



Coronado High School Sailing Team Handbook

The Coronado High School Sailing Team (CHSST) is a club sport operating under the rules, organization and stewardship of the Interscholastic Sailing Association (ISSA), which encompasses approximately 370 high school teams in seven districts in the U.S. Coronado is part of the Pacific Coast Interscholastic Sailing Association (PCISA), offering some of the most competitive sailing in the nation.

Regatta Dates for CHSST sailors

- #1 Oct. 12th & 13th Sea Otter in (Monterrey) ***
- #2 Nov. 9th & 10th Anteater in (Newport) ***
- #3 Jan. 4th & 5th Rose Bowl in (Long Beach) ***
- #4 Feb. 22nd & 23rd Golden Bear (San Fran) ***
- #5 March 7th & 8th Gaucho (Santa Barbara) ***

Additional regattas

- Sept. 21st & 22nd Cressy, Laser regatta (Santa Barbara)**
- Oct. 19th & 20th PCISA Keelboat Qualifies (San Diego YC) * only 4 sailors**
- Oct. 19th & 20th PCISA All Girls regatta (San Diego YC) **girls only** ***
- Dec. 7th & 8th PCISA Keelboat (San Diego YC) * only 4 sailors**
- Jan. 19th Team racing (SDYC) ***
- April 18th & 19th Gold PPC (TBD) Coach will select team ***
- April 18th & 19th Silver PCC (Encinal YC, Bay area) ***
- April 25th & 26th (TBD)**

SoCals regattas

- #1 Sept. 14th NHYC**
- #2 Nov. 2nd BCYC Newport ***
- #3 Dec. 8th MBYC ***
- #3 Feb. 1st & 2nd ABYC**
- #4 March 21st & 22nd SDYC ***

There are three National Championships:

Cressy Trophy: Single-handed Laser Nov. 2nd & 3rd (Santa Barbara) must qualify for this

Baker Trophy: Team racing May 23rd & 24th (must qualify for this)

Mallory Trophy: Fleet racing May 9th & 10th (must qualify for this)

The team coach and board will determine which events the team participates in throughout the academic year.

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TEAM HISTORY

Coronado's impressive history includes:

- Pacific Coast Championship (PCC) 2019 9th place
- Pacific Coast Championship (PCC) 2018; 6th place
- PCC Team Racing 2018; 6th place
- ISSA National Championships 2017; 14th place
- PCC 2017; 4th place
- PCC Silver 2017; 5th place
- PCC Team Racing 2017; 3rd place
- All Girls National Invitational 2014; 1st place
- PCC Silver 2014; 3rd place
- PCC 2013; 6th place
- ISSA National Championships 2011; 2nd place
- PCC 2011; 3rd place
- PCC 2010; 1st place
- PCC 2009; 1st place
- Roy E. Disney Trophy (Best Pacific Coast Team); 2001, 2002
- First team to win three National Championships in one school year;

MISSION

To promote competitive sailing and establish a team environment among sailors and parents that represents the ideals and educational goals of Coronado High School.

ELIGIBILITY AND TRYOUTS

Coronado High School students are eligible to try-out for the team. The Coach will select team members through try-outs with preference given to returning team members. Team size is limited to 24 sailors. A JV developmental team may be formed if more than 24 sailors try out. If space is available, eighth grade students with independent PE and possibly students from other schools may participate in practices and SoCal regattas. Sailors must be in 9th -12th grades to participate in regattas per PCISA regulations.

All sailors must agree to abide by and sign the Code of Conduct and Rules. Parents must sign a consent form, waiver of liability, and a medical release / physical form and co-sign them child's Code of Conduct and Rules. These documents are available on the Coronado Yacht Club website under Junior Sailing.

<http://www.coronadoyc.org/jrsailing/chss>



PARTICIPATION & ATTENDANCE

CHSST holds practices most Tuesdays at 2:45-6:00 and Thursdays at 3:00-6:00 at Coronado Yacht Club from September until April. If team qualifies for Nationals, then practice will continue until May. Sailors are expected to attend every practice, team meetings, and participate in regattas for which they are selected. Sailors participating in other sports may do so with the coach's approval.

