

A Typical Practice

Schedule:

Sailors will report to SailMaine promptly at their practice start time (sailors may not arrive earlier than their practice time, as coach supervision is required while on SailMaine grounds). Sailors are then allotted:

- 15 minutes to change (using Building 3 at PYS)
- 15-20 minutes for a chalk talk from their coach
- 10 minutes to ferry and rig

Therefore, 45 minutes after arriving, sailors will begin their first drill.

Some teams have different practice times, and coaches and captains will ensure that this schedule is kept regardless of differing start times.

Orange and Blue:

While at SailMaine, high school sailors from teams practicing that day will get divided into two groups based on sailing ability, effort and attitude. These groups are called Orange and Blue. On each team's regatta schedule, Team 1 is equivalent to Orange and Team 2 is equivalent to Blue.

- Each group (Orange and Blue) will have 2-3 coaches for each practice and 2-3 motorboats.
- Sailors may rotate between Orange and Blue groups during a season, but not during a single practice.

Appropriate Practice Gear

The most common complaint from sailors during practice is being cold and wet. To avoid this, proper gear is essential. SailMaine coaches suggest:

- (**REQUIRED**) Tight fitting PFD (SailMaine provides)
- Base layers (capilene, underarmour, etc)
- Spray gear (top and pants)
- (**REQUIRED**) Proper footwear (dinghy boots/old sneakers)(neoprene/wool socks beneath for extra warmth)
- Full/half fingered sailing gloves
- Wool hat
- Water and power snacks
- During the spring season, warmth is of the essence. *A dry suit is *REQUIRED**, with appropriate layering beneath.

Some helpful websites for good sailing gear:

<http://www.apsltd.com/> check out The Rack

<http://www.team1newport.com/>

<http://www.theboathouse.biz/> SailMaine sailors get discounts!

Also, in the Portland area please visit:

The Boathouse (Falmouth), Hamilton Marine, West Marine, EMS

Attendance

Attendance at PRACTICE:

- Sailors should expect to attend all 3 practices (weekly).
- If you cannot attend practice, you need to contact your coach by 9am that morning with a legitimate excuse. *Emailing us is best!*

Attendance at REGATTAS:

- The regatta schedule is updated regularly and, as such, coaches discuss ongoing changes with parents and sailors via the listserv.
- Your coach presumes all sailors are available for every regatta unless told otherwise.
 - Please contact your coach *immediately* if you have a conflict with any regatta on your team schedule - *no matter what level you think you are.*
- Your coach will announce a regatta line-up two weeks prior to the event. Given the bullet point above, there should be no changes necessary to the line-up.

The following are major factors in determining who will attend regattas:

- **Regular attendance at practice**
- **Performance at practice**
- **Availability to sail in scheduled regattas**

Practice Cancellation Policy

Sailing practice is cancelled from time to time. We *do*, however, sail in most weather conditions such as rain, snow and cold temperatures.

We will NOT sail if:

- There are thunderstorms close by.
- Two of the following are accurate: the wind is above 20 mph (sustained), the air temperature is below 30 degrees and the water temperature is below 40 degrees. ***This is called our 20:30:40 policy.***

Things to keep in mind:

- Practice is not necessarily cancelled if school is cancelled. It is likely but *should not be assumed*.
- Please also consider that when, for example, the lacrosse or track team practices are cancelled this does *not* mean sailing is cancelled—we do not depend on dry fields.
- The seamanship ability (i.e. experience) of the sailors scheduled to practice that day may also be a factor.

Course of action if practice is cancelled:

- Email is a major source of communication for this large team. The head coach will email the team via the listserve by 11am if practice is cancelled.

- Schools will be called and announcements will be made over the intercom about practice being cancelled.

What to Expect at a High School Sailing Regatta

Typical Schedule/Itinerary:

* Schedules for each event are found on the regatta's NOR (Notice of Race).

| | |
|-------|--|
| 0930 | Report time (all sailors need to be at sailing site) |
| 1000 | Competitors/Skippers Meeting |
| 1100 | First race |
| Lunch | Sailors usually eat lunch while the other division is sailing. There is not typically a lunch break for everyone together. |
| 1600 | Last race |
| 1730 | Depart venue |

* If the regatta is on a Sunday, most regatta hosts will sail a last race earlier to allow travel time for visiting competitors.

Both seasons include both Fleet Race and Team Race regattas:

1) In *Fleet Racing*, there are 2 divisions (A and B). Each team has one boat for each division. Most regattas are represented by 4 sailors (2 sailors per boat).

