



St. Joseph Junior Foundation Interscholastic Sailing Team Handbook

Who We Are:

The mission of the St Joseph Junior Foundation is to provide sailing and water safety instruction to youth and adults at an affordable price, and to provide a safe, fun environment in which they can learn and appreciate our natural resources, the waters of St. Joseph, Michigan.

Contacts:

General Information:

Website: www.sjff.org

Phone (during season): (269) 983-5441

President-Head Coach: Chris Marzke

Email: chrismarzke@gmail.com

Cell: (269) 208-3635

Chris Marzke is a volunteer coach and will rely on the assistance of other volunteers and parents to conduct practices and make travel arrangements for away regattas. We will be sending out weekly emails to gather volunteers and keep everyone updated on our schedule and specifics.

Membership/Fees:

Membership in the SJJF interscholastic sailing program is \$75 per season (fall & spring). SJJF provides sailboats and coach boats for practices, as well as some weekend regattas so a portion of the fees goes to cover those costs. Each school must also be a member in good standing of Midwest Interscholastic Sailing Association (MISSA) by paying membership dues of \$125.00 to compete in any Tier 1, 2 or 3 regattas. Typically, MISSA dues are paid in the fall at the beginning of each academic year. In addition to membership fees students who compete in weekend regattas will pay regatta participation fees between \$20-50 per regatta with most offering lunch.

Location/Parking:

- SJJF is located at 3 Lighthouse Lane St. Joseph, MI 49085 (next to SYRYC)

Practices:

- Practice begins at 2:30 PM on Sundays at SJJF and run until 5:30 PM.

- Please make every attempt to arrive on time and rig and dress quickly so we can get on the water.
- Sailors must check in with the coach for their boat and pairing assignments for each day of practice before rigging.
 - Sailors' pairings are chosen carefully and thoughtfully for both the overall and individual benefit of the sailors. If sailors would like to make a request, they may certainly do so, but final decisions are left to the coach's discretion.
- Bring weather appropriate clothing *every day* and make sure to bring a dry set of clothes to change into when off the water.
- US Coast Guard Approved Life Jackets are available from SJJF but you may want to purchase your own. Please check with coach before purchasing a PFD to confirm type.
- No clothing storage is available on SJJF property. All gear must be taken home at the end of every practice or regatta.
- Practice sessions will generally include a chalk talk at the beginning and a debrief at the end of the day.
- Sailors are encouraged to make as many practices as possible. It is understood that school comes first and some may have a second sport so it's required to attend every practice. However, attendance will be considered when choosing teams for regattas. Please inform your sailor's coach if they will be missing practice.

Regattas:

On many weekends we will be sailing in MISSA regattas. A calendar of these regattas will be given to each sailor at the beginning of the season and will also be available at <http://www.missa.hssailing.org/>. Many venues provide boats; however, for some events we may end up having to tow a boat or two to the regatta site. Parents may be asked to help with towing boats to and from events.

- All sailors are welcome to attend regattas but participation is not guaranteed.
- Sailors are expected to commit their interest in attending a regatta to the coach no later than Wednesday of the regatta weekend. Pairings for the regatta will be put together by coach and asked to sail together at practice if possible.

Tier 3:

- Most of the regattas we will be attending are Tier 3 which are non-championship type.
- These regattas offer an opportunity for all sailors grades 7-12 to compete.
- Tier 3 regattas also allow for mixed teams with sailors from multiple schools to compete on the same team.

Tier 1 & 2:

- These events are only open to students in grades 9-12.
- All sailors must be from the same high school for these regattas.
- Results in these events will contribute to each school's team rank in the Midwest.

Regatta Format:

High School sailing closely parallels the collegiate sailing format. For fleet racing, teams comprised of a minimum of four sailors are divided into A and B divisions comprised of different skippers and crews for each division. Teams may substitute sailors as long as prescribed substitution rules are followed. Short courses are used, the most common being a

windward-leeward with a gate – meaning teams sail directly into upwind after the start to a windward mark, then they'll sail downwind through a gate back near the starting line. Often times, the boats will do multiple laps before finishing. Course completion times average between 18-25 minutes.

Except in rare cases, only one fleet is on the water at a time. Two races are completed and then divisions switch, and the boat being sailed by each team is rotated. This allows for coaching and a break. Rotating boats every two races eliminates the possibility of any team having an advantage because of an inherently faster boat. Boats are usually provided by the host venue – with the exception being Laser or single-handed events.

During the Spring season, teams also participate in Team Racing events where each team 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. If you add your team's finishes and the sum is 10 or less, you have a winning combination and the team wins that match. Team race regattas typically consist of a round robin followed by a final four to determine the winner. The team with the best win/loss record wins the regatta.

Coaching and Spectating at Regattas:

Coaching is primarily done on shore at regattas. In some cases, regatta hosts will allow coaches to go on the water to serve as safety boats or to help facilitate rotations in between races. Unfortunately, sailing is not an easy sport to watch and most high school regattas do not have spectator boats. However, your sailor will be on land for a portion of the day and 'fans' are always appreciated. Binoculars help!