Unless a CYC member, sailors will park and enter through the south gate.

All sailors must contact the coach or the yacht club by text if they will not be attending practice. Bryan Lake (808) 347-0799 / Jill Powell (619) 994-1687

Sailors have the opportunity to earn CHS Varsity Letter.

More than two unexcused absences and/or excessive tardiness will affect eligibility for participation in regattas, receipt of letter, and credit for P.E. Attendance will be taken within the first 15 minutes of practice of those sailors rigged and ready to sail.

Sailors can earn credit for the second of two required California physical education credits (freshman health/PE is required, and that requirement is not satisfied by team sports.) Sailors and families are responsible for coordinating credit with the counselor and for obtaining the appropriate forms and required reports. The team will not be providing reports, forms or other documentation required for credit. Contact the school counselor for information.

EQUIPMENT

The CHSST maintains a fleet of FJ's. Fleet maintenance and replacement are completed on an annual and as needed basis. Parents will be asked to support team fundraising efforts throughout the year to provide funds for new boats, associated equipment and repairs. Two new boats were purchased in 2017 and sails for existing boats have been recently replaced.

Sailors who damage boats will be responsible for damage and repair costs will be assessed based on estimates provided by the coach or others and provided to the family of the sailor.

Sailors must provide and wear a Coast Guard approved life jacket and have a whistle when on the water [e.g., sailing, in the coach boat]. The team sails year-round in unpredictable conditions, and sailors will need boots, gloves, and foul weather gear. The club or team does not provide life jackets or other gear. Gear can be found at San Diego Marine Exchange (10% discount to team members), West Marine and online. Sailors must have a school ID to participate in a regatta.

TEAM POLICIES

The CHSST board president, with input from the full board, is the principal conduit for communication with and between the school, coaches, and parents. The board contracts coaches and manages the coach, compensation and related issues.

An assigned board member will register sailors for SoCal and PCISA regattas. NOR's (Notice of Race), regatta schedules and other information for all regattas can be found online.

<http://pcisa.hssailing.org>

The coach will select sailors 3-4 weeks prior to a regatta. Sailors will be notified by email of their selection and must confirm within 48 hours of receipt. **Once confirmed, sailors are**



responsible to pay all fees associated with the regatta regardless of whether they attend.

The Travel Coordinator will coordinate chaperones and towing for regattas. CHSST generally, requires one on-site chaperone for local regattas and 2 chaperones for travel regattas.

The Travel Coordinator will coordinate team travel for away regattas (to include, as appropriate, personnel transport, towing, transport to/from airports, hotels, berthing arrangements, and emergency forms/information). As early as possible, planning information will be communicated to the designated chaperones.

The Travel Coordinator will send out information to all regatta participants 1-2 weeks prior to each regatta containing, at a minimum: chaperone contact information, and travel and hotel information. Travel Coordinator will often update this information before the event. Upon check in, rooms will be assigned, and sailors should notify parents. Chaperones should create a list of room assignments upon check in.

Parents should alert the travel coordinator when confirming that their sailor will attend the regatta if their sailor will require lodging. Sailors staying with a parent or family at regattas will share all costs except for lodging. **If not specified within the 48-hour window, sailors will share the costs of coaching fees, chaperone expenses and related regatta expenses regardless of whether they stay with the team.**

Sailors committing to a regatta via email will be billed for their share of expenses regardless of whether they attend. Travel plans are made, and costs shared based upon the expected number of participants and we are unable to shift hotel arrangements at the last minutes.

CHSST BOARD RESPONSIBILITIES

The CHSST Board will meet bi-monthly during the school year and parents are welcome to attend.

At the beginning of the season, in coordination of the board and coach, the board will submit the try-out dates, practice dates, regatta schedule, and board meeting dates to the CHS Athletic Director, sailing team adviser, Coronado Yacht Club, and team members. The regatta schedule can be found on the PCISA website.

