



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 2 Pre-read – Drills and Other Exercises to Accelerate Improvement
 from Dave Perry

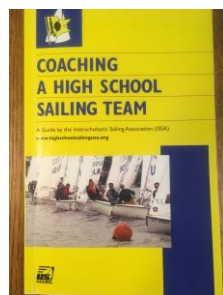
Dave Perry is inviting you to a scheduled Zoom meeting:

<https://us02web.zoom.us/j/81419911520?pwd=Rkc1Q1lNcTdYdJlJOV2Nl6aldUZZ09>

(for additional sign-in or phone-in information, see the end of this Pre-read)

Some Useful Pre-reads and Materials Pertaining to the Topic of Session 2...

Here are some links, books and other materials that are intended to be helpful to coaches looking for drills and other exercises to accelerate the improvement of their sailors.



Past ISSA President Toby Baker's timeless contribution to the ISSA, his book "Coaching a High School Sailing Team" is filled with insights, suggestions and drills gathered from many successful high school sailing coaches.

Here's the link to all the resources on the ISSA site: <https://hssailing.org/>

Associated pdfs along with this Pre-read

- The ISSA Order Form for publications and other ISSA-related materials
- Steve Hunt's and Dave Perry's collection of drills



Some Useful Programs and Materials from US Sailing...

From Stu Gilfillen, Director of Education for US Sailing

StuGilfillen@USSAILING.ORG

Tel: (401) 342-7967

Mobile: (401) 835-7714

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.

Here are two of the great US Sailing books for Coaches, available at:

<https://shop.ussailing.org/education/small-boat-sailing/>

Sailing Drills Made Easy ***Teach Sailing the Fun Way***

Check out: “***Coaching Essentials***” (<https://www.ussailing.org/coaching-essentials>). It 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.

Check out: US Sailing’s “The Starboard Portal” at ussailing.org/starboard-portal.

Two pieces of content specifically for you:

1. The Tuesday Tips from US Sailing Team Athlete, Erika Reineke and the other US Team Athlete presentations are a great resource. New Releases every Tuesday (pre-recorded)
2. The Friday Fitness with Sailing Performance Training is a great way to start your day with a 10am ET workout every Friday. Additionally, you might learn some new “at-home” workout routines for your High School sailors.

Modified Level 1 Instructor Course

To support those instructors who want training but can’t get on the water yet, US Sailing has modified their 4-day US Sailing Level 1 Instructor course into a hybrid program that lets you do ½ the training online and ½ during a 2-day course. The online portion has webinars and online testing, but is also designed to provide candidates the flexibility to complete most sections around their schedules.

Registration for the online portion of the course is open now at <https://tinyurl.com/NewLevel1>. **If you have questions, please email smallboat@ussailing.org**

Our survey is still open: help us 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).

Also check out: Dave Perry's three books on Racing and the Rules:

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

Understanding the Racing Rules of Sailing

Dave Perry's 100 Best Racing Rules Quizzes

Winning in One-Designs

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 ISSA website: www.hssailing.org

Additional Zoom meeting information for joining by phone or other devices:

Meeting ID: 814 1991 1520

Password: 569709

One tap mobile

+13126266799,,81419911520#,,1#,569709# US (Chicago)

+16465588656,,81419911520#,,1#,569709# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Germantown)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

Find your local number: <https://us02web.zoom.us/j/81419911520>

Please download and import the following iCalendar (.ics) files to your calendar system.

<https://us02web.zoom.us/j/81419911520>