



## **PROGRAM GUIDE**

### **SBYSF Race Team**

### **High School Varsity Sailing**

For the 2017-2018 High School sailing season SBYSF will be offering a varsity program for high school sailing teams in the greater Santa Barbara area. Traditionally we have fielded teams from Santa Barbara High School, Dos Pueblos High School and, Providence/Bishop Diego High Schools. Our goal is to support a top-level high school program where sailors represent their schools, the coaching staff, and the Santa Barbara Youth Sailing Foundation in a culture of trust, fun, continuous self-improvement, sportsmanship, teamwork, and excellence. A rigorous training program with productive practices 2 days a week and a focused regatta schedule are key to the success of the teams. In Santa Barbara we have the unique advantage of being able to practice with top-level college sailing programs as a part of our practice curriculum. A truly unique opportunity for our high school sailors! As a high school sport, it is expected that sailing will be each sailor's top athletic priority. This commitment and dedication is key to success. Sailing is a sport full of tradition, friendships that will last a lifetime, good competition, and valuable life lessons.

### **Commitment**

#### **Sailing**

**High School Varsity Sailing** team members will be asked to be ambassadors to the sport of sailing. Sailors should be mature and demonstrate a high regard for personal responsibility. These sailors are asked to commit to practices twice a week, complete fitness training in addition to their sailing and to participate at travel and home regattas.

#### **SBYSF**

In addition, Team members will be asked to give back to their SBYSF sailing community through participation in dock cleanup days, coach boat maintenance and by helping with Clinigattas and other SBYSF events. Team members are expected to attend all weekly practices and High School regattas (listed below).

#### **Fitness**

Sailors participating in Varsity High School Racing are required to complete fitness training in addition to their weekly sailing. Sailors should, at a minimum, complete three days a week of the following:

- 20-minutes of body weight circuit training
- 30-minutes of cardio training (running, cycling, etc)

Sailors are encouraged to go above and beyond the minimum training requirements.

#### **Conduct**

**All SBYSF Sailors and Parents will be required to sign an SBYSF Code of Conduct and SBYSF High School Standards of Conduct(Supplemental Travel Document) and return it prior to the beginning of the Semester. If we do not have these forms signed and on file, your sailor will not be allowed to participate.**

### **Tuition/Structure**

The cost per Semester(Spring and Fall) is: **\$500 per Semester**. Tuition is not refundable. Tuition and registration are utilized to plan for the Semester and we can not adjust the program once Tuition is paid. We will aim for low coach to sailor ratios to provide ample support on and off the water.

Sailor rosters for A and B Teams for PCISA Regattas will be determined by the coaching staff no less than 2 weeks before each regatta.

#### **Included with Tuition:**

- **Coaching @ 2 weekly practice sessions**
- **Coaching @ Double-Handed High School Regattas**
  - PCISA #1 - Sea Otter Regatta @ Monterey Peninsula YC
  - PCISA #2 - Anteater Regatta @ Newport Harbor YC
  - PCISA #3 - Rose Bowl Regatta @ Alamos Bay YC/USCLB
  - PCISA #4 - Golden Bear Regatta @ Treasure Island Sailing Center
  - PCISA #5 - Gaucho Regatta @ Santa Barbara YC
  - Gold PCC's - USCLB
  - Silver PCC's - Encinal Yacht Club
  
- **SBYSF provides the following at these events:**
  - Use of FJ's
  - Boat parts and maintenance
  - Trailers
  - Lodging for coaches at travel events
  - Travel reimbursement for coaches
  - Regatta entry fees
  
- **What the tuition does not cover:**
  - Coaching at regattas not on the regatta schedule listed above;
    - Mallory Trophy - High School Double-Handed National Championship
    - PCISA Cressy Qualifier
    - Cressy Trophy - High School Single-Handed National Championship
  - FJ transportation and cost of FJ transportation for the regattas
  - Food, transportation and lodging for the sailors

#### **Special Events:**

It is the goal of SBYSF to help provide coaching at the PCISA Single-Handed Cressy Qualifier. If 3 or more sailors plan to race this event, SBYSF will provide a best reasonable effort to help arrange for coaching. This will be handled on a case-by-case basis and needs Program Director and SBYSF Board Approval.

When less than 3 sailors plan to attend, the cost for this event is in addition to normal tuition and will vary based on; coaching fees, airplane tickets, coach boat charter fees, lodging and travel expenses for the coach and other costs and fees and will be handled by the parents of the sailors.

The Cressy Trophy and Mallory Trophy, Single and Double-Handed National High School Championship events are considered travel events outside of the Semester program tuition. SBYSF will provide a best reasonable effort to help arrange for coaching. This will be handled on a case-by-case basis and needs Program Director and SBYSF Board Approval.

Please contact Nick Kaschak, SBYSF Program Director, at either [sbysf.director@gmail.com](mailto:sbysf.director@gmail.com) or 805-965-4603 with your questions regarding this program.

#### **Helpful Links**

**ISSA**; Interscholastic Sailing Association, the governing body of High School sailing in the United States; [www.hssailing.org](http://www.hssailing.org)

**PCISA**; Pacific Coast Interscholastic Sailing Association, the governing body of High School sailing on the Pacific Coast in Northern and Southern California; [www.pcisa.hssailing.org](http://www.pcisa.hssailing.org)