At the beginning of the season the board and coach will host a team meeting wherein Team expectations are reviewed, PCISA rules and handbook is distributed to all athletes and parents, the CHSST coach is identified and CHSST Board members are introduced. All parents should have the opportunity to chaperone and can notify the Travel Coordinator of availability and interest. Travel costs for chaperones are reimbursed.

The board will work with CYC to post appropriate information on the website and update as needed.

COACHING RESPONSIBILITIES

At the beginning of the season, in coordination with board, the coach will submit the



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try-out dates, practice dates, regatta schedule, and board meeting dates to the CHS Athletic Director, sailing team adviser, Coronado Yacht Club, and team members. At the beginning of the season, in coordination with Board, the coach will host a team meeting to review the handbook, discuss required forms, review PCISA rules and other information.

Coaches will attend all practices on time and stay on site until all sailors have left the premises. Coach will take attendance and maintain attendance records. Coach is responsible for identifying a suitable substitute in the event of missing a practice and will coordinate with the board president on the substitute, compensation and expectations. Following regattas, the coach will select the team captain or chosen sailor to prepare a brief regatta summary to be forwarded to the coach, board and CHS athletic director. The summary should include regatta highlights, results and a photo. The coach should forward this to the board member responsible for public relations.

Coach Regatta Responsibilities include:

- a. Determine who will sail at the regatta. Athletes must respond within 48 hours of the invitation to race.
- b. Inspect trailers, boats, and trailers for sea- and road-worthiness, notifying board of any work needed.
- c. Safely loading, unloading, and tying down of boats and equipment; assisting towing parents with trailer and trailer towing procedures, and assisting with all trailer hook ups.
- d. (VERY IMPORTANT) Coach will help load and unload boats but it is up to the tower to have the full understanding what he or she is doing when towing.
- e. Ensure team tool kits, spare parts, extra lines, and tie downs are packed.
- f. Meet with the team and reviewing expectations for sailors before regattas.
- g. Hold a team meeting at the end of each day of sailing during a regatta.
- h. Ensure the Team Captain or chosen sailor prepares and submits the regatta summary per above.
- i. Be available for all SoCal, 10% Regattas, and PCCs
- j. Be at the regatta site with sailors during all competition and actively engaged in the coaching of the team and communication with race officials.
- k. Coaches are responsible for tolls, traffic and parking tickets acquired during team travel.



CHAPERONE DUTIES

Fully understand your responsibilities.

Hotel Accommodations: The Travel Coordinator will book hotel reservations and pass information on to chaperones.

Escort and transportation of athletes to the regatta: We fly to regattas in Monterey and San Francisco and drive to regattas in Southern California. Championships alternate between southern and northern California. If competing in Northern California, the team will fly. The Travel Coordinator will organize travel then shares flight information with the chaperones, athletes, and parents of sailors attending the regatta. Airline tickets will be purchased directly by sailor once flights have been chosen by the Travel Coordinator.

TOWING: Inspect trailers, boats, and trailers for sea- and road-worthiness, notifying board of any work needed. (VERY IMPORTANT) Coach will help load and unload boats but it is up to the tower to have the full understanding what he or she is doing when towing. Towers are responsible for any toll road fees as well as any parking or traffic tickets.

Rental car: The coach will reserve rental cars if required to transport sailors to/from the airport/hotel/venue. The team's insurance does NOT cover rental of 15-person vans. Chaperones should check their credit card or personal insurance policies for rental insurance and accept or decline rental car company insurance at the time of pick-up.

Supervision at the regatta: The sailors must abide by all curfew and travel rules.

In the event of an infraction, the chaperone shall immediately notify the coach.

The CHSST Board will notify parents, CHS, and PCISA as appropriate.

Each chaperone will have copies of emergency medical releases, contact phone numbers for coaches, chaperones, and parents for each regatta and is responsible to return back to Travel Coordinator after the regatta. Sailors will also be provided a list of chaperone cell phone numbers.

Chaperones, upon check in, will assign rooms, and create a list of room assignments.

