

# HOOVER

JUNIOR RACE TEAM

## PARTICIPATION MANUAL



**FOSTERING  
YOUNG  
SAILORS**

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## HOOVER SAILING CLUB VISION:

Be Central Ohio's leading sailing program  
by supporting good sportsmanship and  
seamanship on and off the water.

Intensity and competition are the hallmarks of this program. Junior Race Team (JRT) is a competitive summer training and racing program for experienced sailors ages 7-18. The team travels the Midwest competing in Inter-Lake Yachting Association regattas in HSC's Optis, 420s, Lasers and Thistle fleets.

This manual provides information about the Hoover Sailing Club (HSC) Junior Race Team (JRT) Program establishing basic expectations for the season. US Sailing's [The Racing Rules of Sailing](#) which includes safety guidelines should be consulted and understood by all team members, parents, guardians, participants and coaches.

HSC is a member run organization with the leadership of an elected Board of Governors. Hoover's JRT Program is run by the coaches who are paid through the activity fees. HSC members and Chairs are volunteers who strive to carry out the mission statement. All participants and families join the program understanding the risks and rewards of sailing.

## Junior Race Team Program

### **SIGN UP REQUIREMENT**

Must have completed at least one race camp in the Learn to Sail program or have an approved sailing experience.

A spring meeting will be announced to go over details of the program and walk through forms.

### **FORMS & FEES**

1. **JRT application.** \$180 activity fee. This pays for coaching and supplies for the entire summer and includes a newly redesigned pinney for 2018. Medical/Liability Waivers. This keeps our attorneys happy.
2. **Boat Usage.** If you don't own your own boat, no worries. There is a small supply of club owned boats. There is a damage deposit of \$150. This check will not be cash and will be handed back to you at the end of the season.
3. **Membership & Boat Storage.** Since your sailor will be representing Hoover while sailing on the JRT, they need to be a member. This is a directive from our board so that JRT can use the grounds and equipment. More information see Membership section.
4. **Code of Conduct.** We expect our sailors to follow I-LYA and US Sailing's code of conduct. Any infraction to this code will be subject to review leading to suspension and possible expulsion from the team.

## **MEMBERSHIP**

JS membership is renewable annually on a space available basis, and does not entitle the member to seniority rights, the right to vote or hold office, or the privilege to schedule gatherings or parties at the clubhouse. JS members will receive a gate key if they store a boat on HSC property, but not a house key. Gate key must be returned at the end of the JS season.

JS members may practice with the HSC JRT and receive coaching from HSC's JRT coaches. JS members may participate in club racing in privately owned recognized fleet boats or boats used for junior sailing with the coach's authorization.

JS members may optionally store one boat that can be raced in JRT regattas on club grounds only during the junior sailing season. The grounds chairman will assign the storage location. JS members are entitled to launch from HSC during scheduled JRT practices, or when the JRT coach or chairperson are in attendance.

JS members are not required to perform race duty, but will be assigned to the junior sailing committee. They will be expected to help the JRT committee as needed, including but not limited to: serving as chaperones / providing transportation for one or more JRT regattas, serving race duty for HSC's junior regatta, helping with JRT fundraising.

Membership dues of \$107 for JS membership will be collected for each child enrolled in the JRT. Detailed information and application about all types of memberships may be found on the [HSC website](#).

## **EQUIPMENT**

Hoover Sailing Club has invested money in the fleet of single & team boats to be used by both Sail Instruction and our JRT Programs. Coordination with the Sail Instruction Chair at the beginning of the season is necessary to ensure there are enough boats to support both programs.

### **Single-handed Boats:**

Optimist. The Optimist (Opti) is a small, single-handed sailing dinghy intended for use by children up to the age of 15. This boat is easy to travel with and can often fit on a car roof rack.

Laser Radial. Laser sailing and racing presents a unique set of physical and skill based challenges. Fast Laser sailing requires an advanced level of fitness in order to endure the straight legged hiking and body-torque techniques essential in getting upwind and reaching quickly. The Radial is slightly smaller for the youth sailor that has outgrown the Opti.

### **Double-handed Boats:**

420. The name describes the overall length of the boat in centimeters (the boat is exactly 4.2 meters long). The hull is fiberglass with internal buoyancy tanks. The 420 is equipped with spinnaker and optional trapeze, making teamwork necessary to sail it well.

### **Triple-handed Boats:**

Thistle. The Thistle is a high-performance one-design racing dinghy using a main, jib and spinnaker sails. Thistles are generally raced with a three-person crew: a skipper, a middle, and a forward person.

## **TEAMS (local & travel)**

Local team: Reserved for newer sailors developing their skills. Sailors will see practice time focused on skill building as well as they will have time on the water with the travel team to grow and hone more advanced skills.

