

SailMaine  
High School Sailing

# Program Handbook



**SailMaine**  
[www.sailmaine.org](http://www.sailmaine.org)

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# Contacts

- For questions or concerns about your team practices, tryouts or regattas, please contact your team coach (contact info on next page).
- For questions about car pools, booster activity, team events, regatta scheduling, etc., please contact your team's Parent Coordinator (contact info on page four).
- Please contact the SailMaine Director of Programs in regard to registration, seasonal fees, administrative issues, volunteer opportunities and any general 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 Executive Director Jeff Cumming.

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# Google Groups at SailMaine

*Formerly known as list serves*

SailMaine hosts a Google Group for each of the High School sailing teams using its facilities. The Groups aid communication between SailMaine's coaches and staff, and between team members and supporters. You must be a member of the Group in order to post to it, or to use the Group's site online.

You can request an invitation to join a Group, leave a Group, or read a Group's postings all via the Web by visiting the list's pages at

<http://groups.google.com/a/sailmaine.org/group/<NameOfGroup>/>. You can also subscribe to a Group by sending an e-mail to

<NameOfGroup>+subscribe@sailmaine.org. You can send a posting to the list by sending e-mail to < NameOfGroup >@sailmaine.org.

For example, going to <http://groups.google.com/a/sailmaine.org/group/cheverus/> brings you to the Cheverus list page, where you can join, or change your membership details. An e-mail to cheverus@sailmaine.org sends mail to the Cheverus Group.

You must have Google account associated with the e-mail address you plan to use in your correspondence with the Group in order to join a Group. For a brief presentation taking you step-by-step through the sign-up process, please visit

<http://sailmaine.org/Listserver.html>. For information on Google Groups and how to use them effectively, please refer to Google's extensive help system, starting at this link: <http://www.groups.google.com/support/?ctx=users&hl=en>

Active HS lists are found at the following web addresses:

<http://groups.google.com/a/sailmaine.org/group/cehs/topics> (Cape Elizabeth High School) <http://groups.google.com/a/sailmaine.org/group/cheverus/topics> (Cheverus High School) <http://groups.google.com/a/sailmaine.org/group/falmouthhs/topics> (Falmouth High School) <http://groups.google.com/a/sailmaine.org/group/hs-intramural/topics> (Intramural Sailing) <http://groups.google.com/a/sailmaine.org/group/phs/topics> (Portland High School) <http://groups.google.com/a/sailmaine.org/group/smhs/topics> (Southern Maine High School)

Please join your respective Group as soon as possible. This is an essential communication resource for your team!

# Parent Coordinators

Parent Coordinators (PCs) are parents who have been asked by SailMaine to be the liaison between SailMaine and the HS Sailing parents. The PCs are kept up-to-date about the program with regular meetings involving PCs from all teams and the SailMaine HS 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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## *Falmouth 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 2010-2011 school year, SailMaine HS Sailing continues enrollment of nearly 100 students from 12+ 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 NESEA Herreschoff Trophy (Women's Invitational).

In 2005, 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 1

|               |  |
|---------------|--|
| 2:30pm        | sailors arrive and get ready                           |
| 2:45pm        | chalk talk * <i>Sailors are expected to be dressed</i> |
| 3:00pm        | sailors shuttled to 420 docks                          |
| 3:45pm-5:15pm | practice on the water                                  |
| 5:15pm        | sailors de-rig   |
| 5:30pm        | sailors on shore                                       |
| 5:45pm        | sailors depart/ get picked up                          |

## Schedule 2

|             |  |
|-------------|--|
| 3:15pm      | sailors arrive and get ready                           |
| 3:30pm      | chalk talk * <i>Sailors are expected to be dressed</i> |
| 3:45pm      | sailors shuttled to 420 docks                          |
| 4:30pm-6:00 | practice on the water                                  |
| 6:00pm      | sailors de-rig   |
| 6:15pm      | sailors on shore                                       |
| 6:30pm      | sailors depart/ get picked up                          |

## Intramural Sailing

|             |  |
|-------------|--|
| 2:45pm      | sailors arrive and get ready                           |
| 3:00pm      | chalk talk * <i>Sailors are expected to be dressed</i> |
| 3:30pm      | sailors shuttled to 420 docks                          |
| 4:00pm-5:15 | practice on the water                                  |
| 5:15pm      | sailors de-rig   |
| 5:45pm      | sailors on shore                                       |
| 6:00pm      | sailors depart/ get picked up                          |

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

# What to wear at practice

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

## \*REQUIRED\*

- Lifejacket/ PFD (SailMaine can provide)
- Proper footwear -- dinghy boots/old sneakers
  - neoprene/wool socks beneath for extra warmth