Each chaperone should take it upon him/herself to know the room assignment of each sailor. The sailors must attend team dinner, they may not stay in room or go off on their own for dinner.

At the end of the regatta, the chaperone shall tally his/her expenses (hotel, rental car, air travel). Chaperone and coach expenses will be collectively submitted by the chaperone to the coach / Treasurer / CHSST Board for tallying and equitable sharing among all athletes who attended the regatta. Reimbursement is due within 5 working days. Chaperones generally find it easier to pay for group meals, then request reimbursement after the event. In some cases, sailors might pay for individual meals at the venue. Parents who wish to attend the regatta as spectators are always welcome. However, the athlete will still stay with the team, and equally share all expenses including hotel, group meals and transportation.



TEAM TRAVEL POLICIES

All sailors will assist with the rigging/de-rigging of boats and loading/unloading of trailers. The CHSST pinnie will be worn on the water during regattas and are provided by the team. All sailors will attend award ceremonies unless released by the coach. All sailors will attend team dinners, you may not stay in room or go out on your own.

CURFEW AND HOTEL EXPECTATIONS

Sailors are expected to be in their rooms by 10:00 PM.

Sailors are not to leave the hotel for any reason, sailors must use the buddy system when walking through the hotel. Violation of CHSST rules puts everyone at risk. Sailors will not tolerate misbehavior by their peers. In the event a sailor violates CHSST rules, his or her behavior should be immediately reported to a chaperone. Chaperone will then report to the coach for action.

CONDUCT PCISA RULES

No competitor shall use, either on or off the water, marijuana or any other controlled substance, as defined in 21 U.S. Code 802, the possession of which is unlawful under U.S. Code 841, or alcoholic beverages (distilled spirits, wine, and beer, each as defined in Chapter 51 of the U.S. Internal Revenue Code and intended for beverage use). An alleged breach of this procedural rule shall not be grounds for a protest. However, when a report is received from any source alleging such a breach a protest committee consisting of the regatta chairperson, a member of the ISSA Board of Directors, and the chairperson of the protest committee shall follow the process described in RRS 69.1. If a hearing under RRS 69.1 is held, a competitor found to have breached this procedural rule shall be excluded from the remaining races of the series and, where practical, be removed from the regatta venues and sent home. Additional penalties consistent with RRS 69.1(b) may be imposed on the competitor or the competitor's team. This regulation is in effect during the entire event from the date and time of arrival through the date and time of departure from the regatta site.

CHSST BOARD

The CHSST Board shall be constituted up to 8 board positions: President, Vice President, Secretary, Treasurer, Fundraising, Public Relations, Travel Coordinator and Apparel.

A minimum of four board members must attend the board meetings and vote to pass anything for the team.

Coronado High School



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CHSST Board 2019-2020

President: Steven Roberts, sermd3@aol.com

Vice President/ Travel Coordinator Jill Powell, jrdirector@coronadoyc.org

Secretary: Lisa Johnson info@pastorlisa.com

Treasurer: Kim Austin Kim Austin ka_cpa@pacbell.net

Fundraising: Kathy Jennings, Kathryn@scratch-gourmet.com

Public Relations: Julie Summer, beebejulieann@icloud.com

Apparel: Jill Powell, jrdirector@coronadoyc.org

The team representatives of CHS:

Sarah Yakutis, CHS Faculty Advisor

Robin Nixon, CHS Athletic Director

Board openings

When a board position opens, the current board will notify the team and accept nominations. If necessary, elections will take place at the following board meeting.

Only current board members may vote.

Meeting minutes to be provided upon request.

ADDITIONAL INFORMATION

ISSSA: Interscholastic Sailing Association

www.highschoolsailinguse.org/ www.highschoolsailinguse.org

PCISA Pacific Interscholastic Sailing Association

www.pcisa.org

CYC Coronado Yacht Club Junior Program

www.juniors.coronadoyc.org

SDYC San Diego Yacht Club Calendar

<http://www.sdyc.org/> www.sdyc.org