

December 12, 2009

Re: **Spring 2010 High School Sailing Program**

Dear High School Sailors and Parents;

As you may know, High School sailing is booming in California. There has never been a better time to be involved with the Interscholastic Sailing Association (ISSA). Whether you have a one person or a twenty person team we invite you to come and be a part of the action. Many of you are still red hot after the fantastic regattas held this fall. Keep improving your skills by getting involved in one of the best high school sailing programs in the nation. In this packet you will find several notices and flyers regarding events and regattas scheduled for this Fall Session. **Please look over all the material in this packet carefully so we can be ready when these events arrive.**

A schedule of events and dates are on the back of this page.

For a complete calendar of youth sailing events in California go to:
www.PCISA.org and www.SCYIRA.org

You are encouraged to return your completed registration forms (completed forms required from each participant regardless if they have been enrolled in the past) to the USSC by January 22, 2010. **Program cost is \$445 (cash, check, Visa/MC) if paid in full by January 22, 2010 or \$495 beginning January 23, 2010.**

Practice days for the program will be Tuesdays and Thursdays from 2:30 – 5:30PM, with a total of 24 practices throughout the Spring. We also anticipate having those eligible participating in up to three coached regattas throughout the spring program. **The first day of practice is Tuesday, February 2, 2010.** Class will begin at 3:30PM that day, and will include a swim test for all students. Please bring a change of clothes.

There will be a parent's orientation that same day beginning at 5:00PM. Please have at least one parent accompany each student for this brief meeting. At the parent orientation we will discuss the schedule, transportation, event travel, attendance, grading and parent coordinators. As in the past, we need to identify a few parents at each school to serve as coordinators (team travel, carpool, social functions, etc.). If you would be interested in serving in this capacity, please contact us as soon as possible. Note: Each school must have at least one parent in charge of organizing trips and traveling with the team to the events.

Sincerely,

Steve Comstock, Head Coach, US Sailing Center

Mike Segerblom, Executive Director, US Sailing Center

Glennon Stratton, Program Development Director, US Sailing Center

SPRING REGATTA DATES

Rose Bowl Practice	USSC-LB	Jan 1, 2009
Rose Bowl Regatta	USSC-LB/ABYC	Jan. 2-3, 2010
SoCal Series #3	Balboa YC	Jan. 9, 2010
Shadden Series #3 (CFJ)	San Diego YC	Jan. 30, 2010
Harold Adams Team Race	San Diego YC	Jan. 31, 2010
FIRST PRACTICE	USSC – LB	Feb 2,, 2010
CISA Applications Due		Feb. 1, 2010
SoCal Series #4	Alamitos Bay YC	Feb. 6, 2010
Perry Series #3 (420)	USSC – LB	Feb. 6-7, 2010
Ullman/Frost (Laser & Radial) #3	Mission Bay YC	Feb. 20-21, 2010
Cardinal Regatta/PCISA #4 *	Stanford/Seq.YC	Feb. 27-28, 2010
Shadden Series #4 (CFJ)	Alamitos Bay YC	March 6-7, 2010
Perry Series #4 (C420)	Coronado YC	March 13-14, 2010
Gaucha Regatta/PCISA #5 *	San Diego YC	March 20-21, 2010
Laser Midwinters West	Richmond YC	March 26-28, 2010
SoCal Series #5	San Diego YC	March 27, 2010
CISA Clinic	Alamitos Bay YC	April 8-11, 2010
Spring Break – No Class		March 30- April 8, 2010
Silver Championship *	Cabrillo Beach YC	April 17-18, 2010
GOLD PCC *	St. FYC, CA	April 17-18, 2010
Baker Eliminations	San Diego YC	April 24-25, 2010
Ullman/Frost #4 (Laser & Radial)	Santa Barbara YC	May 2, 2010
Last Day of Program/Program Banquet	USSC - LB	May 6, 2010
Mallory *	Indian Harbor YC	May 7-9, 2010
Baker *	Lake Washington	May 21-23, 2010

*** United States Sailing Center coached event**

PCISA.ORG

HIGHSCHOOLSAILINGUSA.ORG

SCYYRA.ORG

USSCLB.ORG

High School Sailing Program Spring 2010

PURPOSE

To build a strong local high school sailing program which encourages inter-scholastic competition at local, regional and national levels by combining the talents of student sailors from an unlimited number of local high schools.