- At some of the regattas hosted by SailMaine teams, we will have 2 teams (2 boats per division) for each individual school, to allow more participation from home teams.
- Generally, the 2 divisions rotate through the boats. For example, if your son or daughter is sailing in B division, he/she will be on land when A division is sailing.

2) In *Team Racing*, there are only 6 boats on the race course at one time. There are two teams racing against one another and each team has 3 boats (6 sailors). The goal of each team is to get 10 points or under (1st place, 3rd place and 6th place = 10 points = win).

Spectating: Unfortunately, sailing is not an easy sport to watch and most high school regattas don't have spectator boats. However, your sailor will be on land for a portion of the day and 'fans' are always appreciated. ** Binoculars help! ** For home regattas, Fort Allen Park on the Eastern Prom is a great vantage point.

Meals: Host teams do not usually provide a lunch for visiting sailors. It is the responsibility of each team, unless otherwise noted in the regatta NOR, to provide for their own in terms of food and water.

Intramural Sailing

A basic sailing course, previously known as Club and Learn-to-Sail

Who joins Intramural?

- Students who do not know how to sail but would like to join a sailing team eventually.
- Sailors who want/need more advanced skills (capsizing, etc) before joining a competitive sailing team.

What is Intramural sailing like?

- Practice runs approximately from Labor Day through Halloween, in line with the high school sailing program's fall season.
- Sailors meet three days a week for three hour practices at SailMaine.
- Practices include chalk talks about parts of the boat and points of sail, rigging, knot tying, and lots of on-the-water instruction.

What's the different between a Varsity team and Intramural sailing?

- Intramural practices with its own dedicated coach, 420s and coach boat.
- Sailors will not be on a Varsity roster, nor are they considered JV.
- Sailors don't practice with the high school teams; Intramural coaches will gear practice to the skill level of each sailor.
- Intramural sailors are usually ready to compete for a Varsity sailing team the following spring, if they so choose.

Can Intramural sailors join a high school team in the middle of the season?

- There is no guarantee of this, but some sailors do excel quickly.
- If the Intramural coach thinks this is the case, it will be discussed with the High School Program Director and the coach of the high school team the sailor would join.
- Each Varsity high school team is allowed approximately 12-15 sailors on their roster. If there is room, an exceptional Intramural sailor might be able to move to the Varsity team towards the end of the season.

Listserves at SailMaine

SailMaine has established mailing lists for each of the High School sailing teams it hosts. The purpose of these lists is to aid communication between SailMaine's coaches and staff, and between team members and supporters. You must be a member of the list in order to post to it.

You can join a list, leave a list, or read a list's postings all via the Web by visiting the list's pages at <http://lists.sailmaine.org/mailman/listinfo/<nameoflist>>.

You can send a posting to the list by sending e-mail to <nameoflist>@lists.sailmaine.org.

For example, going to <http://lists.sailmaine.org/mailman/listinfo/cheverus> brings you to the Cheverus list page, where you can join, or change your membership details. An e-mail to cheverus@lists.sailmaine.org sends mail to the Cheverus list.

When you subscribe to the list, you will receive an automatically generated e-mail that contains a brief description of the list, your password for the list's web page, and some discussion of mailing list etiquette. You may wish to print out this e-mail, as you must know your password to change your options (including changing the password, itself) or to unsubscribe.

If you ever want to unsubscribe or change your options (e.g., switch to or from digest mode, change your password, etc.), send a message to: <nameoflist>-request@lists.sailmaine.org with the word "help" in the subject or body (don't include the quotes), and you will get back a message with instructions.

Active lists are found at the following web addresses:

<http://lists.sailmaine.org/mailman/listinfo/cehs> (Cape Elizabeth High School)

<http://lists.sailmaine.org/mailman/listinfo/cheverus> (Cheverus)

http://lists.sailmaine.org/mailman/listinfo/falmouth_hs_sail (Falmouth High School)

<http://lists.sailmaine.org/mailman/listinfo/nya> (North Yarmouth Academy)

<http://lists.sailmaine.org/mailman/listinfo/phs> (Portland High School)

<http://lists.sailmaine.org/mailman/listinfo/smhs> (Southern Maine High School)

<http://lists.sailmaine.org/mailman/listinfo/juniors> (Casco Bay Junior Sailing)

<http://lists.sailmaine.org/mailman/listinfo/frostbite-sailing> (Portland Harbor Frostbiters)

<http://lists.sailmaine.org/mailman/listinfo/teamracing> (Monday Night Team Racers)

Please sign up for your respective Listserve as soon as possible. This is an essential communication resource for your team!