## SailMaine coaches suggest:

- Base layers (capilene, Under Armour, etc)
- Spray gear (top and pants)
- 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:*

*\*\*SailMaine HS sailors get discounts—mention that you are a HS sailor!*

## Local stores:

|                 |   |
|-----------------|---|
| The Boat House  | <a href="http://www.theboathouse.biz/">http://www.theboathouse.biz/</a> |
| Hamilton Marine | <a href="http://www.hamiltonmarine.com">www.hamiltonmarine.com</a>      |
| West Marine     | <a href="http://www.westmarine.com">www.westmarine.com</a>              |
| EMS             | <a href="http://www.ems.com">www.ems.com</a>                            |

## online:

|                |   |
|----------------|---|
| APS            | <a href="http://www.apsltd.com/">http://www.apsltd.com/</a>             |
| Team 1 Newport | <a href="http://www.team1newport.com/">http://www.team1newport.com/</a> |

# Attendance Policy

## 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 google groups.
- 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

# Can 8<sup>th</sup> graders sail on SailMaine high school sailing teams?

SailMaine supports the participation of 8<sup>th</sup> graders on the high school sailing teams but, due to factors such as city recruiting guidelines, Maine Principals Association guidelines, and NESSA (New England Schools Sailing Association) eligibility guidelines, the extent to which 8<sup>th</sup> graders may *compete* for each individual high school teams is limited:

**Portland** – Because the city of Portland has three public schools (Casco Bay HS, Deering HS, Portland HS), 8th graders from Portland middle schools may not sail on these teams (one or more may be represented at SailMaine) due to recruiting policies set forth by the city of Portland. 8th graders from Portland middle schools are encouraged to sail for Southern Maine High School, a conglomerate sailing team at SailMaine that is eligible to compete with other NESSA teams but not eligible for NESSA sanctioning.

**Cape Elizabeth/Falmouth** – 8<sup>th</sup> graders from either of these public middle schools are able to sail for their respective high school team, but may not compete in: NESSA-sanctioned regattas, Intersectionals, regattas where results may be submitted for resumes, Qualifiers, or Championships.\*

**Cheverus** – 8th graders already accepted and registered for Cheverus may sail with the high school team, but may not compete in: NESSA-sanctioned regattas, Intersectionals, regattas where results may be submitted for resumes, Qualifiers, or Championships.\*

\*SailMaine looks to support the future of each high school team and as such allows 8<sup>th</sup> graders sailing for these teams to practice with the team, however we are unable to guarantee their ability to represent their team and compete in any number of regattas. Coaches will make every effort to provide opportunities for competition for 8<sup>th</sup> graders.

# Tryouts and Cut Policy

Due to growing interest in SailMaine's High School Sailing Program and the increasing number of teams utilizing SailMaine's facilities, there is a need to implement a Tryout/Cut Policy for all high school teams.

## Why do we need this policy?

- Limiting each school team to 16 sailors **or less** allows SailMaine to treat all teams fairly while keeping the overall size of the program within our logistical constraints.
- High School Sailing at SailMaine is a Varsity Program (except for Intramural in the fall season). All sailors need to be at a varsity level to be on the team. A coach may choose to hold tryouts – no matter what their roster size.
- For most teams, SailMaine can allot six boats per team for practice, which allows 12 sailors per team to sail at a time. Even allowing for absences, dentist appointments, etc., which reduce the number of sailors at a practice, a roster greater than 16 would result in significantly less sailing at practice for each sailor.
  - In addition, given the regatta opportunities available, a larger team would result in fewer opportunities for each sailor to compete.

## How will the tryouts be held?

- During each team's first week of practice (three practices, weather permitting), team coaches will evaluate each sailor's skills during a variety of drills (i.e., boat handling, tactics, capsizing, etc), as well as their attitude and effort.
- The Team coach(es) will then create the roster based on performance, attitude, and effort during the first week of practice.

## What happens if a sailor gets cut?

- Sailors not included on their team's roster this season have several options.
  - If space allows, they may join the Southern Maine High School Team, a conglomerate team open to all and not affiliated with any one school.
  - If they prefer (or if the SMHS Team is full), they may join the SailMaine Intramural Program (again, pending available slots), a basic sailing course where they can advance their skills. Intramural is available in the fall only.
  - If a student elects not to sail for SMHS or in the Intramural Program (or if there is no space available in either), a **full refund** will be granted. Students are welcome to try out again the next season.

**Please note:**

- Lack of experience (no ability to capsize, etc), as determined by the Coach and HS Program Director, may be a reason for sailors to be left off the roster even if the maximum roster size of 16 is not yet reached. Sailors who are new to sailing should plan to participate in our Intramural program in the fall.
- The conglomerate high school team will also adhere to this policy, though the roster size will be larger due to the many high schools represented. They are allocated more boats per practice and additional coaching for this larger team. The SMHS roster limit will be determined by the Program Director based upon demand and logistics.
- There is no veteran advantage during the week of tryouts. If a sailor was on the team last season, they are not automatically included on the roster again.
- Absences from practice due to significant extenuating circumstances will not affect assessment. If a sailor must miss all tryouts, alternative arrangements will be made.

