

SSA Junior Program Spring Sailing



Junior Program Director: Travis Carlisle
Operations Manager: Madde Vachon

SSA Junior Program Committee Members

Bill Carty (chair)

Robin Richards(board liaison)

Joanna Beaver

Jacque Crespin

Jen Cook

Jill Bennett

Samantha Tyson

Sailing Gear

- LIFEJACKET ***USCG approved***
- Drysuit** (REQUIRED) (Spring)
 - TEST YOUR DRYSUIT
- Athletic shirts/ tech shirt NO COTTON
- ALL sailors NEED Bailers
- Booties/closed toed shoes REQUIRED
- Spray Pants
- Spray Top
- Sailing gloves
- Sunglasses (preferably polarized)



Sailor Safety

- SSA has implemented updated policies for sailor safety
- We have worked with US Sailing and the Center for SafeSport
- The document is called MAAPP (Minor Athlete Abuse Prevention Policies)
- Parent Chaperones will need to complete the 1 hour course with SafeSport on Parents Guide to Misconduct in order to travel with the team. Send completion certificate to Travis when finished.
- You can complete these courses via the US Sailing website at no cost. (IF you are a US Sailing member)

SSA Junior Program Fall Sailing

This is high school sailing
OFFICIAL MDISA LEAGUE SEASON
TRYOUTS



Varsity & JV

- **JV (Tier 2&3)**
- **Varsity (Tier 1)**
- **Varsity and JV placements will be made after tryout week**
- **We will move anyone up or down during the season if we feel it is appropriate**

Varsity Spring Schedule

Varsity MDISA Schedule (Tier 1):

DC Sail 3/16

MDISA TR (SSA): 4/13-14

MDISA Fleet Race(?) 4/20-21

MDISA Varsity Champs (SCC)
5/19

Varsity District Events/Nationals

MASSA TR (NYYC) 4/27-28

MASSA Girls 5/4-5

MASSA Gold (?) 5/11-12

MASSA Silver (WAC) 5/11-12

Baker/NIT: 5/17-19

Mallory/PKM 6/1-2

****Schedule is NOT finalized****

JV Spring Schedule

JV SCHEDULE

3/23 DC Sail (T2)

4/14 West River (T2)

4/27 BCSC (T2)

4/27 West River (T3)

4/28 St. Mary's Ryken (T2)

5/11 St. Mary's Ryken Girls (T2)

5/11 BCSC (T2)

5/18 NERYC (T2)

5/18 St. Mary's Ryken (T3)

****Schedule is NOT finalized****



What are we looking for?

• Attitude and Effort

- Hard work
- Commitment
- Sportsmanship
- Desire to learn and improve
- Teamwork
- Respect for teammates, coaches, equipment and competitors
- Sailors that are prepared

Tryout Schedule

- **Spalding Tryouts: March 4th 4:00pm-7:00pm**
- **Broadneck Tryouts: March 5th 4:00pm-7:00pm**
- **Bethesda Tryouts: March 6th 4:00pm-7:00pm**
- **Rain Date/Varsity: March 7th 4:00pm-7:00pm**



Practice Schedule

Fall Coaches:

Travis

Matt S

Zoe H

Jane M

Gwynie D

- **JV Monday and Friday**

- SSA 4:00PM – 7:00PM

- Focus will be on learning the boat/boat handling

- Optional Wednesday practice starting 2 weeks into official practices

- **Varsity Tuesday, Wednesday and Thursday**

- SSA 4:00PM - 7:00PM

- Focus will be Team Racing/Boat Handling

sailors are expected to be at practice EVERY DAY

What we do at practice

- THE PRACTICE PLAN is on InstaTeam.
- We will always have practice- on the water, in classroom or virtual
- Team workouts
- Arrive dressed and prepared
- No electronic devices unless approved by a coach

PRACTICE THE WAY YOU RACE

What to bring to practice/regattas

- Everyone should have the following at EVERY practice/regatta
 - LIFE JACKET
 - BAILER
 - Watch
 - Notebook and pen
 - Reusable water bottle and snacks
 - Sailing shoes/booties (no shoes, no sailing)
 - Running shoes and clothes for work outs
 - PINNIES (this is your team uniform)

**If you come to practice/regatta without the correct sailing gear,
you will not sail**



Regatta Selections

- Spots to go to regattas will be **EARNED** not given

• **Attitude and Effort**

- **Performance in practice**
- **Regatta plans including who will be competing and where will be sent out each week**
- **Notify head coach on Monday if you can't compete that weekend**



At Regattas

- Take notes for every venue
- Ask questions
- Come to regattas prepared, well rested and ready to race
- Those who aren't sailing
 - Watch the racing
 - Support your teammates
 - Stay involved in the racing
 - Have snacks/water ready for sailors
 - Be prepared to sub in
 - Take the opportunity to learn

Good Sailors Bring Bailers



Behavior at Practice and Regattas

- **Be respectful of everyone**
 - **Other sailors**
 - **Race committee**
 - **Volunteers**
 - **Coaches**
 - **Parents**
- **No Negativity**
 - **Leave negative attitudes at home**
 - **These are people you see very often, play nice**



“good race”

“thank you race committee”

Registration

- **Registration is OPEN**
- **\$740 for the season**
- **You MUST be registered as a Junior Club Member**
- **All medical and liability waivers must be on file before tryouts**
- **If you are not registered, you will not be allowed to sail**
- **Anyone not registered by 2/25 will be charged a \$100 late fee**

Communication

InstaTeam: primary communication

- PRACTICE PLAN

InstaTeam Team Codes:

Broadneck: CAR5GV

Spalding: CARZGS

Bethesda CC: VAC3Z6

Travis: sailing@severnsailing.org

Phone: 410-268-8744



Parent Expectations

- **Volunteer to either carpool or help with home regattas**
- **Volunteer during the season**
- **Provide solid communication to each other**
- **Provide solid communication to Travis**
- **Ask questions**

Final Thoughts

- Questions?
- Summer Program:
 - Double Handed Sailing (FJs)
 - Session 4 is tailored to HS sailing

