



*welcome to the*  
**ISSA High School Sailing Team Coaches Master Class**  
*with Steve Hunt & Dave Perry*

\*\*\*\*\*

***Raising the Bar***

**Sponsored by: the ISSA, US Sailing Foundation and Friends of ISSA**

*The Interscholastic Sailing Association (ISSA) is pleased to provide the opportunity for high school sailing team coaches around the U.S. to get together and raise the level of their coaching skills and knowledge in this time when we can't get out on the water. We are excited that Steve Hunt and Dave Perry have agreed to be the coaches/facilitators for this four-part webinar series on raising the bar for all high school sailing team coaches.*

**Session 1 Pre-read - Philosophies, Methodologies and Dealing with Differences**  
from Dave Perry

***The Concept...***

Thank you all for joining Steve and me in this four-part series on coaching high school sailing. We are excited to share our teaching/coaching philosophies and methods, how we utilize drills both on and off the water to teach our sailors, and what we think the key coaching points are in short course fleet racing and team racing.

The feeling we want to create in each session is that we are all sitting around in some relaxed setting (I didn't say the Club bar...) with a bunch of people all interested in and passionate about coaching high school sailors with a wide range of experience and knowledge about doing so.

Each session will be a conversation between Steve and me, where we pick each other's brains and share our experiences and knowledge through stories and examples that we hope are informative, thought provoking and entertaining for you. We invite you to jump in at any time and ask us questions of interest to you throughout all four sessions.

***Recording the Sessions...***

In addition, we will be recording each session and giving the links to those recordings to the ISSA, who in turn will pass them along to the District Directors for dissemination within each District. The idea/hope is that these sessions will become a teaching tool well into the future for high school coaches, and in particular coaches new to coaching high school sailing.

***A little about Steve and me...***

Steve is the most successful high school sailing coach in the country. As Head Coach at Point Loma High School in San Diego for 15 years, Steve has led his team to five wins of both the Baker (team racing) and the Mallory (fleet racing) High School National Championships, plus one Cressy Radial Championship. Steve has been awarded the Sail1Design Coach of the Year Award and is currently a professional coach and sailor (having won several World Championships).

In addition to his long list of racing successes (Collegiate Dinghy National Champion and 2-time All-American and 5-time U.S. Match Racing Champion), Dave is well known for his highly insightful and entertaining clinics for coaches and sailors. Dave was the Athletic Director and coach of several sports at a K-12 Country Day School for 21 years as well, so he understands the world high school coaches work in (a world of conflicting agendas!).

### ***Some Useful Pre-reads and Materials Pertaining to the Topic of Session 1...***

Here are some books, movies and other materials that have influenced and/or informed Steve's and Dave's philosophies and teaching methods.

#### **Steve's list...**

##### **Racing**

*Winning in One-Designs* by Dave Perry (note, I did not pay Steve to put this here ;>)

*Sailing Smart* by Buddy Melges

##### **Coaching**

*They Call Me Coach* by John Wooden

*Wooden* by John Wooden

*Eleven Rings* by Phil Jackson

*How to Win Friends and Influence People* Dale Carnegie

##### **Movies**

*Miracle on Ice*

#### **Dave's list...**

##### **Racing**

*Elvstrom Speaks* by Paul Elvstrom

*Paul Elvstrom Explains...the Racing Rules of Sailing*

*Race Your Boat Right* by Arthur Knapp

*Sail, Race & Win* by Eric Twinaime

*The Inner Game of Tennis* by Timothy Gallwey

##### **Coaching**

*The Inner Game of Tennis* by Timothy Gallwey

*How to Talk So Kids Will Listen, and Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish

*The US Soccer Association (USSA) D License (high school coaches) Course Candidate Manual*

<https://bsbproduction.s3.amazonaws.com/portals/477/docs/ussf%20d%20candidate%20manual.pdf>

(pages 23-36)

##### **Movies**

*The Horse Whisperer*

*Gandhi*

#### **Associated pdfs along with this Pre-read**

*Inner Sailing* by Dave Perry (chapter 30 in *Winning in One-Designs*)



### ***Some Useful Programs and Materials from US Sailing...***

From Stu Gilfillen, Director of Education for US Sailing

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Many high school coaches also coach in or run youth sailing programs for other clubs and organizations throughout the year. US Sailing is dedicated to helping people teach and coach young sailors in safe and effective ways, and has an Education Department to create and run materials and training courses for instructors and coaches of young sailors.

**“Coaching Essentials”** (<https://www.ussailing.org/coaching-essentials>) provides a value proposition for becoming a US Sailing member as well as **a ton of free content**. This is targeted at the newer coaches, though the content could be valuable to almost any experience level.

**We have created a survey** to collect info about the participants in the Coaches Master Class.

(<https://tinyurl.com/ISSAWebinar>).

Anyone who fills it out will be entered to win a drawing for US Sailing team gear or a digital copy of *Sailing Drills Made Easy*.

We are offering ISSA Coaches a **discount coupon code for membership**. It’s ‘MayISSA’ and it drops the price to \$49.99 on a one year membership (from \$65).

#### **Dave Perry’s three books on Racing and the Rules:**

*Understanding the Racing Rules of Sailing*

*Dave Perry’s 100 Best Racing Rules Quizzes*

*Winning in One-Designs*

Available here for discounted prices: <https://shop.ussailing.org/racing/racing-rules/>

#### ***About the Interscholastic Sailing Association (ISSA)...***

The ISSA governs secondary school sailing in the United States, in both independent and public high schools. Sailor eligibility starts at the ninth grade; there are no age limits. As in college sailing, there are seven district associations which schedule events, as well as a system of national championships. While ISSA had its origins in the preparatory schools of the Northeast in 1930, it is now a nationwide organization with active districts in Northeast (NESSA), Mid-Atlantic (MASSA), South Atlantic (SAISA), Southeast (SEISA), Midwest (MISSA), Pacific Coast (PCISA), and Northwest (NWISA).

**For more information contact Jerelyn Biehl at the Interscholastic Sailing Association (ISSA), 2812 Canon Street, San Diego, CA 92106 619-222-0252, [info@hssailing.org](mailto:info@hssailing.org) ISSA website: [www.hssailing.org](http://www.hssailing.org)**