# 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 (often an on-site decision; practice is not usually cancelled ahead of time).
- 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 program. The head coaches will email their teams via google groups by 11am if practice is cancelled.
- The coaches will attempt to call schools and have announcements 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 (although there is more team racing in the spring and more fleet-racing in the fall.

1. In *Fleet Racing*, there are 2 divisions (A and B). Each team has one boat for each division, so teams are represented by four sailors (two sailors per boat).
  - a. At some of the regattas hosted by SailMaine teams, we will have two teams (two boats per division) from each individual school, to allow more participation from home teams.
  - b. Generally, the two divisions alternate using 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 six boats in a race at one time. There are just two teams racing against one another, each team using three boats (six sailors). The goal of each team is to have fewer points than the other team; scoring 10 points or under ensures a win. Boats are assigned points equal to their finishing position. Therefore, one team's boats finishing in 1<sup>st</sup> place, 3<sup>rd</sup> place and 6<sup>th</sup> place =  $1+3+6 = 10$  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.

# Attending a Regatta without a Coach

We are lucky to have a packed sailing schedule each season, but because of the wide array of events our team attends there will be a few each season that will be attended without a coach. It's not ideal but this can still be a great experience for our sailors. This document aims to smooth the rough spots and answer the important logistical and procedural questions that parents may have in these situations. If you have additional questions, or need detailed clarification don't hesitate to ask!

## Before you leave:

- 2 parents at an event are ideal – if a sailor gets hurt or needs special attention, a second parent is available to supervise the other sailors.
- Know your directions, report time, and host school/coach contact info (to let them know if you are running late or get lost).
- Collect contact information for the parents of each sailor going to the regatta.
- Ask your coach, parent coordinator or check the NESSA website for a copy of the NOR (Notice of Race). This will provide good information on when you need to report, what the schedule will be, and what the food situation will be like.
- Make sure you have enough travel time so that the whole team is there and ready to sail on time.
- Know who the team representative for the day will be. This sailor will be assigned prior to the regatta by the coaches and will be responsible for aspects of the regatta outlined below.
- "Regatta Checklist" – a document attached to this handout.

## Checking in:

- When you arrive at the regatta venue, the team rep should immediately find the PRO (Principal Race Officer (usually the host school's coach)) and check in. The team rep is responsible for:
  - Finding out any schedule, or other, changes from the Notice of Race
  - Letting the PRO know that there is no coach for the day but they are there with parents.
  - Letting the PRO know that they will be representing the team for the day and finding out if it is all right if they attend any coaches meeting.
- A parent should also check in with the PRO. Let them know who you are and what team you are with.
- Scope out the area for doughnuts and coffee. Sometimes they hide it.

## During racing:

**RESPONSIBILITIES:** Please know where the sailors are at all times. Please do not leave them alone under any circumstances.

**PROTESTS:** Occasionally, our team will be involved in a protest. Please keep the following things in mind:

1. *HS Procedural Rules: (b) Before Protesting - A competitor shall not communicate with anyone other than teammates or other competitors before reporting to the Race Committee an intention to file a protest. Breaking this rule may be grounds for closing the protest hearing. (Changes RRS 61).*
2. Protest hearings can take twenty minutes and are either held during racing (between sets or series) or at the end of the day before awards.

**INJURIES:** In the unlikely event that a sailor is hurt while sailing, the point parent should use that sailors' parents contact information to notify the parents and/or ask for their preferred treatment, and the host school should be notified. In true emergencies, point parents and host school should be prepared to call emergency services and advocate/provide treatment for injured sailor.

\*There is nothing wrong with withdrawing from a regatta due to injury.

1. Head injuries should be taken very seriously. If a sailor has been hit before, please consider not sailing them for the rest of the day if possible.
2. Always err on the side of caution: there will always be more regattas, but an untreated injury could last a lifetime.

## End of the day:

- Make sure the team rep thanks the PRO for hosting the event.
- Grab a copy of the results if they are available.
- If possible (and not too much trouble), stay for the awards presentation.
- Remind the sailors that they will need to recap the regatta, conditions, venue, racing, and anything else noteworthy, for the rest of the team at the next practice.

**Most importantly: Have fun and enjoy the event!**

# 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 above all, lots of on-the-water instruction.

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

- Intramural Sailing focuses on an introduction to sailing and developing basic sailing skills rather than racing (at least at first).
- 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 has 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.