Travel team: This is for our more seasoned sailor who is comfortable and confident in all types of conditions. These sailors are able to safely handle the difficulties found in big waters of Lake Erie regattas and beyond.

## **COACHING**

### **Head Coach David Alvarado**

Our Head Race Team coach also fills in as our Assistant High School coach. Dave has been coaching young sailors off and on for the past 15 years. He's a US Sailing Level 2 Certified instructor, past Junior National Champion in the Interlake Sailing Class and a former high school and collegiate sailor.

### **Assistant Coach Bob France**

Bob France will be joining the coaching staff once again this year but will be stepping into the Assistant Coach role overseeing all facets of the race team with Head coach David Alvarado. Bob's most recently served as a volunteer coach for the HSC JRT Junior Bay week from 2014 to 2017. Additionally, in 2014 and 2015 Bob headed an advanced Racing Clinic at Pit In Bay. Prior to this experience Bob was Head coach in 1996 through 2016 for Leatherlips Yacht Club's Junior Team including a role as Lead Instructor for the LYC Adult Instruction Program. Personally, Bob has raced as skipper in 8 Thistle Nationals and 10 Thistle Midwinter Championships, and have crewed at these events as well as Interlake, Highlander, and Daysailer Nationals.

**SAFETY FIRST**

Safety is number 1. At all times, the decision as to if a team member should sail is up to the individual team members and their parents with safety in mind.

Team members, Coaches and parents shall be informed and ready to respond to any and all safety emergencies and issues. All are responsible to seek and obtain Red Cross first aid training and safety training from organizations like US Sailing. These responsibilities include calling 911 to get help as fast as possible. Coaches are responsible for completing the Ohio concussion awareness training as part of the Ohio Return to Play law. Team members and parents are strongly encouraged to complete the training as well, which can be found at [www.nfhslearn.com](http://www.nfhslearn.com).

All emergencies shall be reported by team members and first responders to the nearest Coach or persons associated with the Junior Sailing or Junior Race Team programs. The Junior Race Team Chair shall be notified of any emergency by cellular telephone and/or e-mail as soon as it is practical, to coordinate informing parents, emergency services follow-up and any media.

**PRACTICE SCHEDULE:**

Practice starts on the water by 5:30 p.m. and usually ends around 8:30 p.m. Follow the chart below to know your night:

DAY	THISTLE	420	LASER	OPTI
Monday:	yes	Travel	optional	yes
Tuesday:	yes	Travel/Local	yes	no
Wednesday:	<i>club races and all sailors are encourage to participate.</i>			
Thursday:	no	Local	yes	yes

**PERSONAL GEAR:**

Please come to practice with US Coast Guard approved PFD, closed toe shoes, water bottle and sun screen. A pocket knife and whistle are additional approved safety gear. Depending up on conditions, your sailor will need foul weather gear.

**UNIFORM:**

As a sailing representative of HSC, we expect all sailors wear the HOOVER pinnie at all regattas. New pinnies are provided with this year's



activity fee this year and extra may be available for purchase at \$30 a piece from the JRT Chair.

A HSC JRT polos are encouraged for the travel team to be worn after the event. Team gear promotes unity and spirit that we want to represent. It also helps the organizers to safely keep track of which sailor belongs to which club.

All team gear for purchase will be announced shortly.

## Regattas & Events

### **REGATTA RULES**

Every 4 years, US Sailing publishes the newest edition of *The Racing Rules of Sailing*. Full knowledge and understanding of the rules will benefit a competitive sailor at a regatta and can be purchased through [US Sailing online store](#). Simplified videos and books on sailing rules and safety designed for junior sailors are also available to help young Team Members understand rules and safety. Parents are solely responsible to make sure team members understand and follow the rules and safely conduct themselves.

### **INTER-LAKE YACHTING ASSOCIATION (I-LYA)**

The mission of the I-LYA is: To be responsible for the administration and development of youth sailing and related activities within I-LYA.

[For more details on I-LYA](#)

The Yacht and Sailing Clubs that make up the I-LYA Juniors are from as far south as the Columbus and Cincinnati, OH area - as far north as the Detroit area and cover from Erie, PA to the east and Indianapolis to the west. HSC coaches go to most of these locations to provide support for the traveler team.

