



Nantucket Yacht Club

420 Race Program

2017 Handbook

Congratulations on joining the Nantucket Yacht Club 420 Race Program!

Both 420 Development Team and 420 Race Team members are in the 420 Race Program. As a 420 Race Program member, you are joining the most elite level of junior sailing available at the club. 420 Racing is an awesome way to continue to develop your skills. In addition to this increased development, the Race Team forms the basis of many friendships that will last for years after junior sailing. The 420 Race Program is a Race Team – both 420 Race Development Team and 420 Race Team have specific expectations that are outlined in this handbook.

This handbook contains the policies and procedures specific to our 420 Race Program, and the expectations for our team members. If you have any questions, please contact either Justin or the NYC Junior Program Director: justin@nantucketyachtclub.org or cori@nantucketyachtclub.org.

Thank you,

Justin and Cori

Admittance

Admittance to the 420 Race Program – either 420 Development or 420 Race – is by invitation only. Sailors will be offered a position on the team through the winter, or throughout each summer, based on ability, attitude, effort, and commitment. Each sailor should demonstrate the desire to improve, positive attitude, and a strong work ethic. A significant aspect of the 420 team is the ability for sailors to be flexible with the pairings, and always respect the other teammate in the boat. Commitment to practices, regattas, and the team are essential for improvement not only among each sailor, but also for Nantucket Yacht Club.

Practice

Daily training sessions occur at 1:00 PM at the Nantucket Yacht Club. These sessions typically end with a debrief, which usually concludes between 4:30 PM and 5:00 PM. It is our expectation that all 420 Race and 420 Development Race Team members are rigged, dressed, fed, and ready to meet at 1:00 PM. We have very limited time on the water to begin with, and things like eating, dressing, applying sunscreen, and other things that can be done ahead of practice time should be done prior to the 1:00 meeting time.

Daily Attendance

Sailors on both 420 Race Development Team and 420 Race Team are expected to attend every practice session while they are on island. If a sailor needs to miss a practice, they should notify the head coach in advance, and the sailor will be excused from the practice by the head coach. A single absence or multiple absences may result in a sailor not traveling for competition or losing the privilege of sailing with the team. The 420 Race Program is designed for our most committed sailors, who are interested in competing at the highest level possible. Regular practice attendance and commitment are essential to achieving these goals. While we understand that some family conflicts may arise during the summer, having a friend visit or going surfing are not acceptable reasons to miss a practice. Additionally, sailors and parents should make an effort to be here for the whole summer. Many fundamentals are emphasized at the beginning of the summer and then refined throughout the later weeks making it difficult for sailors who join halfway through the summer to catch up.

Coaching

The 420 Race Program works primarily with two or more coaches: the 420 Head Coach, the 420 Development Coach, and the 420 Assistant Coach.

Logistics and Regatta Planning

The NYC Junior Program Director manages all logistics for our 420 Race Teams. *There is a one week policy for committing to an off-island trip or regatta.* Late sailors will not be accommodated – ferry reservations, hotels, vehicles, and boats are difficult to coordinate and will be reserved and assigned at least one week in advance. Similarly, sailors who have committed to an event but withdraw with less than one week notice will be responsible for their share of the regatta expenses and any other costs that cannot be recouped. See billing section for further details.

Travel

It is expected that our team members of 420 Race travel to the majority of events on our schedule, pursuant to their ability level. The coaches will work with the NYC Junior Program Director to advise sailors on which events would be a good fit for their ability level. Opportunities may exist for 420 Development Team sailors to compete off-island, and the NYC Junior Program Director will be in touch if and when these opportunities exist.

Travel teams use our Off-Island 420s. A draft schedule of 420 events is included on the last page of this packet.

When traveling to events, sailors should always expect to be on the 9:30 AM boat the day prior to the first day of racing. This allows the team to practice at the venue where they will be competing. This can be a fun way for our team to meet sailors from the host yacht club, and to learn about the new venue prior to the first day of racing. After dinner, the team will head to housing. Housing may be with host families or in a hotel (see Off-Island Housing Policy below). Teams almost always return on the 7:30 PM Steamship Fast Ferry, arriving on island at 8:30 PM.