ELIGIBILITY

The program is open to full time students, girls and boys, at the local high schools in grades 9 through 12, plus selected 8th graders.

Each high school must be a member of the Pacific Coast Inter-Scholastic Sailing Association (PCISA).

Some participating local high schools include:

Long Beach Poly	Calvary Chapel	Long Beach Wilson
Marina	Los Alamitos	PV Peninsula
Ocean View	St. John Bosco	Huntington Beach

Other schools welcome!

TRAINING PROGRAM

Two sessions per school year:

Fall Session – September thru January
Spring Session - February thru May

Each session includes the following:

- 24 practice days per session
- Approximately one weekend regatta per month (see schedule)
- Coaching at both practice and regattas
- Access to CFJ's for practice and regattas
- Using personally owned boats is acceptable.
Storage arrangements can be made with the Head Coach.
- Access to 420's for national competition practice

Practice Tuesday and Thursday from 2:30pm to 5:30pm

Students must arrive no later than 3:30pm each practice day in order to participate and receive attendance credit.

- Includes on and off the water instruction

If participation levels allow, there will be programs for:

- Varsity/Junior Varsity/Novice

FACILITIES

United States Sailing Center - Long Beach, CA
5489 E. Ocean Blvd.

STAFF

Administrator - **Mike Segerblom** is a Graduate of the Entrepreneurial Business Program at the University of Southern California, School of Business. He is a

certified Level II U.S. Sailing Instructor and Judge and serves on numerous local, regional and national sailing committees. He holds several national sailing titles and has been the Executive Director at the Pacific Coast Sailing Foundation and United States Sailing Center since 1993.

Head Coach – **Steve Comstock** is a certified Level 1 U.S. Sailing Instructor who grew up in the Long Beach area, both sailing in and directing the Long Beach Yacht Club junior program. He has had a successful career in crewing ocean-racing boats, including three Transpacs plus many one design and match racing championships.

Coach – **Glennon Stratton** is a graduate of the University of Southern California Sailing Team and School of Communication. He is a Level 1 U.S. Sailing Instructor based in Long Beach. He had a very successful college sailing career and is now the assistant coach for the USC Sailing Team.

TUITION

\$445.00 per session per student, Due January 22, 2010.

\$495.00 after January 23, 2010.

****Payment by cash, check or Visa/MC****

Need Based Financial Scholarships are available.
Please contact Mike Segerblom for information.

TRANSPORTATION

Transportation to and from US Sailing Center is the responsibility of the student.
Transportation for out of town events is the responsibility of the student.

The US Sailing Center Staff will help coordinate a carpool and phone list.

INSURANCE

The US Sailing Center maintains comprehensive USSA insurance.

PROGRAM REQUIREMENTS

Swim Test: Each student must pass a basic swim test, given on the first day of class. The test includes:

- Swim 50 yards
- Tread water for 5 minutes
- Put on a lifejacket while in the water

High School Sailing Program

Learning Components

Spring 2010

Physical Conditioning

The demands for good physical condition increase with the strength of the wind. Students learn the correct ways of using their bodies to get the maximum out of them for the conditions. Sailing demands a lot from your body, and we make sure the students are educated and otherwise prepared to meet those demands. Guidance for off the water training is given to improve overall performance.

Team Building

Every activity involves the entire group. This gives the students the sense of team and partnership with the others in the class. The boats are rigged and de-rigged by everyone and the next activity will not start until everyone is finished. We try to have the students help each other in an effort to strengthen their sense of team and ability to work with others.

Leadership

While skippering and caring for the boats used during the semester, students learn responsibility and initiative. By doing so, students learn to take charge and work together to solve problems and avoid accidents. Sailing a double handed dinghy like the CFJ requires that one, the skipper, is always in charge and motivates the other, the crew, to accomplish their team's sailing goals. High school teams appoint a team captain to work with the US Sailing center staff in planning regattas, trips and events.

