

Southern Regional High School

Sailing Team

Team Handbook

Introduction

The SRHS Sailing Team is fully sponsored and funded by the Friends of Southern Sailing, a non-profit 501c organization. As defined in SRHS Club Organization list, the team is open to all students who are experienced sailors. Students will have the opportunity to compete in single and/or double-handed competitions. Although the Sailing Team is defined as a club, the SRHS Sailing Team **must** follow all rules and regulations as set forth by both the Southern Regional High School and Middle School Athletic Departments. (Athletic handbooks can be obtained by either athletic department or downloaded off the SRHS Website) Club status for a High School sailing team is defined by how it is funded, not the level of experience needed or the level of competition encountered during regattas. The SRHS Sailing Team is a member of the Mid-Atlantic Scholastic Sailing Association (MASSA) and actively races in the East League, which consists of schools from New Jersey and adjacent Pennsylvania. Specific Rules of MASSA, ISSA (Interscholastic Sailing Association), US Sailing, and Host Regatta Venues must also be stringently adhered to by all sailors, coaches and parents. Failure to do so could jeopardize the team and/or individual's right to participate in other sailing events even outside High School Sailing. Sailing is a Corinthian Sport – it is self-governed and rules set in place by US Sailing require that all participants maintain the highest level of conduct. Enforcement of discipline and conduct shall be conducted as per the Racing Rules of Sailing (RRS 69.1) and the policies and procedures of US Sailing (Regulation 15.01).

General Information

Sports Season (Dates may vary based on League schedule and Weather)

Fall: September 1st through November 30th

Spring: March 1st through May 31st

Practice/Regattas:

-Practices will be held two to three days of the week. Practices and regattas may occur after school or during the weekend and/or during a school vacation.

- Practices after school will begin at 3:00pm on full days and at 1:00pm on half school days. Practice will end between 5:00 and 6:00 pm on weekdays. Weekend practices will be a minimum of 4 hours in length.

-Attendance at practices and regattas are expected by all participants. Participation in a regatta will not be permitted if the sailor does not attend the practice preceding the regatta.

-Excused absences are: absences from school, pre-approved academic obligations, or other pre-approved obligations. Any absence that is not preapproved will be counted as an unexcused absence. Those athletes missing 3 unexcused practices and/or regattas will be asked to leave the team. There may be some away regattas that not all sailors will be invited/expected to attend. Those events will not count towards attendance. However, sailors are expected to attend the majority of regattas fully knowing that as part of the team he/she may not participate.

Transportation:

Transportation to/from away events MAY be provided. If provided, students must ride the bus unless prior authorization has been obtained. The following procedure must be followed:

- a. Parents must make advanced request in writing for the release of their children/child to themselves or other adult.
- b. This written request must be received by the Sailing Team Advisor/Sailing Coach on the practice/regatta prior to the event where transportation needs to be changed. (Forms are available at the Athletic Office or the SRSD.net website)

When bussing is not provided, parents/guardians must provide transportation. Car-pooling is encouraged and we expect ALL parents to participate in the transportation needs.

Uniforms:

Sailors must be prepared to sail in all kinds of weather. MASSA League rules state that special clothing (wet or dry suits) may be required by the race committee at any MASSA Regatta. US Coast Guard approved Life Jackets, wet and dry suits must be provided by the sailor. When water temperature drops below 60 degrees wet or dry suits, MUST be worn for all practices. Dry suits may be required by MASSA for some sailing events. Sailing gloves are highly recommended. SRHS Sailing Team Pinnies will be worn by sailors during regattas. They will be handed out by the coach on regatta days and must be returned immediately following the regatta.

Equipment:

420 Boats: Friends of Southern Sailing owns the boats that the SRHS Sailing team uses. The boats MUST be cared for and maintained by the Sailing Team. All boats must be washed down and cleaned of sand/trash/debris after every practice and regatta. All boats MUST be tied down after each use. Any sailor found to be abusing the boats (i.e. hitting other boats) while at practice or during a regatta will be asked to leave the team. At the end of each season, the boats will be cleaned and waxed. An inspection will be done through out the season and at the end of each season on each of the boats. Those sailors found to be neglecting to care for and/or tie down boats will be disciplined.

Coach Boat: The coach boat is owned by Brant Beach Sailing Foundation and must be maintained by the Sailing team. It must also be cleaned after every use and at the end of the season washed and waxed.

Sails: All Sails must be cleaned, rolled and stored after each use.

Host Yacht Clubs and Venues:

Each sailing venue that the Sailing Team visits has its own rules that must be followed. Sailors should be kind and thoughtful at each venue and never do something before asking first. Remember, you are representing your school. Those sailors that do not comply with the host's requests will be brought before the school's Supervisor of the Sailing Club and/or a Discipline Review Board.

Rules:

All Sailors are required to know and follow all of the Rules of Sailing. High School sailing is governed by The Racing Rules of Sailing 2009-2012, the prescriptions of US Sailing, the ISSA Procedural rules, the MASSA Procedural Rules and the East League Procedural rules. High School sailors are also required to follow all school rules and procedures. Failure to comply by any sailor and he/she will be disciplined.

Academic Eligibility:

All sailors must meet academic eligibility as described in the Athletic Handbook.

Sailing Team Handbook
Policy Review

Student Review

I, _____, have read and understand the

Sailing Team Handbook. I have also read and understand either the SRHS or SRMS Athletic Handbook depending upon which school I attend. I certify that I am an experienced sailor and I will always apply the Corinthian Spirit while on the Southern Regional High School Sailing Team. I furthermore do acknowledge that I understand the Racing Rules of Sailing and will adhere to them.

Sailor's Signature

Date

Parent Review

I, _____, understand that my

son/daughter on the SRHS Sailing team is responsible for the adherence to the rules of the Sailing Team, the SRHS or SRMS Athletic Handbook, the ISSA, MASSA, US Sailing and to all venues where he/she may participate. I also understand that adherence to the rules must be followed for my child to continue participating with the SRHS Sailing Team.

Parent Signature

Date