Off-Island Housing

In an effort to keep costs down for our off-island race team members, we rely heavily on the generosity of friends and family off-island to host our race teams and coaches. Usually, the yacht club hosting the regatta will work with the Junior Program Director to find safe, comfortable housing for our “island” sailors.

We have three requirements of host family venues, before accepting housing off-island:

- 1) Male and female team members will be housed in separate rooms.
- 2) Our team members will not share a room with host family members unless they are of the same age (within 2 years).
- 3) Whenever possible, our coaches will be housed at the same location as the sailors.

All host family information is recorded by the NYC Junior Program Director and will be distributed to parents via email. If we cannot find provided housing, we may stay in hotels. In hotels, NYC policy requires a parent chaperone for these trips.

Discipline Policy

The opportunity to represent the Nantucket Yacht Club Off-Island is a wonderful privilege, and we have high standards of behavior for our team members when they are traveling off island.

Participants who cannot follow the guidelines as outlined by the coaching staff and this handbook, as well as generally accepted conduct and behavior for participants of high-caliber, highly focused sailing programs will not be able to be members of the program.

For general conduct, our discipline policy maintains that each sailor will have three chances to rectify their conduct as follows – whether on or off island, NYC reserves the right to reexamine students' participation in programs, because of behavior, at any time.

1. First “strike”: the Head Coach will speak with the sailor about his/her behavior and ask that he/she correct his/her behavior moving forward.
2. Second “strike”: the Head Coach will call the student's parent and the transgression will be reported to the Sailing Master. The Program Director will record the incident in the student's file.
3. Third “strike”: the student will be suspended from the remainder of the program; The Program Director will contact the students' parents who will be required to immediately pick the student up from class. The student may participate in future programs, under a probationary measure. There will be no refund for lost program days. The incident(s) will be recorded in the student's file.

Continued abuse of the rules in subsequent programs: the student will be completely expelled from the program/team for the remainder of the summer and may not participate or register for the team until the following season.

Expectations of our sailors off-island are incredibly high. When traveling with the 420 Race Team, students will be representing not only their home club, but the other clubs and the island in general. We expect that students off-island – whether at a host yacht club, on the race course, or in housing – will conduct themselves in the highest of manners. The discipline policy outlined above will be used off-island as well. If a student receives a second strike, while off-island, it will be at the Head Coaches' discretion whether to send the sailor immediately back to Nantucket with a chaperone. Consequences for this behavior may result in additional suspension from the program once back on Nantucket.

Sailors are not allowed to use, possess, sell, transfer, or transport alcohol, drugs, or tobacco, including prescription drugs and legal substances used inappropriately, or any paraphernalia relating to alcohol, drugs or tobacco. The Team Substance Policy is one of Zero Tolerance. Any involvement in alcohol, drugs or tobacco will result in notification of the student's parents and immediate dismissal from the trip (the student will be sent home). It will also be grounds for suspension or expulsion from the team under the discretion of the Program Director.

Billing

All billing for the 420 Race Team is handled by Nantucket Yacht Club, through which the sailor is registered. Parents should expect to receive a bill after every off-island event. This will be for any meals purchased off-island for your sailor (a group bill is divided equally, but sailors make purchases within the meal allowance - \$5 breakfast / \$10 lunch / \$20 dinner), ferry tickets, fuel for our cars, any hotel costs, and any additional activities or expenses for the event. Sailors do not need to travel with their own money off-island, although a nominal amount for items like penny candy may be considered. If sailors and parents drop out of a regatta later than the week prior to departing, they will be responsible for their portion of the shared regatta expenses, and any other costs, fees, etc. that could not be recovered.

Chaperones

From time to time, the team will be looking for off-island parent chaperones. If your child plans to travel this summer, please consider chaperoning one of our events. It is a great way to see the sailors and coaches in action! Unless otherwise noted, you will be responsible for your own vehicle. Cost of off-island hotel room will be split among regatta participants. For further information on chaperone responsibilities, please see Appendix A at the end of this document.

