



Nantucket All-Island Opti Race Team

2017 Handbook

Welcome to the All-Island Opti Race Program!

The All-Island Race Team is a collaborative program between Nantucket Yacht Club, Nantucket Community Sailing and Great Harbor Yacht Club that was founded in 2014 to offer local sailors more robust and competitive training grounds on and off-island, as well as a more social experience for our local Opti sailors.

The number one goal of the All-Island Opti Race Team is for our sailors to have fun! In addition to the fundamental sailing skills that our sailors will develop, they will form wonderful relationships with their teammates. We aim to run this program like a team, and along with that will come expectations of our team members.

This Handbook includes policies and procedures specific to the All-Island program, and the expectations of our sailors. If you have any questions, please contact your home Program Director:

Justin Assad, Nantucket Yacht Club: Justin@nantucketyachtclub.org

Emily Taylor, Nantucket Community Sailing: Emily@nantucketsailing.org

Emma Hermanek, Great Harbor Yacht Club: EHermanek@ghyc.com

Team Logistics: Cori Radtke, Nantucket Yacht Club: cori@nantucketyachtclub.org

Thank you,

Emily, Emma & Justin

Admittance

Admittance to the All-Island Race Team is by invitation only. Sailors will be named to the team each winter, or throughout the summer, by their home club's program director. Admittance is based upon skill level, commitment, maturity and desire to improve. These are some of the traits we will look for and continue to hone in our sailors.

Practice

The All-Island Opti Race Team practices daily from 1:00pm – 4:30pm. The program is headquartered at the Nantucket Yacht Club Boathouse, where sailors are dropped off and picked up each day.* Our racers will use the on-water resources associated with the program with which s/he is registered. For example, GHYC registrants use GHYC floats and practice boats, etc. However, resources between host organizations will also be shared, as-needed, and again, an emphasis will be placed on not isolating our sailors according to "home club" at any point during team practices or travel.

Sailors are expected to attend *every* scheduled practice (within the sessions they are enrolled). If a sailor needs to miss a practice, s/he should request the practice date off from the Head Coach. Sailors will be excused from practices at the discretion of the Head Coach. A single absence, or multiple absences may result in the sailor not being invited to travel to regattas.

Sailors must also be practicing with the team (enrolled and paying for that session of sailing) to attend regattas that fall within that session. For example, a sailor who sails with the Opti Race team in July, may not attend an off-island regatta in August. S/he would need to be enrolled in that August session of Opti Race.

*It is important to note that this program is separate from the NYC Junior Sailing Guest Program; as such, visiting team members *may only use* the NYC Boathouse, access to the main clubhouse is not permitted. Parking is a sensitive issue at NYC, so the following regulations are in place: Non-member families can enter the parking lot after checking in with the NYC parking attendant between 12:50 PM and 1:00 PM for a *drop-off only*, no parking is allowed at this time. If parents need to meet with coaches, they will be able to obtain parking permits for meetings at the 4:30 PM pick-up time or are always welcome to park off-site. Sailors cannot be dropped off prior to 12:50. These times will avoid the lunch-hour congestion at NYC.

Full-Day Practices

Occasionally, the coaches will elect to hold full day practices. These can be fun ways to have our sailors prep for long regatta days. Sailors will be asked to bring lunch. Parents will be notified over email, and sailors in person. For sailors who choose to sail in the full-day practice, a small fee will be billed to the family (\$30-50/session depending on length.) We encourage sailors to attend these full-day sessions if they fall within the sailor's enrollment.

Coaching

The All-Island Race Team will be coached by two high-level head Opti Race coaches, and assistant coaches as-needed. Communication with Head Coaches is encouraged, however communication pertaining to off-island travel logistics should be directed to Cori Radtke at Nantucket Yacht Club (please see “Logistics” section below.)

When the team travels, a single Head Coach will travel with up to three sailors. Beyond three sailors, a second coach will travel. The Head Coaches will rotate who travels with the team. The Coaches will have responsibility for the sailors off-island.

Session Registration

Registration for the All-Island Opti Race Team is handled individually by NYC, NCS and GHYC. In other words, to participate on the race team, sailors should register with their home club (i.e. NCS sailors should register for the NCS Opti Red program, etc.) We strongly recommend that our NCS, NYC and GHYC Opti Racers sign up for as many weeks of Opti Race as possible – with our minimum recommendation being 4 weeks (6 or 8 weeks is even better!)

Logistics

There are *lots* of logistics to work out when we travel off-island! Cori Radtke, Junior Program Director, will be handling all off-island logistics, so parents should expect to hear directly from her. Cori will directly coordinate all of our regatta trips (cars, boat trailers, coach boats, ferry tickets, housing, meals, etc.), and will be soliciting parents directly for information about their sailors (best contact phone number, whether they’ve registered online for the regatta, etc.)* It is important that parents respond promptly to her.

**This year, we will have a two-week-out policy for committing to an off-island tri/regatta. Some exceptions may apply depending on regatta registration deadlines. Late sailors will not be accommodated this year – ferry tickets, hotels, vehicles and boats will already have been reserved and assigned. Similarly, sailors who withdraw from an event less than one week from the beginning of travel will be responsible for their share of the expense of attending the event, as well as any associated expenses or fees that cannot be recovered.*

If you have questions about travel, please feel free to contact Cori directly at cori@nantucketyachtclub.org.