Sailing / On the Water Skills:

Boathandling

Students learn to control the boats in a variety of situations and weather conditions. We work first on boathandling because it is the building blocks for every other aspect of sailing and sailboat racing. Some common maneuvers include tacking, jibing, mark rounding, luffing, starting and stopping.

Sail Trim

Students learn to trim and shape sails in an effort to maximize their performance. Sail trim is one of the most critical aspects of sailboat racing and a good deal of time in practice is spent on optimizing the trim of sails.

Boatspeed

The movement of the boat through the water is a critical aspect of sailing. Methods of steering the boat, movement of the body and trim of the sails are taught to optimize the speed of the boat through the water.

Tactics/Rules

During a race sailors must deal with several variables: wind, current, waves, other boats, etc. We teach methods of dealing with all aspects of sailing and bringing them together into a game plan. Students learn to study the conditions and other boats in an effort to formulate a strategy that will best suit their needs. As with other sports there are rules. The rules are taught so that students can avoid collisions as well as use them to their advantage during a race.

Weather

All sailors need to have some background on the weather and its influence on sailing. Weather is taught to help the students understand the wind and other forces on their boat. An understanding of weather is also important in safety and predicting bad situations before they occur.

Boating Safety

Safety is the number one concern of this or any other learn to sail training program. All aspects of safety are addressed. When it is safe to go out on the water. How to prepare yourself for weather, wind, waves. How to prepare your boat and equipment so you can reduce the risk of accidents and injuries. Knots and other rigging techniques are taught to learn proper boat setup and operation. Basic right of way rules are demonstrated to control behavior around other vessels. Knowing simple navigation and right of way rules can greatly reduce the confusion on the water and prevent accidents.

Marine Ecology

Knowledge of the impact of each person and each vessel has on the marine environment. How each sailor can do their part to keep the bay and ocean clean and safe.

Summation

The combination of all of these skills is what makes a good sailor great. Becoming a competent sailor does not come easily, but requires a lot of work through training on and off the water. As always the main goal is to learn something while having fun. Good luck!

High School Sailing Program
Grading Plan
Spring 2010

Grading Elements:

1. Attendance:
Attending each class day and regattas.
2. Effort:
An attempt to improve skills and abilities.
3. Improvement of Sailing Skills:
Raising the level of abilities and performance.
4. Attitude:
Showing positive demeanor both on and off the water.

An "A" is:

1. Daily attendance with the exception of excused absences;
2. High level of effort;
3. Improvement of sailing skills and abilities;
4. Great attitude toward sailing and others.

A "B" is:

1. Most all sailing days attended;
2. Above average level of effort;
3. Improvement of sailing skills and abilities;
4. Good attitude toward sailing and others.

A "C" is:

1. Several unexcused absences;
2. Average level of effort;
3. Some improvement of sailing skills and abilities;
4. Average attitude toward sailing and others.

A "D" is:

1. Up to 50% absences;
2. Low level of effort;
3. Low improvement of sailing skills and abilities;
4. Low attitude toward sailing and others.

An "F" is:

1. More than 50% absences;
2. Little or no effort;
3. Little or no improvement;
4. Poor attitude toward sailing and others.

Attendance Scale:

Miss more than:

20% of class days

30% of class days

40% of class days

50% of class days

Highest grade possible:

B

C

D

F

* All percentages include excused absences.

High School Sailing Program
Daily Practice and Assessment Schedule
Spring 2010

2:30 - 3:00	Students arrive, boats are rigged and launched
3:00 – 3:10	Stretching and calisthenics
3:10 – 3:30	Pre-practice briefing and instruction
3:30 – 5:00	On the water activities: drills, races, etc.
5:00 – 5:15	Boats are de-rigged and put away
5:15 – 5:30	Post-practice briefing
5:30	Prompt student pick-up and departure

Every Day:

1. Attendance is taken
2. Progress is evaluated
3. Issues are recorded

Every Three Weeks:

1. Progress reports are issued to students and parents
2. Attendance is totaled
3. Plans of improvement are given to the students and parents

End of Session:

1. Final progress report distributed
2. Formal grades given for those students receiving school credit (see Grading Plan on reverse)

Student Information

Time your last class ends on: Tuesday _____ Thursday _____

How will you get to the US Sailing Center (with whom)? _____

Do you have a driver's license? Y N Do you have a car? Y N

What is your sailing background? (Please be brief)
(i.e. experience, types of boats sailed, major regattas sailed, best finish positions, awards, etc.)