Equipment

Below is a list of recommended gear for students sailing more competitively off-island:

- Life jacket – Check out Annapolis Performance Sailing's website to find a jacket that your sailor likes. Many styles are available, but the PFD must be US Coast Guard Type III approved.
- Whistle – All sailors - especially those sailing more independently at regattas - should have a whistle attached to their life jacket for safety. Annapolis Performance Sailing sells whistles on their website, but they can also be found at West Marine or Olympia Sports.
- Watch – All racers should have a stopwatch. Any Timex sports watch from Walmart (or Amazon) that's waterproof will do.
- Sailing gloves – Sailors who are spending longer days on the water, and in windier conditions, often need sailing gloves to prevent blisters. West Marine and Annapolis Performance Sailing have great options on their website. Companies like West Marine, Gill and Harken make great Junior Gloves with 3/4 fingers.
- Spray Top – Sailing in windier conditions can mean getting hit with a lot of spray. Spray tops are great for keeping sailors warm and dry. Gill and Henry Lloyd make great junior dinghy/spray tops/smocks. These can be found on the West Marine or Annapolis

Performance Sailing websites- generally under "Foul Weather Gear" or "Apparel." The top should be a pullover, allowing for a seal at the neck.

- Wicking/Synthetic/Non-cotton Apparel – Sailors who are on the water all day should not be wearing cotton! Any long-sleeve – for sun protection – wicking top is great, especially under a spray top; it dries quickly and doesn't chafe when wet. These "technical shirts" or "rash guards" can be found on the Annapolis Performance Sailing website, but Under Armor shirts – often found at an Olympia Sports – can be great too.
- Sunglasses – Sailing on the water all day can damage eyes. All sailors- especially those competing in regattas- should wear eye protection. Sunglasses should always be polarized to reduce glare.
- Footwear – Some sailors prefer to wear a more technical shoe as they become more competitive in the boat. Sailing shoes should always have a closed toe, dry quickly, and stay put. At the more advanced level, old sneakers and Crocs fail to meet these latter two requirements. Keens are great and dinghy boots are great too. Gill, Zhik and Ronstan make boots, all of which can be found on the Annapolis Performance Sailing website.
- Spray Pants – Racers, especially those sailing in the shoulder seasons, tend to wear spray pants along with their spray tops on colder days. These aren't really necessary for most of the summer sailing done on and around Nantucket, although more advanced sailors may choose to buy a pair, for colder/rainy days on the water.

Sailors should regularly travel off-island with:

- Life Jacket
- Sailing clothes/bathing suit
- Sailing gloves
- Fleece/layers
- Hat
- Sunblock
- Snacks/Lunch (Check to see if event provides lunch)
- PJs, toiletries
- Sailing shoes
- Spray Top/Rain jacket
- Watch, whistle
- Dry change of clothes
- Sunglasses/Croakies
- Water bottle
- Money for ice cream stop or other expenses
- Change of clothes

On-Water Safety*

Coaches will make recommendations for each sailor as to the suitability of the venue, present conditions and weather forecast. However, ultimately, the decision to sail at a regatta rests with the sailor. Each sailor should have an understanding of their skills and capabilities as well as the conditions in assessing whether it is appropriate to sail. Host clubs will be responsible for providing adequate safety measures such as patrol boats operated by competent personnel, and the Race Coaches will be on the water in a safety boat as well, monitoring the students at all times. NYC assumes no responsibility for safety measures, or lack thereof, of other yacht clubs.

Decision to Race “The responsibility for a boat’s decision to participate in a race or to continue racing is hers alone.” (Racing Rules of Sailing 2017- 2020; Part 1 Fundamentals, 4.0) Each sailor (or a parent/legal guardian in the case of a minor) is ultimately responsible for his or her decision to compete.

Helping Those in Danger “A boat or competitor shall give all possible help to any person or vessel in danger.” (Racing Rules of Sailing 2017-2020; Part 1 Fundamentals, 1.1) NYC coaches must render assistance to any person(s) in danger regardless of who those in danger are. Sailors should expect situations could change suddenly especially when weather conditions deteriorate quickly which can overwhelm the best safety planning.

*These sections were borrowed from Wianno YC Student Handbook.