### **2018 I-LYA TRAVELERS REGATTA SCHEDULE (Travel Team)**

May 26: TS Warm-up Regatta at Eagle Creek SC

June 2: TS #1 Alum Creek

June 9: TS #2 Berlin Yacht Club

June 16: TS #3 Erie Yacht Club

June 16-17: Grosse Pointe YC-Laser/420 Clinic\*

June 20: TS #4 Edgewater YC CRW

June 24: AYC Carson Cup at NCYC\*  
June 27: DRYA Regatta at NCYC-All I-LYA Welcome\*  
June 6/30-7/1: Junior Olympic Festival w/Skill Clinic at Mentor Harbor  
July 6-8: US Sailing Area E Championship at Rochester Yacht Club\*  
July 7: Put-in-Bay Opti Regatta\*  
July 13: TS #5 Vermilion/PCYC @ VBC  
July 15-19: I-LYA Jr. Championship @ PIB  
July 21: Hobie 33 Invitational @ NCYC\*  
July 24-29: Ida Lewis-US Jr. Women's Double-Handed Championship at MHYC\*  
July 28: TS #6 Sandusky Sailing Club  
August 2-5: I-LYA Senior Bay Week\*  
August 4: TS #7 Cleveland Yachting Club  
August 6-10: CHUBB US Jr. Championships (Sears/Bemis/Smythe) at NCYC\*  
August 11: TS #8 Final Regatta and Awards-Hoover SC  
*\*coaching may not be available through Hoover Sailing Club*

#### 2018 I-LYA TRAVELERS REGATTA SCHEDULE (Local Team)

June 2: TS #1 Alum Creek (depending upon trailer space)  
June 9: TS #2 Berlin Yacht Club (depending upon trailer space)  
June 6/30-7/1: Junior Olympic Festival w/Skill Clinic at Mentor Harbor YC. (depending upon trailer space)  
August 11: TS #8 Final Regatta and Awards-Hoover SC  
Stay tuned as we are working with our neighbor sailing clubs to add some additional local regattas.

#### **SIGNING UP FOR AN I-LYA REGATTA:**

Go to [www.noticeofrace.net](http://www.noticeofrace.net)

- Find the desired regatta. For double- and triple-handed boats, skip-pers are responsible to sign up their crew.
- Print off and fill out registration forms, medical waiver and Sail Instructions (SIs) to bring to the regatta
- Sailors are responsible for the assigned fee.

## **TYPICAL REGATTA DAY**

Arrive by 8:00 a.m., races start around 10:00 a.m., and no races typically start after 3:00 p.m. Please check the Sail Instruction to confirm.

Typically food is provided for sailors. Some locations offer food for spectators and parents for a fee. Some clubs have event shirts.

Attendance at regattas means you must be at the event by 8:00 a.m., be able to unload your gear, rig your boat, attend race meeting, and ready to race by first horn typically by 10:00 a.m. Volunteer parents tow boats on trailers from HSC to each event.

Once the sailors are launched and start racing, they are responsible for their competitive behavior and follow the course respectfully. The scores can usually be found on [noticeofrace.net](http://noticeofrace.net). If you are on shore, you can follow along on your smart phone.

Depending on the host and the conditions, spectator boats may be available. This is a real treat.

Conditions of the day and the water could possibly ground your sailor. Remember if your sailor is asked to sit out of the regatta it's because safety is everyone's top priority.

At the end of the day, sailors start coming off the water. Most cases food is available for your sailors. Again because we are a volunteer group, it is **important that your sailors understand that derigging the boat and loading it so it's ready to go is a top priority**. Depending upon the event, we may suggest eating quickly and then derigging and loading boats for travel. Coaches know to redirect any sailor that may not be respecting our volunteer parents traveling with boats.

**IMPORTANT:** Please understand that these volunteer parents tend to spend more time traveling, therefore, their time is important and their commitment needs to be appreciated.

## **PROTESTS & KNOWING YOUR RIGHTS**

Understanding the rules of a race will come in handy when the event arises that your sailor could find themselves in a protest. The Coaches educated sailors in practice to the best of their ability. Having full knowledge of US Sailing's [The Racing Rules of Sailing](#) is invaluable for such occasions.

## **HOME REGATTA**

This year, Hoover Sailing Club hosts Traveler Series Finale on August 11 including the final Traveler Series awards. It is all-hands-on-deck effort

to make this a successful event. We need help with registration, food, awards, safety and race committees. Expect many emails as this event draws near. We expect all Hoover JRT sailors — including both local and travel teams — to come out and participate in this regatta!

### **I-LYA JUNIOR CHAMPIONSHIP (BAY WEEK)**

The head coach will invite sailors to go to this event. It's for the most experienced sailors above the age of 13.

The Inter-Lake Yachtman's Fund, since 1919, has support sailing and boating education and learning activities at a regional level.

The Yachtsmen's Fund helps keep Junior Bay Week affordable by subsidizing housing and coaching costs. They also provide scholarships for the top finishing sailors. If you are not a member, please consider joining today. Membership info at [i-lya.org](http://i-lya.org).

### **US SAILING EVENTS**

All participants are encouraged to join US Sailing. Membership in US Sailing may be necessary if the regatta hosting requires it. Information and applications can be found at [www.ussailing.org](http://www.ussailing.org).