What are your goals in the sport of sailing?

By signing this form I agree to abide by all rules and regulations of the U.S. Sailing Center and the High School Sailing Program. I agree to attend all sailing practices and arrive promptly after my classes at school unless I have expressed permission from my parents or guardian to do otherwise and I have notified the Sailing Center staff. I understand that while at the Sailing Center and during practices I must obey the instructions of the Sailing Center Staff and Coaches. I agree to wear a lifejacket at all times while on the water and I attest to my ability to swim 50 meters and tread water for 5 minutes in Pacific Ocean Waters.

Student Signature _____ Date _____



United States Sailing Center Long Beach, California

5489 East Ocean Boulevard, Long Beach, CA 90803
Tel.: (562) 433-7939 ♦ Fax: (562) 433-3668
www.ussclb.org

AGREEMENT AND RELEASE FROM LIABILITY

1. VOLUNTARY PARTICIPATION

I acknowledge that I have voluntarily agreed to participate in an event at the Pacific Coast Sailing Foundation facility involving the use of a sailboat and/or a powerboat.

2. ASSUMPTION OF RISK

I AM AWARE THAT MOVING, LAUNCHING, HOISTING, LOWERING, SKIPPING, CREWING OR BEING A PASSENGER ABOARD A SAILBOAT OR A POWERBOAT AT THE US SAILING CENTER – LONG BEACH, CA AND IN THE WATERS OF ALAMITOS BAY OR THE PACIFIC OCEAN IN THE LONG BEACH AREA ARE HAZARDOUS ACTIVITIES. I AM VOLUNTARILY PARTICIPATING IN THESE ACTIVITIES WITH KNOWLEDGE OF THE DANGER INVOLVED. I AGREE TO ACCEPT ANY AND ALL RISKS OF INJURY OR DEATH, AND VERIFY THIS STATEMENT BY PLACING MY INITIALS HERE: _____

3. RELEASE

As consideration for being permitted by Pacific Coast Sailing Foundation (PCSF) to participate in this activity and to use its facility and equipment furnished by PCSF or others, I agree that my heirs, assigns, distributees, guardians and representatives and I release PCSF and the City of Long Beach (the City) and all of their affiliated organizations and their officers, directors, employees, members and volunteers (collectively, the Releasees) from all actions, claims or demands that I, my heirs, assigns, distributees, guardians and representatives now have or may hereafter have for injury, death or damage resulting from my participation in this activity. I, my heirs, assigns, distributees, guardians and representatives will not make any claims against or sue the Releasees or any of them for injury, death or damage resulting from the negligence or other acts, howsoever caused by any employee, agent or contractor of PCSF, the City or any of their affiliated organizations as a result of my participation in this activity.

4. KNOWING AND VOLUNTARY SIGNING OF THIS DOCUMENT

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN PCSF, THE CITY AND THEIR AFFILIATED ORGANIZATIONS, AND MYSELF. I AM SIGNING THIS DOCUMENT OF MY OWN FREE WILL.

Dated: _____

Signature

Printed Name

Address

(Over)

DECLARATION OF WITNESS

I certify that _____ acknowledged in my presence that he/she has read and fully understands the meaning and consequences of the foregoing release, and has signed it in my presence.

Dated: _____

Signature

Printed Name

Address

AGREEMENT AND RELEASE OF PARENT OR GUARDIAN (In the event the participant is not 18 years old or older)

I am the parent or legal guardian of _____

I request that my child be permitted to participate in the manner described above. In consideration of such permission being granted, I agree to all of the terms and conditions of the preceding page.

Dated: _____

Signature

Printed Name

Address