2017 Draft 420 Race Schedule

| Date | Regatta | Location |
|-------------|-------------------------|-----------------|
| July 8-9 | New Bedford Jr. Regatta | New Bedford YC |
| July 13-15 | Edgartown Jr. Regatta | Edgartown YC |
| July 22-23 | Falmouth Regatta | Falmouth, MA |
| July 28-30 | Hyannis Regatta | Hyannis, MA |
| Aug 8-10 | C420 Nationals | Wianno YC |
| Aug 12-13 | Junior Olympic Festival | Duxbury Bay, MA |
| Aug 14-15 | Nantucket Race Week | Nantucket, MA |
| Aug 15-16 | Beverly Regatta | Beverly, MA |

Appendix A: Chaperone Guidelines

Mission: Nantucket Yacht Club's Travel Teams exist to enhance the racing experience for our sailors. While these trips should be fun experiences with collegial atmospheres, the priority is sailing and competition. The following guidelines exist to define our chaperone expectations while traveling with the race team.

Nantucket Yacht Club ("NYC") seeks to promote mutual respect amongst its sailors, coaches, parents, members, and guests through the use of appropriate language, attitude, and physical behavior. This extends to our opponents in competition, while on or off-island.

All NYC Chaperones are expected to:

- Meet the race team at the Sail Room on assigned travel day (1-day prior to regatta) and accompany team on ferry
- Assist coaches with pickup of rental vehicles upon arrival in Hyannis
- Provide transportation from Steamship Authority to Host Yacht Club, Host Yacht Club to housing, and on any other trips planned by coaches
- Assist coaches and sailors with unloading of 420 and/or Optimist trailer(s)
- Provide any help requested by race coaches but maintain appropriate space for coaches to lead the operation
 - Chaperones are encouraged to help unload boats, but rigging and derigging must be completed by the sailors and coaches
 - Chaperones can attend team meetings, but must understand that their mere presence can be a distraction so they are urged to hang in the background, and to be sure if they sense that they are distracting to please remove themselves
 - Chaperones can help with launching, but again, must have a good sense of when they are a distraction and remove themselves from the scene if the sailors are agitated by their presence
- Provide on-land support during race days – **parents must remain on land while the team races for support in the case of an injury or emergency**
- Assist coaches with the procurement of snacks, water, Gatorade, etc. at local supermarkets
- Locate appropriate restaurants (see meal allowance) and make reservations for team dinners
- Strictly uphold the Nantucket Yacht Club Code of Conduct (see Appendix B)

- **Emergency Protocol**

- In the event of an on the water injury, the chaperone will meet the injured sailor as they come off the water and accompany them to appropriate medical resources, whether that is Urgent Care or the Hospital. The coach should drop the injured student with the chaperone on the docks, and then return to the water to take care of the rest of the team
- The chaperone can find medical information for each child traveling in the coach's travel binder
- In the event of an injury, once the situation is stabilized the chaperone should notify the child's parent or the Sailing Master, Justin Assad (917.846.6852).
 - In the event the Sailing Master cannot be notified, the chaperone should contact Cori Radtke (804.586.6414)

Appendix B: Travel Code of Conduct

Mission: Nantucket Yacht Club's Travel Teams exist to enhance the racing experience for our sailors. While these trips should be a fun experience and atmosphere, the priority is sailing and competition. This code of conduct exists to define our expectations on and off the water.

Nantucket Yacht Club ("NYC") seeks to promote mutual respect amongst its sailors, coaches, parents, members, and guests through the use of appropriate language, attitude, and physical behavior. This extends to our opponents in competition, while on or off -island.

All NYC Race Team Members are expected to:

- Exhibit the highest standards of sportsmanship both on and off the water.
- Demonstrate mutual respect for all sailors, coaches, competitors, parents, members, chaperones, and other human beings.
- Exhibit respect for all equipment and property, whether it is personal property, NYC property, or other's property.
- Uphold zero tolerance for verbal and/or physical threats and/or physical abuse.
- Uphold zero tolerance for the use of alcohol, tobacco, and non-prescribed drugs.
- Uphold zero tolerance for any weapons or sharp instruments that are used to threaten or hurt others.
- Follow the fundamental rules of fair sailing and display good sportsmanship on the water or on land at all times.
- Continue to sail and attempt to complete races until the conditions prevent it or injury makes it impossible to do so.
- Exhibit gracious, courteous behavior in both private/provided housing and hotels.
- Sleep in same-sex rooms in every circumstance, with absolutely no exceptions.

While these expectations are enumerated, possible transgressions to our code of conduct are not limited to the examples above. I understand that failure to behave in a manner that is consistent with this code of conduct, either explicitly or in spirit, will result in disciplinary action up to and including suspension or removal from the NYC Junior Sailing Program.