Junior Olympics is typically towards the beginning of the season. Clinics along with racing makes up the tenor of this event. The event starts on Friday with a coaching clinic that HSC coaches will attend. Our sailors do not attend that. The second day, the day our sailors join the festival, the coaches get to help the sailors. All sailors are coached by all coaches at the event. The last day has minimal coaching and real racing exists. The full weekend is scored as a normal regatta and awards are presented.

Area E's are a qualifying event for CHUBB National regatta. Area E's challenge single-handed (laser) for the Smythe, double-handed (420) for the Bemis trophy, and triple-handed (thistle) for the Sears trophy. It is recommended to secure your own coaching for these high-end events. Hoover coaching staff will give HSC JRT sailors first right refusal for coaching.

### **TRAVEL TEAM EXPECTATIONS**

- Team packs up trailers on a scheduled day of the week.
- Volunteer parents towing trailers to events.
- Team unpacks trailer at each event.
- Each event needs a parent on shore in case an emergency happens.

- Sailor must have decorum - Remember the code of conduct.
- Team packs trailers for the return drive home.
- Volunteer parents tow trailers back to HSC.
- Team unpacks trailers for the week's practice.

## **EQUIPMENT TROUBLESHOOTING**

We travel to regattas off site with our boats, trailers and equipment. It is very important that trailers be maintained in road-worthy condition and are safe to travel at highway speeds. Trailers are inspected during the off-season, but parents and team members who use HSC trailers are solely responsible for the condition and safety of the trailers they use. Before starting on-the-road, a safety check should be completed by team members and parents to determine the road worthiness and the safe tie-down of all boats and equipment.

If there are any questions about this procedure or process, the coach and JRT chair should be consulted. The parent and team member using trailers are solely responsible for any break-downs, damage or resulting injuries caused as a result of trailering or boat use. Safe trailering speeds are to be followed at all times, which may be and are often slower than posted speed limits. Adequate travel time should be calculated, and "I would have been late" is never an excuse for not following safe travel procedures.

In order to account for assignments of HSC owned boats, equipment and trailers, a sign-out process will be implemented. Before away regattas, the coach and/or JRT chair and the parents of the sailors will meet at the Club to transfer equipment from HSC to the care of the team members and parents. Trailers, equipment and boats entrusted to parents and team members must be returned in the same condition as it left the club.

Any and all damage must be reported to the coach and JRT chair immediately, either by phone, e-mail or text. Failure to report damage will be cause for removal from the team and will require the offending party to pay for the damage in full at the discretion of the JRT Chair. All reported damage shall be documented by the parent/team member and confirmed by the coach and JRT Chair.

Arrangements will be made as soon as practical to repair or replace anything that is broken or damaged. Upon return from the regatta, and no later than the Monday after the regatta, the coach and/or JRT Chair or their delegate and the parents/team members will meet at the club before the boats are removed from the trailer to transfer the parts back from the parents and team members to HSC. Once the boats have been checked back-in from away regattas at the club, they may be removed from the trailer and re-rigged and sailed.

## **HIGH SCHOOL SAILING TEAMS**

All members of the JRT are encouraged to join the High School Sailing program in the “shoulder seasons” of spring and fall. Tier 3 High School sailors can start competing during their 7th grade season on a JV team, while Tier 2 and 1 High School teams (all kids on the team from the same school) can compete in all events. For the 2018 sailing season, “mixed teams” can compete in the Ohio High School Sailing Association regattas in the fall. Ideally, we’d like to have at least 4 sailors from the same high school competing on the same team. Practices will begin during the JRT summer season: every other Tuesday evening will be dedicated to High School Sailing, then the regular Tuesday/Thursday evening practice schedule will start mid- August, running through early October.

HS Sailing is a huge growth opportunity for junior sailing. It is designed as the first chance experienced junior sailors can introduce sailing as a “sport” to their classmates and be recognized as high sailing athletes from their peers.

## **FUNDRAISING**

HSC has a 501(c)3 foundation which has a specific money market account set up for junior sailing. The funds in the junior sailing account are for equipment not listed in the Jr Sailing Bylaw 58 in the Club directory and sailing scholarships. Any scholarship request will go before the board for approval.

Personal contributions alone do not supply the junior sailing account effectively. Fundraising is an integral part of the Junior Sailing Program. Parents and sailors are expected to participate in fundraising activities, which may include, but are not limited to the following:

- HSC Wednesday Night Race Dinners
- Family Camp Out and Pancake Breakfast
- HSC t-shirt and candy sales

We encourage the sailors to come up with fundraising ideas to implement. It will mean much more for the unity of the team if this can be achieved. Other ideas are welcome and encouraged based on the size of the team and enthusiasm of participants.

It is not the intention of the board that HSC’s Junior Sailing Program be a self-sufficient entity within HSC. However, efforts must be made to offset the costs associated with this program as it grows.





**HOOVER SAILING CLUB**