Team Selection:

Sailors will be chosen to participate in events at the coaches' discretion. Selections are created with the best interests of the team as a whole. Be aware that selections may ask a sailor to compromise to keep their team at its strongest. The coaches' selections will be discussed on the basis of: Attendance and performance at practice, performance at events, participation in team functions, attitude and sportsmanlike behavior, seniority and event factors such as wind weather waves and current.

Personal Gear:

SJJF is not responsible for lost or stolen personal gear. Students are not allowed to leave personal gear at the sailing center, there is no storage available. Items left at SJJF will be put into the lost and found. Items left in the lost and found for over 2 months will be donated to charity. All life jackets and personal belongings look the same. Put your name on EVERYTHING! Check your child's things regularly to be sure you still have what you started with.

Occasionally we are presented with an opportunity to place a bulk order for sailing gear. You will be notified via email about this opportunity or other gear discounts that may present themselves throughout the season. It is not up to the coaching staff to secure gear discounts, however many sailing gear distributors are happy to offer products at a lower cost when purchased in a large amount. We encourage you all to explore this possibility.

Places to buy Gear:

- West Marine: www.westmarine.com
- ZIM Sailing: <http://www.zimsailing.com> get 20% off thru 3/31 using promo "ISSA19"
- Team One Newport: www.team1newport.com
- APS- Annapolis Performance Sailing: www.apsltd.com

Traveling:

When traveling to out of town regattas there are many factors that go into the logistics. Parents are expected to work with the coach attending the regatta to help plan accordingly to the event which the teams will be attending. Below is a loose outline to help future parent trip coordinators with the logistic process:

- Depending on the date of which the entry fee is due for the regatta, coaches will select the team attending the regatta. This can be anywhere from 1-3 weeks prior to the event.
- The coaches will then send out by EMAIL the team selection, regatta NOR and all the dates and fees involved with the event.
- A parent coordinator, (most likely also the trips chaperone) will take the lead on finding housing for the team. Coaches will be glad to help with suggestions from trips prior, or if the NOR states that the regatta host will provide housing. Please keep in mind when selecting housing that some families may have multiple sailors attending events and that some sailors budget their own regatta finances. Keep the costs respectful!
- All traveling regattas must have at least one parent chaperone in attendance.
- Parents and chaperones are expected to transport sailors to traveling events. Exceptions may be made if a team is flying out of conference.

When traveling to out of town regattas , there must be at least one adult chaperone per vehicle, no exceptions. No student athletes may drive vehicles during out of town travel, regardless of supervision or ownership of the vehicle. Coaches are responsible for the supervision of team members only while at the venue; report time until released by the coach. Ultimately, parent chaperones are responsible for the safety and well-being of their children at all events.

If parents are unable to attend regattas, they must arrange transportation and supervision before and after the event with another parent. For local events, sailing team members who are licensed drivers can provide their own transportation with their parent's permission. The coach is responsible for the coordination of towing sailboats or coach boats to regattas, if required, but based on vehicle availability may need parent help.

Equipment

At practice and events, sailors are expected to treat equipment with the utmost care. No sailor will be allowed to leave practice or a regatta before all equipment, including that used by their teammates, is put away in its proper place. While traveling to other venues, sailors are responsible for leaving borrowed equipment in a state better than it was found. If sailors need to leave a practice or regatta early and cannot fulfill the aforementioned responsibilities, they must provide advanced warning and request the help of their teammates in fulfilling their responsibilities.

Boat Collision/Breakages

All aspects of on the water sailing with SJJF including: racing, drills, and free sailing, shall be governed by the racing rules of sailing. When two or more boats collide causing damage to any boats, all parties involved shall follow this policy:

An incident report shall be filed by the students in writing and identify:

- Parties involved in the incident
- Incident, including where and when it occurred
- Rule a party believes was broken
- Name of a party's representative

The incident reports shall be given to the coaches on the day of the incident, at which point an informal hearing that mirrors the proceedings of a protest hearing, shall be held. The coaches will serve as the protest committee. They will render a decision based on the Racing Rules of Sailing and attempt to contact all interested parties, including the boat owners (if there are privately owned boats involved) either by phone or by sending a written summary of the incident home with the students.

Our staff does its utmost to prepare our students to prevent the mistakes that cause equipment breakages. Our staff assumes responsibility for the regular portion of maintenance costs on equipment. Student athletes will be asked to contribute to these costs if excessive or repeated damage occurs but only after instruction to prevent such incidents. These types of incidents may include, but are not limited to: Laser upper spars, frequent collisions, dolly fitting failures, etc. Parents will be issued a letter explaining the incident and an invoice for the damage. When possible, staff will err towards repairs over replacement to control costs. SJJF reserves the right to withhold its own equipment or storage spaces from use by students/families that have outstanding damage invoices

Expectations for Sailors and Parents

As a member of the High School sailing team you will be required to assist in assembling your boats and equipment at the beginning of the spring season and assist with putting stuff away at the end of the fall season. Although it is not required that sailors attend additional volunteer workdays, it is greatly appreciated. We also want everyone to keep in mind that there are a variety of activities happening at the St. Joseph River Yacht Club on a daily basis. It is important that all sailors, parents, guests and friends to be conscious and considerate of the club's members and staff.

Internet Resources:

Midwest Interscholastic Sailing Association (MISSA) website: <http://www.missa.hssailing.org/>

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