Travel

It is expected that all of our team members travel with us to the majority of the events that the team chooses to attend (within the weeks that an individual sailor is registered). Traveling to all events is encouraged.

We think of this like soccer players on a soccer team – if you have a practice or a game, you attend. If there is a reason your sailor cannot attend an event, it should be discussed with the coaching staff. Race practice on Nantucket may not be held on days when the team is away traveling (always two or three back-to-back days, depending on the length of the event). Practice will be held if there is a core of sailors on-island.

Travel to off-island events/regattas will happen weekly in July and early August. Sailors will use fleets of boats that NYC and NCS keep on trailers in Hyannis. A draft schedule of events for Summer 2017 is included at the back of this booklet. Events may be added or removed as the summer schedule develops. The schedule is developed based on the skill-level of the team, proximity and timing of events. Consideration is also given to when and where our 420 Teams are traveling.

When traveling to regattas, sailors should always expect to leave on the 9:30 AM boat the day prior to the first day of racing. This allows the team to get to an off-island car (either the NCS-owned van or a rental car), get lunch, and get to the host venue with plenty of time for a practice at the host venue that afternoon. This can be a fun way for our sailors to meet sailors from the host club and to learn about the new venue prior to race day. After practice, sailors usually get dinner with the coaches and then settle into their host family homes (coordinated with the local yacht club), which will always have a parent present (please see housing section below) or to a hotel with the coaches. The next morning, the team will head to the venue to compete. The team always returns to Nantucket on the final day of competition, usually around 8:30pm.

Off-Island Housing Policy

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 Program Director s/he is communicating with, to find safe, comfortable housing for “island” sailors.

We have three requests 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. Our Coach will be housed at the same location (i.e. not at a different house in the same town.)

All host family information (house address and phone number) is recorded at the NCS, NYC, & GHYC Office with the Program Director before the team travels off-island. Sometimes, we are unable to find a suitable host family and instead will book a group of hotel rooms at a hotel near to the regatta venue. In these circumstances, sailors will be housed two/room, and a parent chaperone will be asked to attend the event, along with the coaches.

If at any time a parent feels uncomfortable with off-island travel, s/he is welcome to travel off-island with the team, and book a hotel room with their individual sailor.

Our #1 priority off-island is the safety of our sailors. Our coaches are well versed in the safety requirements of off-island travel, our policies, and equipped with a first aid kit, travel binder with medical information for each student and parent contact phone numbers, cell phone, and handheld radio.

Discipline Policy

Should disciplinary issues arise, they will be handled by the sailor's home organization. If NYC participants are misbehaving, NYC will discipline them, if NCS participants are misbehaving, NCS will discipline them, and if it is a joint issue they will be disciplined together. Above all, membership in the All-Island Opti Race program is a privilege, and participants who cannot follow the guidelines as outlined by the coaching staff, as well as generally accepted conduct and behavior for participants of a high-caliber, highly focused sailing program, will not be allowed to participate.

Our discipline policy maintains that each sailor will have three chances to rectify any non-rule-following behavior as follows – whether on-island or off-island. NYC, NCS and GHYC reserve 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 sailor's home Program Director. 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 students off-island are incredibly high. When traveling with the Nantucket Opti 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 or not 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 All-Island team is handled by the organization through which the sailor is registered (NYC, NCS or GHYC). 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 a certain budget), ferry tickets, fuel for our cars, any hotel costs, and any activities. 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.

Off-island Gear

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

- Life jacket – NCS provides life jackets/PFDs for all NCS students, but racers tend to like a more sleek-fitting PFD. 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. Buy one of our All-Island Opti Race Team shirts 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 Opti (or 420) sailors may choose to buy a pair, for colder/rainy days on the water.

Sailors should regularly travel off-island with:

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

*If a student needs to borrow and bring an NCS PFD, they should take it from practice the day before and return it after the event.

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. NCS, GHYC, 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) NCS 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, and tailored to All Island Opti Race Team.

2017 Draft Opti Race Schedule

Opti Champ Race Schedule		
Date	Regatta	Location
July 8-9	New Bedford Jr. Regatta	New Bedford YC
July 13-16	Edgartown Jr. Regatta	Edgartown YC
July 17	Stone Horse Opti Extreme	Harwichport, MA
July 26-27	Wianno Opti Regatta	Osterville, MA
Aug 7-8	Scituate Jr. Regatta	Scituate Harbor YC
Aug 12-13	Junior Olympic Festival	Duxbury Bay, MA
Aug 14-15	Nantucket Race Week	Nantucket, MA
Opti Green Race Schedule		
Date	Regatta	Location
July 8-9	New Bedford Jr. Regatta	New Bedford YC
July 17	Stone Horse Opti Extreme	Harwichport, MA
July 26-27	Wianno Opti Regatta	Osterville, MA
Aug 14-15	Nantucket Race Week	Nantucket, MA

Appendicesⁱ

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.

ⁱ These NYC guidelines will be used for the All-Island Opti Race Team and any chaperone/sailor from NYC, NCS or GHYC.